

To the National Library of Wales
from E. S. Dodgson, July 2, 1927.

"Cambrian News" (Aberystwyth) Ltd.

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No. **8050** Aberystwyth June 29 19...

Received from... *Mr. E. S. Dodgson*...

Liverpool... the sum of... pounds

15... shillings and *3*... pence.

For and on behalf of the "Cambrian
News" (Aberystwyth) Ltd.

2/6 *19*
Cambrian News & Postage

PUBLIC LIBRARY. At the Public Library Committee meeting on Tuesday, a letter was read from Mr T. J. Samuel stating that his brother, the late Mr David Samuel, M.A. had bequeathed to the Library his books on theology and philosophy, as well as volumes of the Archaeologia Cambrensis on condition that a case is provided for them. The Committee gratefully accepted the bequest and signified its intention to comply with the condition. The Librarian reported that Mr E. Dodgson, M.A. had presented the Library with a new translation of the Odyssey, the "Mystery of Frances Bacon," and a framed map of Cardiganshire. The Committee accorded Mr Dodgson a vote of thanks.

The Cambrian

June 30, 1927

Φρόνημα τῷ Πνεύματι;

OR, THE

GRACE AND DUTY

OF BEING

Spiritually Minded,

DECLARED AND PRACTICALLY IMPROVED.

BY JOHN OWEN, D. D.

Some time Vice-Chancellor of the University of Oxford.

Carefully corrected from the Author's Edition.

“To be spiritually minded is life and peace.”—ROM. viii. 6.

“Set your affections on things above.”—COLOS. iii. 2.

LONDON:

PRINTED FOR J. MURGATROYD, CHISWELL-STREET;

T. CONDER, BUCKLESBURY; AND

J. MATTHEWS, STRAND.

1798.

Price 3s. Sewed—Bound 4s. 6d.

*Copy of a Letter from a Minister in the
Country to the Publisher.*

DEAR SIR,

I RECEIVED your Letter, requesting me to write a few lines, by way of recommending Dr. Owen on Spiritual-Mindedness. Having considered the matter, I cannot help thinking there would be something in it offensive and improper in such a person as myself. To recommend Dr. Owen is like recommending the sun; and for me to do it is like holding up a rush-light for that purpose. You know his name is universally esteemed by serious people, and needs no recommendation. I doubt not your book will sell without it. My earnest desire is, that the grace and duty he so ably recommends may more abundantly prevail among the professors of religion, and that the republication of this work may be a means of promoting it.

Your's affectionately.

COVENTRY, }
June 12, 1798. }

*Books printed for, and sold by, J. Murgatroyd,
Chiswell Street.*

- 1 Owen on the Hebrews, 4 vols. 18s. *boards.*
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Meditations on the Glory of Christ, 5s.
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N. B. The Tunes in this Supplement are nearly all
Originals.

THE

AUTHOR'S PREFACE.

I Think it necessary to give the Reader a brief account of the nature and design of the plain ensuing discourse, which may both direct him in the reading, and be some kind of Apology for myself in the publishing of it. He may therefore know, that the thoughts here communicated were originally private meditations for my own use, in a season wherein I was every way unable to do any thing for the edification of others, and from expectation that ever I should be so able any more in this world. Receiving, as I thought, some benefit and satisfaction in the exercise of my own meditations therein, when God was graciously pleased to restore a little strength unto me, I insisted on the same subject, in the instruction of a private congregation; and this I did partly out of a sense of the advantage I had received myself by being conversant in them, and partly from an apprehension that the duties directed and pressed unto in the whole discourse were seasonable from all sorts of present circumstances, to be declared and urged on the minds and consciences of professors. For, leaving others unto the choice of their own methods and designs, I acknowledge that these are the two things whereby I regulate my work in the whole course of my ministry—to impart those truths, of whose power I hope I have had, in some measure, a real experience; and to press those duties which present occasions, temptations, and other circumstances, do render necessary

*cessary to be attended unto in a peculiar manner, are the things which I would principally apply myself unto in the work of teaching others. For as in the work of the ministry in general, the whole counsel of God, concerning the salvation of the church by Jesus Christ, is to be declared—so, in particular, we are not to fight uncertainly, as men beating the air, nor shoot our arrows at random, without a certain scope and design. Knowledge of the flock whereof we are overseers, with a due consideration of their wants, their graces, their temptations, their light, their strength, and weakness, are required herein. And when in pursuance of that design, the preparation of the word to be dispensed proceeds from zeal to the glory of God, and compassion unto the souls of men; when it is delivered with the demonstration of a due reverence unto God, whose word it is, and of authority towards them unto whom it is dispensed, with a deep sense of that great account, which both they that preach, and they that hear the word preached, must shortly give before the judgment-seat of Christ, there may be a comfortable expectation of a blessed issue of the whole work. But my present design is only to declare, in particular, the reasons why I judged the preaching and publishing of this small and plain discourse concerning the grace and duty of being spiritually minded not to be altogether unseasonable at this time, in the present circumstances of most Christians. And the first thing which I would observe unto this end is, the present importunity of the world to impose itself on the minds of men, and the various ways of insinuation whereby it possesseth and filleth them. If it attain hereunto, if it can fill the minds, the thoughts, and affections of men with itself, it will, to some, fortify the soul against faith and obedience, and, in others, weaken all grace, and endanger eternal ruin. For if we love the world, the love of the Father is not in us; and when the world fills our thoughts, it will entangle our affections. And first, the present state
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of public affairs in it, with an apprehended concernment of private persons therein, continually exerciseth the thoughts of many, and is almost the only subject of their mutual converse. For the world is at present in a mighty hurry, and being in many places cast off from all foundations of steadfastness, it makes the minds of men giddy with its revolutions, or disorderly in the expectations of them.

Thoughts about these things are both allowable and unavoidable, if they take not the mind out of its own power, by their multiplicity, vehemency, and urgency, until it be unframed as unto spiritual things, retaining neither room nor time for their entertainment.

Hence men walk and talk as if the world were all, when comparatively it is nothing.

And when men come with their warmed affections reeking with the thoughts of these things unto the performance of, or attendance unto, any spiritual duty, it is very difficult for them, if not impossible, to stir up any grace unto a due and vigorous exercise. Unless this plausible advantage which the world hath obtained of insinuating itself and its occasions into the minds of men, so as to fill them and possess them, be watched against and obviated, so far, at least, as that it may not transform the mind into its own image and likeness, this grace of being spiritually minded, which is life and peace, cannot be attained nor kept unto its due exercise.

Nor can we be any of us delivered from this snare at this season, without a watchful endeavour to keep and preserve our minds in the constant contemplation of things spiritual and heavenly, proceeding from the prevalent abhorrence of our affections unto them, as will appear in the ensuing discourse.

Again, there are so great and pregnant evidences of the prevalency of an earthly worldly frame of spirit, in many who make profession of religion, that it is high time they were called unto a due consideration, how unanswerable they are therein, unto the power and spirituality

rituality of that religion which they do profess. There is no way whereby such a frame may be evinced to prevail in many, yea, in the generality of such professors, that is not manifest unto all. In their habits, attires, and vestments, in their usual converse and mispence of time, in their over liberal entertainment of themselves and others unto the borders of excess, and sundry other things of a like nature, there is in many such a conformity unto the world, (a thing severely forbidden) that it is hard to make a distinction between them. And these things do manifest such a predominancy of carnal affections in the minds of men as, whatever may be pretended unto the contrary, is inconsistent with spiritual peace. To call men off from this evil frame of heart and mind, to discover the sin and danger of it, to direct them unto the ways and means whereby it may be effected, to supply their thoughts and affections with better objects, to discover and press that exercise of them which is indispensibly required of all believers, if they design life and peace, is some part of the work of the ensuing discourse. It may be, it will be judged but a weak attempt as unto the attaining of that end: but it cannot be denied to have these two advantages—first, that it is seasonable—and secondly, that it is sincerely intended. And if it have this only success, that it may occasion others, who have more ability and opportunity than I have, to bring in their assistance for an opposition unto the vehement and importunate insinuations of the world in these things, to have an entertainment in the minds of professors, this labour will not be lost. But things are come to that pass amongst us, that unless a more than ordinary vigorous exercise of the ministry of the word, with other means appointed unto the same end be engaged in, to recal professors unto that strict mortification, that separation from the ways of the world, that heavenly mindedness, that delight in the contemplation of spiritual things, which the gospel, and the whole nature of the Christian religion do

do require, we shall lose the glory of our profession, and leave it very uncertain what will be our eternal condition. The same may be spoken concerning love of the world, as unto the advantages and emoluments which men trust to attain unto themselves thereby. This is that which renders men earthly minded, and most remote from having their conversations above. In the pursuit of this corrupt affection do many professors of religion grow withering, useless, sapless, giving no evidence that the love of God abideth in them. On these, and many other accounts, do many Christians evidence themselves to be strangers to spiritual mindedness, from a life of meditation and holy contemplation on things above: yet unless we are found in these things in some good measure, no grace will thrive or flourish in us; no duty will be rightly performed by us; no condition sanctified or improved: nor are we prepared in a due manner, or made meet for the inheritance of the saints in light. Wherefore, as was said, to direct and provoke men unto that which is the only remedy of all these evils, which alone is the means of giving them a view into, and a foretaste of eternal glory: especially unto such who are in my own condition, namely, in a very near approach unto a departure out of this world, is the design and scope of the ensuing discourse, which is recommended unto the grace of God, for the benefit of the reader.

