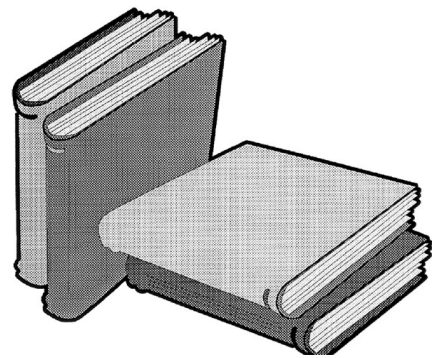


# The Rock and Pit

*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 3009

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

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

—1 Cor. 7:35 KJV

### **Reasons Why We Ought to Attend on the Lord Without Distraction.**

3. **The omniscience of God [his knowing everything]** is a valid reason against distractions. Heb. 4:13 That sharp and piercing eye **looks through and through us**, and neither doth nor can look beside us. **Whither can I go from thy Spirit?** And whither can I flee from thy presence? ... Get out of his sight and trifle on. Steal into some corner where he sees you not, and be truants and spare not. [No!] Be serious while he sees you; dally not while he holds **you, the candle**.
4. **The Nature of his Worship: it is spiritual.** “*The true worshipers shall worship the Father in spirit and in truth; for the Father seeketh such to worship him.*” John 4:23-24. Others may seek to worship the Father, but **the Father seeketh [these: They worship] in spirit**, and so not like the formal Jews; in truth, and so not like the ignorant Gentiles. And then, verse 24 “*God is a spirit and must be worshipped.*” Here is must and shall, and reason for it. ... **The most elegant tongues on earth cannot make one effort at prayer**, no, **the soul must be in it, and that soul must be busy too**. ... [The soul] must be taken up, and **go out of the world** in a sense, that will get into heaven. **The soul on the lip, and the soul in the ear, to perform work in the service of God.**
5. **It is sweet work.** “*Yea, they shall sing in the ways of the Lord; for great is the glory of the Lord*” Ps 138:5. They shall sing: their spirits shall neither droop nor step aside. He that attends on the Lord hath a most sweet employment. ... **O the gracious presence of God! His sweet smiles! And blessed love-tokens that can transplant angels!**

Richard Steele (1629-1692)

*A Remedy for Wandering Thoughts in Worship*, p. 34-39.