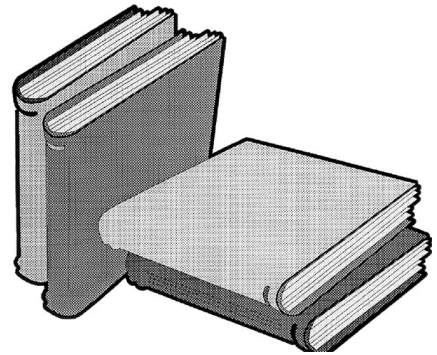


The Rock and Pit

*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 3006

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 Kinds of Distractions. Their several Fountains.

- 1 Many of our distractions may justly be fathered on **the Devil**. He is a spiritual substance, and is most properly conversant in spiritual sins; he is completely skilled in all thoughts whatsoever, and therefore what he imparts here is of his own. ... When we are most serious before [God], the Devil is whispering at our elbow, and who can be dull and watchless when God is on one hand and Satan on the other? ... If he cannot withhold us from holy duties, he will do his utmost to disturb us in them. ... Alas! We pray, and hear, and live as securely as if there were no Devil at all.
- 2 Our distractions proceed **from the mind and understanding**. **The vanity of the mind alienates us from the life of God**, and from communion with him. When a present and seasonable petition or instruction is conveyed through the ear into the understanding, it wantonly plays therewith, and takes occasion to run out in some contiguous notion, and from that to another, and at length rests and dwells on some alien and unseasonable point, till the gales of the good Spirit and the present matter be overpast. And thus... we seek not God. Ps 53:2

Richard Steele (1629-1692)

A Remedy for Wandering Thoughts in Worship, p. 8-10.

TO BE CONTINUED.