ROMANS VIII. 6.

BUT TO BE SPIRITUALLY MINDED IS LIFE
AND PEACE.

CHAP. I.

The Words of the Text explained.

THE expression in our *translation* sounds differently from that in the *original*. To be *spiritually minded*, say we. In the original it is *φρόνημα τῷ πνεύματι*; as that in the former part of the verse is *φρόνημα τῆς σαρκὸς*; which we render to be *carnally minded*. In the *margin* we read, *the minding of the flesh* and *the minding of the spirit*. And there is great variety in the rendering of the words in all *translations* both ancient and modern. *Prudentia, Sapientia, Intelligentia, Mens, Cogitatio, Discretio, id quod Spiritus sapit; the Wisdom, the Understanding, the Mind, the Thought or Contrivance, the Discretion of the Spirit, that which the spirit savoureth*, are used to express it. All our *English translations* from Tindal's, the first of them, have constantly used, to be *spiritually minded*. Neither do I know any words whereby the *emphasis* of the original, considering the design of the apostle in the place, can be better expressed. But the meaning of the Holy Ghost in them must be further enquired into.

In the whole verse there are two entire *propositions* containing a double *antithesis*, the one in their *subjects*, the other in their *predicates*. And this opposition is

the highest and greatest that is beneath eternal blessedness, and eternal ruin.

The opposite *subjects*, are the *minding of the flesh*, and the *minding of the spirit*; or the being *carnally minded*, and *spiritually minded*. And these two do constitute two states of mankind, unto the one of which every individual person in the world doth belong. And it is of the highest concernment unto the souls of men, to know whether of them they appertain unto. As unto the qualities expressed by the flesh and the spirit, there may be a *mixture of them* in the same persons at the same time; there is so in all that are regenerate. For in them *the flesh lusteth against the spirit, and the spirit lusteth against the flesh, and these are contrary*. Gal. v. 17. Thus different contrary actings in the *same subject* constitute not distinct states. But where either of them is predominant or hath a prevalent rule in the soul, there it makes a different state. This distinction of states, the apostle expresseth v. 9. *But ye are not in the flesh, but in the spirit*. Some are *in the flesh*, and cannot please God, v. 8. *They are after the flesh*, v. 5. *they walk after the flesh*, v. 1. *they live after the flesh*, v. 13.—This is one state. Others *are in the spirit*, v. 9. *after the spirit*, v. 5. *walk after the spirit*, v. 1.—This is the other state. The first sort are *carnally minded*, the other are *spiritually minded*. Unto one of these doth every living man belong, he is under the ruling conduct of the flesh or of the spirit; there is no middle state; though there are different degrees in each of these as to good and evil.

The difference between these two states is great, and the distance in a manner infinite, because an eternity in blessedness or misery doth depend upon it. And this at present is evidenced by the different fruits and effects of the principles and their operations which constitute these different states; which is expressed in the opposition that is between the *predi-*
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cates of the proposition; for the *minding of the flesh is death*; but the *minding of the spirit is life and peace*.

I. To be *carnally minded is death*. Death as it is absolutely *penal*, is either spiritual or eternal. The first of these it is *formally*, the other *meritoriously*. It is formally death spiritual; for they that are *carnally minded, are dead in trespasses and sins*, Eph. ii. 1. For those who fulfil the desires of the flesh and of the mind, are by nature children of wrath, v. 3. are *penally* under the power of spiritual death. They are *dead in sins and the uncircumcision of the flesh*, Col. ii. 13. And it is death eternal, *meritoriously*. For if ye live after the flesh ye shall die, Rom. viii. 13. as the *Wages of sin is death*, Chap. vi. 23.

The reason why the apostle denounces so woful a doom, so dreadful a sentence on the *carnal mind*, he declares in the two next verses: for the *carnal mind is enmity against God*; for it is not subject unto the law of God, nor indeed can be; so then they that are in the *flesh cannot please God*. If it be thus with the *carnal mind*, it is no wonder that to be carnally minded is death; it is not meet it should be any thing else. That which is enmity against God, is under the curse of God.

In opposition hercunto it is affirmed, that to be *spiritually minded*, or the *minding of the spirit*, is *life and peace*. And these are the things which we are particularly to enquire into; namely, What is this *minding of the spirit*; and then How it is *life and peace*.

1. The *spirit* in this context is evidently used in a double sense, as is usual where both the Holy Spirit himself and his work on the souls of men, are related unto. 1. The *person of the spirit of God* himself, or the Holy Ghost is intended by it, v. 9. *If so be that the spirit of God dwelleth in you*. And so also. v. 11. *The spirit of him that raised up Jesus from the dead*. He is spoken of as the principal efficient cause of all

the spiritual mercies and benefits here and afterwards insisted on. 2. It is used for the *principle of spiritual life* wrought in all that are regenerate by the Holy Ghost. *For that which is born of the spirit is spirit*, John iii. 6.

It is most probable that the *name spirit* is here used in the *latter sense*, not for the *spirit himself*, but for that which is *born of the spirit*, the *principle* of spiritual life in them that are born of God. For it is in its nature, actings, inclinations, and operations opposed unto the *flesh*, v. 1. 4, 5; but the flesh here intended is that inherent corrupt principle of depraved nature, whence all evil actions do proceed, and wherewith the actions of all evil men are vitiated. The opposition between them is the same with that mentioned and declared by the apostle, *Gal. v. 17, 18, &c.* Wherefore the spirit in this place is the *holy vital principle of new obedience wrought in the souls of believers by the Holy Ghost, enabling them to live unto God.*

2. Unto this spirit there is *φρόνημα* ascribed, which, as we have intimated, is translated with great variety. *Φρόνησις*, is the principle power and act of the mind. It is its light, wisdom, prudence, knowledge, understanding, and discretion. It is not so with respect unto speculation, or ratiocination merely; which is *διάνοια*, or *σύνεσις*. But this *φρόνησις* is its power as it is practical, including the habitual frame and inclination of the affections also. It is its faculty to conceive of things with a delight in them and adherence unto them, from that suitableness which it finds in them unto all its affections. Hence we translate *φρονεειν* sometimes to think, that is, to conceive and judge, *Rom. xii. 3.* Sometimes to *set the affections*, *Col. iii. 2.* to have such an apprehension of things as to cleave unto them with our affections. Sometimes to mind; *to mind earthly things*, *Phil. iii. 19.* which includeth that relish and favour which the mind

mind finds in the things it is fixed on. No where doth it design a notional conception of things only; but principally the engagement of the affections unto the things which the mind apprehends.

Φρόνημα, the word here used, expresseth the *actual exercise* τῆς φρονήσεως, of the power of the mind before described. Wherefore the *minding of the spirit*, is the *actual exercise of the mind as renewed by the Holy Ghost, as furnished with a principle of spiritual life and light in its conception of spiritual things, and the setting of its affections on them, as finding that relish and savour in them, wherewith it is pleased and satisfied.*

And something we must yet further observe, to give light unto this description of the *minding of the spirit*, as it is here spoken of.

1. It is not spoken of absolutely as unto what it is in itself, but with respect unto its power and prevalence in us; significantly rendered, to be *spiritually minded*; that is to have the *mind changed* and renewed by a principle of spiritual life and light, so as to be continually acted and influenced thereby unto *thoughts* and meditations of spiritual things, from the *affections* cleaving unto them with delight and satisfaction. So on the contrary it is, when men mind earthly things. From a principle of love unto them, arising from their suitableness unto their corrupt *affections*, their thoughts, meditations and desires, are continually engaged about them. Wherefore,

2. Three things may be distinguished in the great duty of being *spiritually minded* under which notion it is here recommended unto us.

1. *The actual exercise of the mind in its thoughts, meditations and desires about things spiritual and heavenly.* So is it expressed in the verse foregoing. They that are after the flesh do *mind the things of the flesh*; they think on them, their contrivances are about them, and their desires after them. But they that are

after the spirit, the things of the spirit. They mind them by fixing their thoughts and meditations upon them.

2. The *inclination*, disposition and *frame* of the mind, in all its affections whereby it adheres and cleaves unto spiritual things. This minding of the spirit resides habitually in the affections. Wherefore the *φρόνημα* of the spirit, or the mind as renewed and acted by a *spiritual principle of light and life*, is the exercise of its thoughts, meditations and desires on spiritual things, proceeding from the love and delight of its *affections* in them, and engagement unto them.

