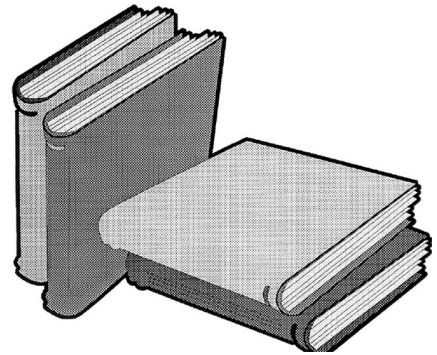


The Rock and Pit

*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 3007

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.

3. Some distractions **proceed from the fancy**, a most busy faculty, which is most unruly and least sanctified in an holy man. **Sometimes by the help of memory, stepping back into things past**, she brings into the most solemn worship a thousand passages that are past and gone, **and rolling them in the head carries soul and all, quite away from God**: hence it is, you often hear them say, “Such a thing came into my mind at sermon or prayer,” that was forgotten weeks or months before...

4. Our distractions in God’s worship are **sometimes occasioned by our outward senses**. Most frequently by the eye; **a wandering eye mostly hath a wandering heart**; for when the eye discovers **any new, pleasing, or ridiculous object**, it presently brings news thereof **into the heart, and that debates and studies upon it**, to the grieving of God’s Spirit, **and cooling of our own**. And when that is over, a fresh sight presents itself, and the eye is ready for that again, and leads the heart into a maze of follies.

You resolve in this duty, **I will not swerve from God, nor step aside into the least distraction**; but you can **bolt the door** and let your enemy in **at the window**.

Richard Steele (1629-1692)

A Remedy for Wandering Thoughts in Worship, p. 11-14.

TO BE CONTINUED.