



Meditation and Prayer.

- WITH what adversary does man have to contend ?
 “Be sober, be vigilant ; because *your adversary the Devil*, as a roaring lion, walketh about, seeking whom he may devour.” 1 Peter 5 : 8.
2. When is a man tempted ?
 “But every man is tempted, when *he is drawn away of his own lust*, and enticed.” James 1 : 14.
 3. Is there still another obstacle to man's spiritual advancement ?
 “Love not *the world*, neither the things that are in the world. If any man love the world, the love of the Father is not in him.” 1 John 2 : 15.
 4. Can any one overcome these enemies in his own strength alone ?
 “I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit ; for *without me ye can do nothing*.” John 15 : 5.
 5. What is required on our part if we are kept from our foes ?
 “*Watch and pray, that ye enter not into temptation* : the spirit indeed is willing, but the flesh is weak.” Matt. 26 : 41.
 6. How much should we pray ?
 “Pray without ceasing.” 1 Thess. 5 : 17. It is not that one should be constantly bowed before God in prayer ; but after a season of earnest entreaty with the Father, the mind should be kept in a prayerful mood, even when walking by the way, or engaged in the duties of life.
 7. On what occasions did David receive strength and encouragement ?
 “*When I remember thee upon my bed, and meditate on thee in the nightwatches*.” Ps. 63 : 6.

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8. What did he say of the man who was truly blessed ?
 “His delight is in the law of the Lord ; and *in his law doth he meditate day and night*.” Ps. 1 : 2.
9. Will such a condition of mind be distasteful to one who really loves God ?
 “My meditation of him shall be sweet.” Ps. 104 : 34.
10. How long ought one to continue this constant devotion ?
 “Rejoice evermore. Pray without ceasing.” 1 Thess. 5 : 16, 17.
11. What is the special duty of those who live in the time when the Lord's coming is expected ?
 “*Take ye heed, watch and pray* : for ye know not when the time is. . . . Watch ye therefore : for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning : lest coming suddenly he find you sleeping. And what I say unto you *I say unto all, Watch*.” Mark 13 : 33-37.
12. As the Lord's coming draws near, what will make the duty of prayer and watchfulness more imperative ?
 “Woe to the inhabitants of the earth and of the sea ! *for the Devil is come down unto you, having great wrath*, because he knoweth that *he hath but a short time*.” Rev. 12 : 12.
13. Can we at that time have all the help we desire to withstand our enemies ?
 “Verily, verily, I say unto you, *Whatever ye shall ask* the Father in my name, he will give it you.” John 16 : 23.
14. If help does not come when it is first asked, what should one do ?
 “And shall not God avenge his own elect, which *cry day and night unto him*, though he bear long with them ? I tell you that he will avenge them speedily.” Luke 18 : 7, 8. “Wait on the Lord : be of good courage, and he shall strengthen thine heart : wait, I say, on the Lord.” Ps. 27 : 14.
15. What blessed promise is vouchsafed to those who are found watching when the Lord comes ?
 “Blessed are those servants, whom the Lord when he cometh shall find watching : verily I say unto you, that he shall gird himself, and make them to sit down to meat, and will come forth and serve them ” Luke 12 : 37.