3. A *complacency of mind* from that *gust*, relish and favour which it finds in spiritual things, from their suitableness unto its constitution, inclinations and desires. There is a *salt* in spiritual things, whereby they are *condited* and made *savory* unto a renewed mind; though to others they are as the *white of an egg*, that hath no taste or favour in it. In this *gust and relish* lies the sweetness and satisfaction of spiritual life. Speculative notions about spiritual things, when they are alone are dry, sapless and barren. In this *gust* we taste by experience that God is gracious, and that the love of Christ is better than wine, or whatever else hath the most grateful relish unto a sensual appetite. This is the proper foundation of that joy *which is unspeakable and full of glory*.

All these things do concur in the *minding of the spirit*, or to constitute any person spiritually minded. And although the foundation of the whole duty included in it, lies in the *affections*, and their immediate adherence unto spiritual things, whence the thoughts and meditations of the mind about them do proceed, yet I shall treat of the distinct parts of this duty in the order laid down, beginning with the exercise of our *thoughts and meditations* about them. For they being the first genuine actings of the mind, according unto the prevalency of affections in it, they will make the best and most evident discovery of
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of what nature the spring is from whence they do arise. And I shall not need to speak distinctly unto what is mentioned in the third place, concerning the *complacency* of the mind in what its affections are fixed on, for it will fall in with sundry other things that are to be spoken unto.

But before we do proceed, it is not amiss, as I suppose, to put a remark upon those important Truths, which are directly contained in the words, proposed as the foundation of the present discourse. As,

1. *To be spiritually minded is the great distinguishing character of true Believers from all unregenerate persons.*

As such, is it here asserted by the Apostle. All those who are *carnally minded*, who are in the flesh, they are unregenerate, they are not born of God, they please him not, nor can do so, but must perish for ever. But those who are *spiritually minded*, are born of God, do live unto him, and shall come to the enjoyment of him. Hereon depends the trial and determination of what state we do belong unto.

2. *Where any are spiritually minded, there and there alone is life and peace.* What these are, wherein they do consist, what is their excellency and preeminence above all things in this world, how they are the *effects* and consequents of our being spiritually minded, shall be afterwards declared.

There is neither of these considerations, but is sufficient to demonstrate of how great concernment unto us it is to be spiritually minded, and diligently to enquire whether we are so or no.

It will therefore be no small *advantage* unto us, to have our souls and consciences always affected with, and in due subjection unto the power of this truth; namely, that to be *spiritually minded is life and peace*; whence it will follow, that whatever we may think otherwise, if we are not so, we have neither of them, neither life nor peace. It will, I say, be of use unto us, if we are affected with the *power* of it. For many

greatly deceive themselves in hearing the word. They admit of sacred truths in their understanding, and assent unto them ; but take not in the power of them on their consciences, nor strictly judge of their state and condition by them, which proves their ruin. For hereby they seem to themselves to believe, that whereof in truth they believe not one *syllable* as they ought. They hear it, they understand it in the notion of it, they assent unto it, at least they do not contradict it, yea they commend it oftentimes and approve of it ; but yet they believe it not ; for if they did, they would judge themselves by it, and reckon on it, that it will be with them at the last day, according as things are determined therein.

Or such persons are as the Apostle *James* declares, *like a man beholding his natural face in a glass ; for he beholdeth himself and goeth his ways, and straightway forgetteth what manner of man he was*, Jam. i. 23, 24. There is a *representation* made of them, their state and condition unto them in the word ; they behold it, and conclude that it is even so with them, as the word doth declare. But immediately their minds are filled with other thoughts, acted by other affections, taken up with other occasions, and they forget in a moment the *representation* made of themselves and their condition. Wherefore all that I have to offer on this *subject* will be utterly lost, unless a firm persuasion hereof be fixed on our minds, unless we are under the power of it, *that to be spiritually minded is life and peace* ; so that whatever our light and profession be, our knowledge or our duty, without this we have indeed no real interest in life and peace.

These things being premised, I shall more practically open the nature of this duty, and what is required unto this frame of spirit. To be spiritually minded may be considered either as unto the *nature and essence* of it, or as unto its *degrees* ; for one may be so more than another, or the same person may be more so at one time than another. In the first way it is opposed
unto

unto being *carnally* minded, in the other unto being *earthly* minded.

To be *carnally minded* is as the Apostle speaks, *death*, it is so every way, and they who are so, are dead in trespasses and sins. This is opposed unto being spiritually minded as unto its nature or essence. Where a man as unto the *substance* and being of the grace and duty intended is not spiritually minded, he is *carnally* minded, that is, under the power of death spiritual, and obnoxious unto death eternal. This is the principal foundation we proceed upon; whence we demonstrate the indispensable necessity of the frame of mind enquired after.

There are two ways wherein men are *earthly minded*. The one is absolute, when the love of earthly things is wholly predominant in the mind. This is not formally and properly to be *carnally minded*, which is of a larger extent. The one denomination is from the *root* and *principle*, namely, the flesh; the other from the *object*, or the things of the earth. The latter is a branch from the former, as its root. To be *earthly minded*, is an operation and effect of the *carnal mind* in one especial way and instance. And it is as exclusive of life and salvation as the *carnal mind* itself, *Phil.* 3. 19. 1 *John* 2. 16. This therefore is opposed unto the *being* of spiritual mindedness, no less than to be carnally minded, is. When there is in any a love of *earthly things* that is predominant, whence a person may be rightly denominated to be *earthly minded*, he is not nor can be spiritually minded at all; he hath no interest in the frame of heart and spirit intended thereby. And thus it is evidently with the greatest part of them who are called Christians in the world, let them pretend what they will to the contrary.

Again; there is a being *earthly minded*, which consists in an *inordinate* affection unto the things of this world. It is that which is sinful, which ought to be mortified, yet is it not absolutely inconsistent with the

substance and *being* of the grace enquired after. Some who are really and truly *spiritually minded*, yet may, for a time at least, be under such an *inordinate affection* unto, and care about earthly things, that if not absolutely, yet comparatively, as unto what they ought to be and might be, they may be justly said to be *earthly minded*. They are so in respect of those degrees in being spiritually minded, which they ought to aim at, and may attain unto. And where it is thus, this grace can never thrive or flourish, it can never advance unto any eminent degree.

This is the *zoar* of many professors; that *little one* wherein they would be spared. Such an *earthly mindedness* as is wholly inconsistent with being spiritually minded as unto the state and condition which depends thereon, they would avoid. For this they know would be absolutely exclusive of life and peace: They cannot but know that such a frame is as inconsistent with salvation, as living in the vilest sin that any man can contract the guilt of. There are more ways of spiritual and eternal death than one, as well as of natural. All that die, have not the plague; and all that perish eternally are not guilty of the same profligate sins. The *covetous* are excluded from the kingdom of God, no less severely than *fornicators, idolaters, adulterers, and thieves*, 1 Cor. 6. 9, 10. But there is a *degree* in being earthly minded, which they suppose their interest, advantages, relations and occasions of life do call for, which they would be a little indulged in; they may abide in such a frame without a disparagement of their profession; and the truth is, they have too many companions to fear an especial reflection on themselves. The multitude of the guilty take away the sense and shame of the guilt. But besides, they hope well that it is not inconsistent absolutely with being *spiritually minded*; only they cannot well deny but that it is contrary unto such *degrees* in that grace, such thriving in that duty, as is recommended unto them. They think well of others who
are

are spiritually minded in an eminent degree. At least they do so as unto the thing itself in general ; for when they come unto particular instances of this or that man, for the most part they esteem what is beyond their own measure to be little better than pretence. But in general to be spiritually minded in an *eminent degree*, they cannot but esteem it a thing excellent and desirable. But it is for them who are more at leisure than they are ; their circumstances and occasions require them to satisfy themselves with an inferior measure.

To obviate such pretences I shall insist on nothing in the declaration of this duty and the necessity of it, but what is incumbent on all that believe, and without which they have no grounds to assure their conscience before God. And at present in general I shall say, *Whoever he be, who doth not sincerely aim at the highest degree of being spiritually minded, which the means he enjoyeth would lead him unto, and which the light he hath received doth call for ; who judgeth it necessary unto his present advantages, occasions and circumstances, to rest in such measures or degrees of it, as he cannot but know that they come short of what he ought to aim at, and so doth not endeavour after completeness in the will of God herein, can have no satisfaction in his own mind, hath no unfailing grounds, whereon to believe that he hath any thing at all of the reality of this grace in him.* Such a person possibly may have *life* which accompanies the essence of this grace, but he cannot have *peace* which follows on its degree in a due improvement. And it is to be feared, that far the greatest number of them who satisfy themselves in this apprehension, willingly neglecting an endeavour after the further degrees of this grace, and growth in this duty, which their light or convictions, and the means they enjoy do suggest unto them, are indeed *carnally minded*, and every way obnoxious unto death.

C H A P. II.

A particular account of the nature of this grace and duty of being spiritually minded. How it is stated in and evidenced by our thoughts.

