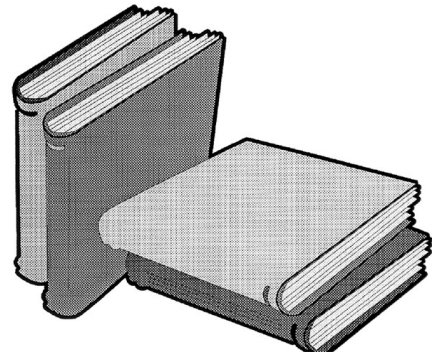


# The Rock and Pit

*Look unto the rock whence ye are hewn,  
and to the hole of the pit whence ye are digged.*

Isa 51:1

Selections from the Christian's heritage in print,  
collected by Dean Brown



Issue 3005

## **A REMEDY FOR WANDERING THOUGHTS IN THE WORSHIP OF GOD.**

*... That ye may attend upon the Lord without distraction.*

—1 Cor. 7:35 KJV

The words of the text present us with a **design that believers as often aim at, and yet miss**, as any in the world; and which is so excellent and rare in attainment, that the Holy Ghost even makes **two words** on purpose **to express it by**. ... A distraction is a secret wandering of the heart from God, in some duty [of God] in hand.

I The what—“**Attend upon the Lord.**”

II The how—“**Without distraction.**”

**The matter what.** The Greek word for “**attend**,” in our copies, hath a remarkable elegancy in it.

- 1 That you may **be fit and ready for God's service**, that religion and religious duties may sit *fitly* on you, that you may be *ready* to serve the Lord ... That man is meet [fit] for the master's use that is prepared unto every good work [See 2 Tim. 2:21]. How many choice opportunities for instruction, for reproof, for charity [love], for prayer, do we hazard for want of a soul quick and ready to our duty?
- 2 That you may **be fixed and settled in his service**. The word intimates such an inseparable cleaving, such a marriage of the mind to the work of God, that we have in hand [that] can by no means suffer [allow] a divorce. It should be as hard a matter to break off the heart from God in his service, ... as it is to abstract the miser's soul from the world to which it is glued.

**The matter how**—“**distraction.**” ... speaks a quiet, unshaken, and immovable frame of soul, which cannot be whirled about with vain trifles ... [instead of] ascending and communing with the Lord.

Richard Steele (1629-1692) *A Remedy for Wandering Thoughts in Worship*, p. 1-3.