HAVING stated the *general concernments* of that frame of mind which is here recommended unto us, we may proceed to enquire more particularly into the nature of it, according unto the description before given, in distinct propositions. And we shall carry on *both these intentions* together; first, to shew *what it is*, and wherein it doth consist; and then how it doth evidence itself, so as that we may frame a right judgment whether it be in us or no. And we shall have no regard unto them, who either neglect or despise these things on any pretence whatever. For this is the word according unto which we shall all shortly be judged: *To be carnally minded is death; but to be spiritually minded is life and peace.*

Thoughts and meditations as proceeding from spiritual affections are the first things wherein this spiritual mindedness doth consist, and whereby it doth evidence itself. Our thoughts are like the *blossoms* on a tree in the spring. You may see a tree in the spring all covered with *blossoms* that nothing else of it appears. Multitudes of them fall off and come to nothing. Ofttimes where there are *most blossoms* there is *least* fruit. But yet there is no fruit, be it of what sort it will, good or bad, but it comes in and from some of those *blossoms*. The mind of man is covered with *thoughts* as a tree with blossoms. Most of them fall off, vanish and come to nothing, end in vanity; and sometimes where the mind doth most abound with them, there is the least fruit; the *sap* of the mind is wasted and consumed in them. Howbeit there is no fruit which actually we bring forth, be it good or bad, but it proceeds from some of these *thoughts*. Wherefore

fore ordinarily these give the best and surest *measure* of the frame of men's minds. As a man *thinketh in his heart, so is he*, *Prov.* xxiii. 7. In case of strong or violent *temptations*, the real frame of a man's heart is not to be judged by the multiplicity of thoughts about any object. For whether they are from Satan's suggestions, or from inward darkness, trouble and horror, they will impose such a continual sense of themselves on the mind, as shall engage all its thoughts about them. As when a man is in a storm at sea, the current of his thoughts runs quite another way, than when he is in safety about his occasions. But ordinarily *voluntary thoughts* are the best measure and indication of the frame of our minds. As the nature of the soil is judged by the grass which it brings forth ; so may the disposition of the heart by the predominancy of voluntary thoughts. They are the original acting of the soul ; the way whereby the heart puts forth and empties the treasure that is in it ; the waters that first rise and flow from that fountain. Every man's heart is his treasury ; and the treasure that is in it, is either good or evil ; as our Saviour tells us. There is a good and bad treasure of the heart ; but whatever a man hath, be it good or evil, there it is. This treasure is opening, emptying and spending itself continually, though it can never be exhausted. For it hath a fountain in nature or grace, which no expence can diminish ; yea it increaseth and getteth strength by it. The more you spend of the treasure of your hearts in any kind, the more will you abound in treasure of the same kind. Whether it be good or evil, it grows by expence and exercise ; and the principal way whereby it puts forth itself, is by the thoughts of the mind. If the heart be evil, they are for the most part vain, filthy, corrupt, wicked, foolish ; if it be under the power of a principle of grace, and so have a *good treasure* in it, it puts forth itself by thoughts suitable unto its nature, and compliant with its inclinations.

Wherefore, these *thoughts* give the best measure of the frame of our minds and hearts. I mean such as are *voluntary*, such as the mind of its own accord is apt for, inclines and ordinarily betakes itself unto. Men may have a multitude of thoughts about the affairs of their callings and the occasions of life, which yet may give no due measure of the inward frame of their hearts. So men whose calling and work it is to *study the scripture* or the things revealed therein, and to preach them unto others; cannot but have many thoughts about spiritual things; and yet may be, and oftentimes are, most remote from being spiritually minded. They may be *forced by their work* and calling to think of them early and late, evening and morning; and yet their minds be no way rendered or proved spiritual thereby. It were well if all of us who are preachers would diligently examine ourselves herein. So is it with them who oblige themselves to read the scripture, it may be so many chapters every day; notwithstanding the diligent performance of their task, they may be most remote from being spiritually minded. See *Ezek. 33. 31.* But there is a certain *track* and *course* of thoughts that men ordinarily betake themselves unto, when not affected with present occasions. If these be *vain, foolish, proud, ambitious, sensual or filthy*, such is the mind and its frame. If they be *holy, spiritual and heavenly*, such may the frame of the mind be judged to be. But these things must be more fully explained.

It is the great *character* and description of the frame of men's minds in an unregenerate condition, or before the renovation of their natures, *that every imagination of the thoughts of their hearts are only evil continually, Gen. 6. 5.* They are continually coining figments and imaginations in their hearts, stamping them into thoughts that are vain, foolish and wicked. All other *thoughts* in them are occasional; these are the natural, genuine product of their hearts. Hence the

the clearest and sometimes first discovery of the bottomless evil treasure of filth, folly and wickedness that is in the heart of man by nature, is from the innumerable multitude of evil imaginations, which are there coined and thrust forth every day. So the wicked are said *to be like the troubled sea when it cannot rest, whose waters cast up mire and dirt, Isa. 57. 20.* There is a fulness of evil in their hearts, like that of water in the sea. This fulness is troubled or put into continual motion by their lusts and impetuous desires. Hence the mire and dirt of evil thoughts are continually cast up in them.

It is therefore evident that the predominancy of *voluntary thoughts* is the best and most sure indication of the inward frame and state of the mind. For if it be so on the one side as unto the *carnal mind*, it is so on the other as unto the spiritual. Wherefore to be spiritually minded in the first place is, to have the course and stream of those thoughts which we ordinarily retreat unto, which we approve of as suited unto our affections, to be about spiritual things. Therein consists the minding of the spirit.

But because all men, unless horribly profligate, have *thoughts* about spiritual things, yet we know that all men are not *spiritually minded*, we must consider, what is required unto such thoughts, to render them a certain indication of the state of our minds. And there are these three things required hereunto.

1. That they be *natural*, arising from ourselves, and not from outward occasions. The *Psalmist* mentions the *inward thoughts of men*. Psal. 49. 11. and 64. 6. But whereas all thoughts are the inward acts of the mind, it should seem that this expression makes no *distinction* of the especial kind of thoughts intended, from those of another sort. But the difference is not in the formal nature of them, but in the causes, springs and occasions. *Inward thoughts* are such as arise
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merely and solely from men's inward principles, dispositions and inclinations, that are not suggested or excited by any outward objects. Such in wicked men are those actings of their lusts, whereby they *entice and seduce themselves*. *Jam. i. 14.* Their lusts stir up thoughts leading and encouraging them to make provision for the flesh. These are their *inward thoughts*. Of the same nature are those thoughts which are the minding of the spirit. They are the first natural egress and genuine acting of the habitual disposition of the mind and soul.

Thus in *covetous* men there are two sorts of thoughts, whereby their covetousness acts itself. First, such as are occasioned by outward objects and opportunities. So it was with *Achan*, *Josh. vii. 21.* *When, saith he, I saw among the spoils a goodly Babylonish garment, and two hundred shekels of silver, and a wedge of gold, then I coveted them.* His sight of them with an opportunity of possessing himself of them, excited covetous thoughts and desires in him. So is it with others every day, whose occasions call them to converse with the objects of their lusts. And some by such objects may be surpris'd into thoughts that their minds are not habitually inclined unto. And therefore when they are known, it is our duty to avoid them. But the same sort of persons have thoughts of this nature arising from themselves only, their own dispositions and inclinations, without any outward provocations. *The vile Person will speak villany, and his heart will work iniquity*, *Isa. xxxii. 6.* And this he doth as the *liberal deviseth liberal things*, *v. 8.* from his own disposition and inclination, he is contriving in his thoughts how to act according to them. So the *unclean person* hath two sorts of thoughts with respect unto the satisfaction of his lusts. First, such as are occasioned in his mind by the external objects of it. Hereunto *stage-plays*, revellings, dancings, with the society of bold persons, persons of corrupt communica-
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tion do contribute their wicked service. For the avoidance of this snare, *Job* made a covenant with his eyes, *chap.* xxxi. 1. And our Saviour gives that holy declaration of the evil of it, *Mat.* v. 28. But he hath an *habitual spring* of these thoughts in himself constantly inclining and disposing him thereunto. Hence the apostle *Peter* tells us that such persons *have eyes full of an adulteress, that cannot cease from sin*; ii. *Ep.* 2. 14. Their own affections make them restless in their thoughts and contrivances about sin. So is it with them who are given to excess in *wine* or strong drink. They have pleasing *thoughts* raised in them from the object of their lust represented unto them. Hence *Solomon* gives that advice against the occasion of them, *Prov.* xxiii. 31. But it is their own habitual disposition which carries them unto pleasing thoughts of the satisfaction of their lusts, which he describes, v. 34, 35. So is it in other cases. The thoughts of this latter sort, are men's inward thoughts; and such must these be of spiritual things, whence we may be esteemed spiritually minded.

Psal. 45. 1. Saith the Psalmist, *My heart is inditing a good matter; I speak of the things which I have made touching the King.* He was meditating on spiritual things, on the things of the person and kingdom of Christ. Hence his heart *bubbled up* (as it is in the original) a good matter. It is an allusion taken from a quick spring of living waters; from its own life and fulness it *bubbles up* the water that runs and flows from it. So is it with these thoughts in them that are spiritually minded. There is a living fulness of spiritual things in their mind and affections, that springeth up into holy thoughts about them.

From hence doth our Saviour give us the great description of spiritual life. It is *a well of living water springing up into everlasting life.* *John* iv. 12. The spirit with his graces residing in the heart of a believer, are a *well of living water.* Nor is it such a well as content

content with its own fulness doth not of its own accord, without any instrument or pains in drawing, send out its refreshing waters, as it is with most *wells* though of living water. For this is spoken by our Saviour in answer and opposition unto that objection of the woman, upon this mention of giving living water, *v. 10.* Sir, saith she, *thou hast nothing to draw, and the well is deep, whence wilt thou have this water, v. 11.* True, saith he, such is the nature of this *well* and water, dead earthly things. They are of no use unless we have instruments, lines and buckets to draw withall. But the living water which I shall give is of another nature. It is not water to be kept in a pit or cistern without us, whence it must be drawn; but it is within us; and that not dead and useles, but continually springing up unto the use and refreshment of them that have it. For so is it with the principle of the new creature, of the new nature, the spirit and his graces in the hearts of them that do believe. It doth of itself and from itself, without any external influence on it, incline and dispose the whole soul unto spiritual actings that tend unto eternal life. Such are the thoughts of them that are spiritually minded. They arise from the *inward* principle, inclination and disposition of the soul, are the bubblings of this well of living water; they are the mindings of the spirit.

So our Saviour describes them, *Matt. xii. 35.* *A good man out of the good treasure of the heart bringeth forth good things.* First the *man* is good; as he said before, make the *tree good*, or the fruit cannot be good, *v. 33.* He is made so by grace in the change and renovation of his nature; for in ourselves we are every way evil. This good man hath a *treasure in his heart*. So all men have, as the next words are; *the evil man out of the evil treasure of the heart.* And this is the great difference that is between men in this world. Every man hath a *treasure* in his heart; that is, a prevailing

prevailing inexhaustible principle of all his actings and operations. But in some this treasure is *good*, in others it is *evil*; that is, the prevailing principle in the heart, which carries along with it its dispositions and inclinations, is in some *good* and gracious, in others it is *evil*. *Out of this good treasure, a good man bringeth forth good things.* The first opening of it, the first bringing of it forth, is by these *thoughts*. The *thoughts* that arise out of the heart are of the same nature with the treasure that is in it. If the *thoughts* that naturally arise and spring up in us are for the most part vain, foolish, sensual, earthly, selfish, such is the *treasure* that is in our hearts, and such are we. But where the thoughts that thus *naturally* proceed from the treasure that is in the heart are spiritual and holy, it is an argument that we are *spiritually minded*.

Where it is not thus with our thoughts, they give no such evidence as that enquired after. Men may have *thoughts* of spiritual things, and that many of them, and that frequently, which do not arise from this principle, but may be resolved into two other causes:—1. *Inward* force; 2. *Outward* occasions.

1. *Inward* force, as it may be called. This is by *convictions*. Convictions put a kind of force upon the mind; or an impression, that causeth it to act contrary unto its own habitual disposition and inclination. It is in the nature of water to descend: but apply an instrument unto it, that shall make a compression of it, and force it unto a vent, it will fly *upwards vehemently*, as if that were its natural motion; but so soon as the force of the impression ceaseth, it returns immediately unto its own proper tendency, descending towards its center. So is it with men's thoughts oftentimes. They are *earthly*; their natural course and motion is *downwards* unto the earth, and the things thereof. But when any efficacious *conviction* presseth on the mind, it forceth the egress of its thoughts upwards towards heavenly things; it will think much and frequently of them,

them, as if that were their proper motion and course; but so soon as the power of the *conviction* decays or wears off, that the mind is no more sensible of its force and impression, the thoughts of it return again unto their old course and track, as the water tends downwards.

This state and frame is graphically described, *Psal.* lxxviii. 35, 36, 57. *When he slew them, then they sought him, and they returned, and enquired early after God. And they remembered that God was their rock, and the high God their Redeemer. Nevertheless, they did but flatter him with their mouths, and they lied unto him with their tongues; for their heart was not right with him, neither were they stedfast in his covenant.* Men in troubles, dangers, sickness, fears of death, or under effectual conviction of sin, from the preaching of the word, will endeavour to think and meditate on spiritual things: yea, they will be greatly troubled that they cannot think of them more than they do, and esteem it their folly that they think of any thing else. But as freedom and deliverance do approach, so these thoughts decay and disappear; the mind will not be compelled to give place unto them any more. The Prophet gives the reason of it, *Jer.* xiii. 23. *Can the Ethiopian change his skin, or the leopard his spots? then may ye also do good that are accustomed unto evil.* They have had another haunt; been taught another course; the habit and inclination of the mind lies another way; and they will no longer tend towards spiritual things, than an impression is on them from their convictions.

And it is an argument of very mean attainments, of a low and weak degree in this frame of heart, or in our being spiritually minded, when our thoughts of spiritual things do rise or fall, according to *renewed occasional convictions*. If when we are under *rebukes* from God in our persons or relations, in fears of death, and the like, and, withall, have some renewed *convictions of sin*, in commission, or omission of duties,
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and thercon do endeavour to be more spiritually minded, in the constant exercise of our thoughts on spiritual things, which we fail in; and these thoughts decay, as our convictions in the causes of them do wear off, or are removed; we have attained a very low degree in this grace, if we have any interest in it at all.

Water that ariseth and floweth from a living spring runneth equally and constantly, unless it be obstructed or diverted by some violent opposition; but that which is from *thunder-showers* runs furiously for a season, but is quickly dried up. So are those spiritual thoughts which arise from a prevalent internal principle of grace in the heart; they are even and constant, unless an interruption be put upon them for a season by temptations: but those which are excited by the *thunder of convictions*, however their streams may be filled for a season, they quickly dry up, and utterly decay.

2. Such thoughts may arise in the minds of men not spiritually minded, from *outward means and occasions*. Such I intend as are indeed useful; yea, appointed of God for this end among others, that they may ingenerate and stir up holy thoughts and affections in us; but there is a difference in their use and operation. In some they excite the inward principle of the mind to act in holy thoughts, according unto its own sanctified disposition and prevalent affections. This is their proper end and use. In others they *occasionally* suggest such thoughts unto the minds of men, which spring only from the notions of the things proposed unto them. With respect unto this end also, they are of singular use unto the souls of men, howbeit such *thoughts* do not prove men to be spiritually minded. Where you *till* and *manure* your land, if it brings forth plentiful crops of corn, it is an evidence that the *soil* itself is good and fertile; the dressing of it only gives occasion and advantage to put forth its own fruit-bearing virtue: but if in the tilling of land, you
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lay much dung upon it, and it brings forth here and there an handful where the dung lay, you will say the soil itself is barren, it brings forth nothing of itself. These means that we shall treat of, are as the *tilling* of a *fruitful soil*, which help it in bringing forth its fruit, by exciting its own virtue and power. They stir up holy affections unto holy thoughts and desires; but in others, whose hearts are barren, they only serve, as it were, some of them here and there, to stir up spiritual thoughts, which gives no evidence of a gracious heart or spirit. But because this is a matter of great importance, it shall be handled distinctly by itself.

CHAP. III.

Outward Means and Occasions of Thoughts of such Spiritual Things, which do not prove Men to be spiritually minded. Preaching of the Word. Exercise of Gifts. Prayer. How we may know whether our Thoughts of Spiritual Things in Prayer are truly spiritual Thoughts, proving us to be spiritually minded.

I. **S**UCH a means is the *preaching of the Word* itself. It is observed concerning many in the Gospel, that they *heard it willingly, received it with joy, and did many things gladly* upon the preaching of it; and we see the same things exemplified in multitudes every day. But none of these things can be without *many thoughts* in the minds of such persons about the spiritual things of the Word; for they are the effects of such thoughts, and being wrought in the minds of men, will produce more of the same nature: yet were they all *hypocrites* concerning whom these things were spoken, and were never *spiritually minded*.

The cause of this miscarriage is given us by our Saviour, *Matt. xiii. 20, 21. He that receiveth the seed into*

into stony places, the same is he that heareth the word, and anon receiveth it with joy; yet hath he not root in himself, but dureth for a while. The good thoughts they have, proceed not from any principle in themselves. Neither their affections nor their thoughts of these things, have any *internal root* whereon they should grow. So is it with many who live under the present dispensation of the Gospel. They have thoughts of spiritual things continually suggested unto them; and they do abide with them more or less, according as they are affected. For I speak not of them who are either despisers of what they hear, or *way-side hearers*, who understand nothing of what they hear, and immediately lose all sense of it, all thoughts about it. But I speak of them who attend with some diligence, and receive the word with some *joy*. These insensibly grow in knowledge and understanding, and therefore cannot be without some thoughts of spiritual things. Howbeit for the most part they are, as was said, but like unto waters that run after a shower of rain. They pour out themselves as if they proceeded from some strong *living spring*, whereas indeed they have none at all. When once the waters of the shower are spent their channel is dry, there is nothing in it but stones and dirt. When the doctrine of the word falls on such persons as showers of rain, it gives a course, sometimes greater, sometimes less, unto their thoughts towards spiritual things. But they have not a *well of water* in them springing up into everlasting life. Wherefore after a while their minds are dried up from such thoughts; nothing remains in them but *earth*, and that perhaps *foul and dirty*.

It must be observed, that the best of men, the most holy and spiritually minded, may have, nay ought to have their thoughts of spiritual things excited, multiplied, and confirmed by the preaching of the word. *It is one end of its Dispensation*, one principal use of it
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in them by whom it is received. And it hath this effect two ways. (1.) As it is the *spiritual food of the soul*, whereby its principle of life and grace is maintained and strengthened. The more this is done, the more shall we thrive in being spiritually minded. (2.) As it *administereth occasion* unto the exercise of grace. For proposing the proper object of faith, love, fear, trust, reverence unto the soul, it draws forth all those graces into exercise. Wherefore, although the vigorous actings of spiritual thoughts be occasional from the word, be more under and after the preaching of it, than at other times, it is no more but what ariseth from the nature and use of the ordinance, by God's own appointment, nor is it any evidence that those with whom it is so, are not spiritually minded; but on the contrary that they are. Yet where men have no other thoughts of this matter but what are occasioned by the outward dispensation of the word, such thoughts do not prove them to be spiritually minded. Their endeavours in them are like those of men in *a dream*. Under some oppression of their spirits, their imagination fixeth on something or other, that is most earnestly to be desired or avoided. Herein they seem to themselves to strive with all their might, to endeavour to go, run or contend, but all in vain; every thing fails them, and they are not relieved until they are awaked. So such persons in impressions they receive from the word, seem to strive and contend in their thoughts and resolutions to comply with what is proposed unto them; but their strength fails, they find no success, for want of a *principle* of spiritual life, and after a time give over their endeavours until they are occasionally renewed again. Now the thoughts which in the dispensation of the word do proceed from an *inward principle* of grace excited unto its due exercise, are distinguishable from them which are only *occasionally suggested* unto the mind by the word outwardly preached. For (1.) They are *especial*
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actings of faith and love towards the things themselves that are preached. They belong unto our *receiving the truth in the love thereof*. And love respects the *goodness* of the things themselves, and not merely the truth of the propositions wherein they are expressed. The other thoughts are only the sense of the mind as affected with light and truth, without any cordial love unto the things themselves. (2.) They are accompanied with *complacency* of soul arising from love, experience, more or less, of the power of them, and their suitableness unto the new nature or principle of grace in them. For when our minds find that so indeed it is in us, as it is in the word; that this is that which we would be more *conformable* unto; it gives a secret complacency with satisfaction unto the soul. The other thoughts which are only occasional, have none of these concomitants or effects, but are dry and barren, unless it be in a few words or transient discourse. (3.) The former are means of *spiritual growth*. So some say the natural growth of vegetables is not by insensible motion, but by gusts and sensible eruptions of increase. These are both in spiritual growth, and the latter consists much in those thoughts which the principle of the new nature is excited unto by the word in the latter.

2. The *duty of prayer* is another means of the like nature. One principal end of it is to excite, stir up, and draw forth the principle of grace, of faith and love in the heart, unto a due exercise in holy thoughts of God and spiritual things, with affections suitable unto them. Those who design not this end in prayer, know not at all what it is to pray. Now all sorts of persons have frequent occasion to join with others in prayer, and many are under the conviction that it is their own duty to pray every day, it may be in their families and otherwise. And it is hard to conceive how men can constantly join with others in prayer, much more how they can pray themselves, but that

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they must have thoughts of spiritual things every day; howbeit *it is possible* that they may have no root, or *living spring* of them in themselves, but they are only occasional impressions on their minds from the outward performance of the duty. I shall give some instances of the grounds hereof, which on many reasons require our diligent consideration.

Spiritual thoughts may be raised in a person in his own duty, by the *exercise* of *his gifts*, when there is no acting of grace in them at all; for they lead and guide the mind unto such things as are the matter of prayer; that is spiritual things. *Gifts* are nothing but a spiritual improvement of our natural faculties or abilities. And a man cannot speak or utter any thing but what proceeds from his rational faculties by invention or memory, or both, managed in and by his thoughts, unless he speak by rote, and that which is not rational. What therefore proceeds from a man's rational faculty in and by the *exercise* of *his gifts*, that his thoughts must be exercised about.

A man may *read a long prayer* that expresseth spiritual things, and yet never have one spiritual thought arise in his mind about them. For there is no exercise of any faculty of his mind required unto such *reading*, but only to attend unto the words that are to be read. This I say may be so, I do not say that it is so, or that it must be so. But, as was said in the *exercise of gifts*, it is impossible but there must be an *exercise of reason*, by invention, judgment, and memory; and consequently thoughts of spiritual things. Yet may they all be merely *occasional* from the present external performance of the duty, without any living spring or exercise of grace. In such a course may men of *tolerable gifts* continue all their days, unto the satisfaction of themselves and others, deceiving both them and their own souls.

This being evident from the scripture and experience, an enquiry may be made thereon, as unto
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our own concernment in these things; especially of those who have received *spiritual gifts* of their own, and of them also in some degree, who usually enjoy the gifts of others in this duty. For it may be asked, how we shall know whether the thoughts which we have of spiritual things in and upon prayer do arise from *gifts only*, those of our *own* or other men's, giving occasion unto them, or are influenced from a living principle and spring of grace in our hearts. A case this is (however by some it may be apprehended) of *great importance*, and which would require much time fully to resolve. For there is nothing whereby the refined sort of *hypocrites* do more deceive themselves and others, nothing whereby some men do give themselves more countenance in an indulgence unto their lusts, than by this part of the *Form of Godliness*, when they deny the *power* thereof. And besides, it is that wherein the best of believers ought to keep a diligent watch over themselves; in every particular instance of the performance of this duty. With respect hereunto in an especial manner are they to *watch unto prayer*. If they are at any time negligent herein, they may rest in a bare *exercise of gifts*, when on a due examination and trial, they have no evidence of the *acting of grace* in what they have done. I shall therefore with what brevity I can give a resolution unto this enquiry. And to this end observe,

1. It is an ancient complaint, that *spiritual things are filled with great obscurity and difficulty*; and it is true. Not that there is any such thing in themselves, for they all come forth from the *Father of lights*, and are full of light, order, beauty and wisdom; and light and order are the only means whereby any thing makes a discovery of itself. But the ground of all darkness and difficulty in these things lies in ourselves. We can more clearly and steadily see and behold the *moon and the stars*, than we can the *sun* when it shines in its greatest lustre. It is not, because there is more

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light in the moon and stars than in the sun, but because the light of the sun is greater than our visive faculty can directly bear and behold. So we can more clearly discover the truth and distinct nature of things *moral* and *natural*, than we can of things that are heavenly and spiritual. See *John*, iii. 14. Not that there is more substance or reality in them, but because the ability of our understanding is more suited unto the comprehension of them. The other are above us. We know but in part, and our minds are liable to be hindered and disordered in their apprehension of things heavenly and spiritual, by ignorance, temptations, and prejudices of all sorts. In nothing more are men subject unto mistakes than in the application of things unto themselves, and a judgment of their interest in them. Fear, self-love, with the prevalency of temptations and corruptions, do all engage their powers to darken the light of the mind and to pervert its judgment. In no case doth the deceitfulness of the heart, or of sin which is all one, more act itself. Hence multitudes say *peace* to themselves, to whom *God doth not speak peace*; and some who are children of light do yet walk in darkness. Hence is that fervent prayer of the Apostle for help in this case, *Ephes.* i. 16, 17, 18, 19. There is also a great similitude between *temporary faith*, and that which is *saving* and durable; and between gifts and grace in their operations, which is that, that is under present consideration. It is acknowledged therefore, that without the especial light and conduct of the spirit of God, no man can make such a judgment of his state and his actions, as shall be a stable foundation of giving glory to God, and of obtaining peace unto his own soul. And therefore the greatest part of mankind do constantly deceive themselves in these things.

But ordinarily under *this blessed conduct* in the search of ourselves and the concernments of our duty, we may come unto a satisfaction whether they are *influenced*

Influenced by faith, and have grace exercised in them, especially this duty of *prayer*, or whether it derive from the *power of our natural faculties*, raised by light and spiritual gifts only; and so whether our spiritual thoughts therein do spring from a vital principle of grace, or whether they come from occasional impressions on the mind, by the performance of the duty itself.

If men are willing to *deceive themselves*, or to hide themselves from themselves, to *walk with God at all peradventures*, to leave all things at hazard, to put off all trials unto that at the last day, and so never call themselves unto an account, as unto the nature of their duties in any particular instance, it is no wonder, if they neither do nor can make any distinction in this matter, as unto the true nature of their thoughts in spiritual duties. Two things are required hereunto.

1. That we impartially and severely *examine and try* the frames and actings of our minds in holy duties by the word of truth; and thereon not be afraid to speak that plainly unto our souls, which the word speaks unto us. This diligent search ought to respect our principles, aims, ends, actings, with the whole deportment of our souls in every duty. See ii. Cor. 13. 5. If a man receiveth much money, and look only on the outward *form and superscription*, when he supposeth that he hath great store of current coin in gold and silver, he may have only heaps of lead or copper by him. But he that trades in it as the comfort and support of his natural life and condition, he will try what he receives both by the balance and the touch-stone, as the occasion requires, especially if it be in a time when much adulterated coin is passing in the world. And if a man reckons on his duties by *tale and number*, he may be utterly deceived; and be spiritually poor and a bankrupt, when he esteems himself rich, increased in goods and wanting nothing. Some duties may appearingly hold in the balance as to weight, which

will not hold it at the touch-stone as to worth. Both means are to be used if we would not be mistaken in our accounts. Thus God himself, in the midst of a multitude of duties, calls the people to try and examine themselves, whether or no they are such as have faith and grace in them, and so like to have acceptance with him. *Isa. lviii. 2, 3, 4, 5.*

2. Add we must unto our own diligent enquiry *fervent prayers* unto God, that he would search and try us, as unto our sincerity, and discover unto us the true frame of our hearts. Hereof we have an express example, *Psaln cxxxix. 23, 24. Search me, O God, and know my heart, try me and know my thoughts; and see if there be any wicked way in me, and lead me in the way everlasting.* This is the only way whereby we may have the spirit of God witnessing unto our sincerity, with our own spirits. There is need of calling in divine assistance in this matter, both from the importance of it, and from its difficulty; God alone knowing fully and perfectly what is in the hearts of men.

I no way doubt, but that in the impartial use of these means, a man may come to assured satisfaction in his own mind, such as wherein he shall not be deceived, whether he doth animate and quicken his thoughts of spiritual things in duties with inward vital grace, or whether they are impressions on his mind, by the occasion of the duty.

A duty this is of great importance and necessity, now *hypocrisy* hath made so great an inroad on profession, and *gifts* have deflowered *grace* in its principal operations. No persons are in greater danger of *walking at hazard* with God, than those who live in the exercise of spiritual gifts in duties, unto their own satisfaction and others. For they may countenance themselves with an appearance of every thing that should be in them in reality and power, when there is nothing of it in them. And so it hath fallen out.

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We have seen many earnest in the exercise of this gift, who have turned vile and debauched apostates. Some have been known to *live in sin* and an indulgence of their lusts, and yet to abide constant in their duties, *Isa. i. 15.* And we may hear prayers sometimes that openly discover themselves unto spiritual sense, to be the *labour of the brain*, by the help of gifts in memory and invention, without an evidence of any mixture of humility, reverence, or godly fear, without any acting of faith and love. They flow as wine, yet smell and taste of the unfavoury cask from whence they proceed. It is necessary, therefore, that we should put ourselves on the *severest trial*, lest we should be found not to be spiritually minded in spiritual duties.

Gifts are graciously vouchsafements of Christ to make *grace* useful unto ourselves and others; yea they may make useful unto the *grace* of others, who have no *grace* in themselves. But as unto our own souls, they are of no other advantage or benefit but to *stir up grace* unto its proper exercise; and to be a vehicle to carry it on, in its proper use. If we do not always regard this in their exercise, we had better be without them. If instead hereof, they once begin to impose themselves *practically* upon us, so as that we rest in spiritual light acting our inventions, memories and judgments with a ready utterance, or such as it is, there is no *form of prayer* can be more prejudicial unto our souls. As wine, if taken moderately and seasonably, helps the stomach in digestion, and quickens the natural spirits, enabling the powers of nature unto their duty, is useful and helpful unto it, but if it be taken in *excess*, it doth not help nature but oppress it, and takes on itself to do what nature should be assisted unto, it fills men's carcases with diseases, as well as their souls with sin. So whilst *spiritual gifts* are used and employed only to excite, aid and *assist grace* in its operations, they are unutterably useful. But if they

put themselves in the room thereof, to do all that grace should do; they are hurtful and pernicious. We have need therefore to be very diligent in this enquiry, whether our spiritual thoughts, even in our prayers, be not rather *occasioned* from the duty, than springing from a *gracious principle* in our hearts, or are the actings of real sovereign grace.

2. Where thoughts of spiritual things in *prayer* are *occasional only* in the way before described, such prayers will not be a means of spiritual growth unto the soul. They will not make the soul humble, holy, watchful and diligent in universal obedience. Grace will not thrive under the greatest constancy in such duties. It is an astonishing thing to see how, under frequency of prayer, and a seeming fervency therein, many of us are at a stand as to visible thriving in the *fruits* of grace; and it is to be feared, without any encrease of strength in the *root* of it. God's hand is not shortened that he cannot save, nor his ear deafened that he cannot hear. He is the same as in the days of old, when our fathers cried unto him and were delivered, when they trusted in him and were not confounded. *Jesus Christ is the same yesterday, and to day, and for ever*; prayer is the same that it was, and shall lose nothing of its prevalency whilst this world endureth. Whence is it then, that there is so much prayer amongst us, and so little success. I speak not with respect unto the *outward dispensations* of divine providence in afflictions or persecutions, wherein God always acts in a *way of sovereignty*, and oftentimes gives the most useful answer unto our prayers by denying our requests. I intend that only whereof the Psalmist giveth us his experience, *Psalms cxxxviii. 3. In the day when I cried, thou answeredst me, and strengthenedst me with strength in my soul.* Where prayers are effectual, they will bring in spiritual strength. But the prayers of many seem to be very spiritual, and to express all conceivable

able supplies of grace ; and they are persisted in with constancy ; and God forbid we should judge them to be hypocritical and wholly insincere. Yet is there a defect somewhere, which should be enquired after. For they are not so answered, as that they who pray them, are *strengthened with strength in their souls*. There is not that spiritual thriving, that growth in grace which might be expected to accompany such supplications.

I know that a man may pray often, pray sincerely and frequently for an *especial mercy*, grace, or deliverance from a particular temptation ; and yet no spiritual supply of strength unto his own experience come in thereby. So *Paul prayed thrice* for the removal of his temptation, and yet had the exercise of it continued. In such a case there may be no defect in prayer, and yet the grace in particular aimed at not be attained. For God hath other holy ends to accomplish hereby on the soul. But how persons should continue in prayer, in general, according to the mind of God, so far as can be outwardly discovered, and yet thrive not at all, as unto spiritual strength in their souls, is hard to be understood.

And, which is yet more astonishing, men abide in the duty of prayer, and that in constancy, in their families, and otherwise, and yet live in known sins. Whatever spiritual thoughts such men have, in and by their prayers, they are not spiritually minded. Shall we now say, that all such persons are gross hypocrites ; such as know they do but mock God and man ; know that they have not desires nor aims after the things which they mention in their own prayers ; but do these things either for some corrupt end, or at best to satisfy their convictions ? Could we thus resolve, the whole difficulty of the case were taken off. For such *double-minded men* have no reason to think *that they shall receive any thing of the Lord*, as *James* speaks, Chap. i. 7. Indeed they do not.

They never act faith with reference unto their own prayers. But it is not so with all of this sort; some judge themselves sincere, and in good earnest in their prayers, not without some hopes and expectations of success. I will not say of all such persons, that they are among the number of them concerning whom the wisdom of God says, *Because I called unto them, and they refused; they shall call on me, but I will not answer, they shall seek me early, and shall not find me; Prov. i. 18, 19, 20, 21.* And although we may say unto such persons in general, either *leave your sinning, or leave your praying*, from *Psalms* l. 16, 17. and that with respect unto present scandal, and certain miscarriage in the end, if both be continued in; yet in particular I would not advise any such person to *leave off his praying* until he had left his sin. This were to advise a sick man to use no remedies until he were well cured. Who knows but that the Holy Spirit who works when and how he pleaseth, may take a time to animate these lifeless prayers, and make them a means of deliverance from the power of this sin. In the mean time the fault and guilt is wholly their own who have effected a consistency between a way of sinning and a course in praying; and it ariseth from hence, that they have never laboured to fill up their *requests* with grace. What there hath been of earnestness or diligence in them, hath been from a *force* put upon them by their convictions and fears. For no man was ever absolutely prevailed on by sin, who prayed for deliverance according to the mind of God. Every praying man that perisheth was an hypocrite. The faithfulness of God in his promises will not allow us to judge otherwise. Wherefore the thoughts that such persons have of *spiritual things* even in their duties, do not arise from within, nor are a natural emanation of the frames of their hearts and affections.

3. *Earnestness and appearing fervency* in prayer, as unto the outward delivery of the words of it, yea though the mind be so affected as to contribute much thereunto, will not of themselves prove, that the thoughts of men therein do arise from an internal spring of grace. There is a *fervency of spirit* in prayer, that is one of the best properties of it, being an earnest acting of love, faith and desire. But there is a fervency wherewith the mind itself may be affected, that may arise from other causes.

1. It may do so from the engagement of *natural affections* unto the object of their prayer, or the things prayed for. Men may be mighty earnest and intent in their minds, in praying for a *dear relation*, or for *deliverance*, from eminent troubles, or imminent dangers; and yet all this fervour arise from the vehement actings of natural affections about the things prayed for, excited in an especial manner by the present duty. Hence God calls the earnest cries of some for *temporal things*, not a *crying unto him*, but *an howling*, *Hosea vii. 14.* That is, the cry of hungry ravenous beasts, that would be satisfied.

2. Sometimes it ariseth from the *sharpness of convictions*, which will make men even *roar in their prayers for disquietment of heart*. And this may be where there is no true grace as yet received, nor, it may be, ever will be so. For the perplexing work of conviction goes before real conversion; and as it produceth many other effects and changes in the mind, so it may do this of great fervency in *vocal prayers*, especially if it be accompanied with outward afflictions, pains, or troubles. *Psalms lxxviii. 34, 35.*

3. Ofttimes the mind and affections are very little concerned in that fervour and earnestness which appear in the *outward performance* of the duty; but in the exercise of gifts, and through their own utterance, men put their natural affections into such an agitation, as shall carry them out into a great *vehemency*.

in their expressions. It hath been so with sundry persons who have been discovered to be rotten hypocrites, and have afterwards turned cursed apostates. Wherefore all these things may be where there is no gracious spring, or vital principle, acting itself from within in spiritual thoughts.

Some, it may be, will design an *advantage* by their conceptions, unto the interest of profaneness and scoffing; for if there be these evils under the exercise of the *gift of prayer*, both in *constancy*, and with *fergency*—if there may be a total want of the exercise of all true grace with it and under it, then it may be, all that is pretended of this gift and its use is but hypocrisy and talk. But, I say, (1.) it may be as well pretended, that because the sun shining on a dung-hill doth occasion offensive and noisome steams, therefore all that is pretended of its influence on spices and flowers, causing them to give out their fragancy, is utterly false. No man ever thought that *spiritual gifts* did change, or renew the minds and natures of men; where they are alone, they only help and assist unto the useful exercise of natural faculties and powers; and, therefore, where the heart is not savingly renewed, no gifts can stir up a saving exercise of faith; but, where it is so, they are a means to *cause the savour of it to flow forth*. 2. Be it so, that there may be some evils found under the exercise of the gift of prayer, what remedy for them may be proposed? Is it that men should renounce their use of it, and betake themselves unto the reading of prayers only? 1. The same may be said of all *spiritual gifts* whatever, for they are all of them liable unto abuse. And shall we reject all the powers of the world to come, the whole complex of gospel gifts, for the communication whereof the Lord Christ hath promised to continue his spirit with his church unto the end of the world, because by some they are abused? 2. Not only the same, but far greater evils may be found

found in and under the reading of prayers, which needs no further demonstration than what it gives of itself every day. 3. It is hard to understand, how any benefit at all can accrue unto any by this relief, when the advantages of the other way are evident.

Wherefore the enquiry remains, *how we may know unto our own satisfaction, that the thoughts we have of spiritual things in the duty of prayer, are from an internal fountain of grace*, and so are an evidence that we are spiritually minded, whereunto all these things do tend. Some few things I shall offer towards satisfaction herein.

1. I take it for granted on the evidence before given, that persons who have any *spiritual light*, and will diligently examine and try their own hearts, will be able to discern what real actings of faith, of love, and delight in God, there are in their duties; and consequently what is the spring of their spiritual thoughts. In general we are assured, that *he that believeth, hath the witness in himself.* i. *John*, 5. 10. Sincere faith will be its own evidence; and where there are sincere actings of faith, they will evidence themselves, if we try all things impartially by the word. But if men do, as for the most part they do, content themselves with the performance of any duty, without an examination of their principles, frames and actings of grace in them, it is no wonder if they walk in all uncertainty.

2. When the soul finds a *sweet spiritual complacency* in and after its duties, it is an evidence that grace hath been acted in its spiritual thoughts and desires. *Jer.* 31. The prophet receiveth a long gracious message from God, filled up with excellent promises and pathetical exhortations unto the church. The whole is as it were summed up in the close of it, v. 25. *For I have satiated the weary soul, and I have replenished every sorrowful soul.* Whereon the prophet adds, *upon this I awaked, and beheld, and my sleep was sweet unto me.*

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God's gracious message had so composed his spirits, and freed his mind from trouble, as that he was at quiet repose in himself, like a man asleep. But after the end of it, he stirs up himself unto a review and consideration of what had been spoken unto him: *I awaked and beheld*, or I stirred up myself, and considered what had been delivered unto me; and saith he, *my sleep was sweet unto me*; I found a gracious complacency in, and refreshment unto my soul, from what I had heard and received. So is it oftentimes with a soul that hath had real communion with God in the duty of prayer. It finds itself both in it, and afterwards when it is awakened unto the consideration of it, spiritually refreshed, it is sweet unto him.

This *holy complacency*, this rest and sweet repose of mind, is the foundation of the delight of believers in this duty. They do not pray only because it is their *duty* so to do, nor yet because they stand in need of it, so as that they cannot live without it, but they have delight in it; and to keep them from it, is all one as to keep them from their *daily food* and refreshment. Now we can have no delight in any thing but what we have found some sweetness, rest and complacency in. Without any such experience we may do or use any thing, but cannot do it with delight. And it ariseth (1.) From the approach that is made unto God therein. It is in its own nature an access unto God on a throne of grace. *Ephes. ii. 18. Heb. x. 19, 20.* And when this access is animated by the actings of grace, the soul hath a spiritual experience of a nearness in that approach. Now, God is the fountain and center of all *spiritual refreshment*, rest, and complacency; and in such an access unto him there is a refreshing taste of them communicated unto the soul: *Psal. xxxvi. 7, 8, 9. How excellent is thy loving kindness, O God! therefore the children of men put their trust under the shadow of thy wings. They shall be abundantly satisfied with the fatness of thine house:*
and

and thou shalt make them drink of the river of thy pleasures. For with thee is the fountain of life: in thy light we shall see light. God is proposed in the excellency of his *loving kindness*, which is comprehensive of his goodness, grace, and mercy. And so is he also as the spring of *life and light*, all spiritual powers and joys. Those that believe are better described by their *trust under the shadow of his wings*. In his worship the *fatness of his house*, they make their approaches unto him. And the fruit hereof is, that he makes them to *drink of the river of his pleasures*, the satisfying, refreshing streams of his grace and goodness; they approach unto him as unto the *fountain of life*, so as to drink of that fountain, in renewed communications of life and grace; and in the light of God, the light of his countenance, to *see light* in satisfying joy. In these things doth consist, and from them doth arise, that spiritual complacency which the souls of believers do find in their duties. 2. From the due exercise of faith, love and delight, the graces wherein the life of the new creature doth principally consist. There is a suitableness unto our natural constitution, and a secret complacency of our natures, in the proper actings of life natural, for its own preservation and increase: there is so in our *spiritual constitution*, in the proper actings of the powers of our spiritual life, unto its preservation and encrease. These graces, in their due exercise, do compose and refresh the mind, as those which are perfective of its state, which quell and cast out whatever troubles it: thence a blessed satisfaction and complacency befalls the soul: herein he *that believeth hath the witness in himself*. Besides, faith and love are never really acted on Christ, but they prepare and make meet the soul to receive communications of love and grace from him, which it never faileth of, although it be not always sensible thereof. 3. From the testimony of conscience, bearing witness unto our sincerity, both in aims, ends, and performances

performances of the duty. Hence a gracious repose of mind, and great satisfactoriness doth ensue.

If we have no experience of these things, it is evident that we walk at random in the best of our duties; for they are among the principal things that we do or ought to pray for; and if we have not experience of the effects of our prayers in our hearts, we neither have advantage by them, nor give glory unto God in them.

But yet here, as in most other spiritual things, one of the worst of vices is ready to impose itself in the room and place of the *best of our graces*: and this is, *self-pleasing* in the performance of the duty. This, instead of a grace steeped in *humility*, as all true grace is, is a vile effect of *spiritual pride*, or the offering of a sacrifice unto our own net and drag: it is a glorying in the flesh; for whatever of *self* any doth glory in, it is but flesh. When men have had enlargements in their expressions, and especially when they apprehend that others are satisfied or affected therewith, they are apt to have a secret *self-pleasing* in what they have done, which, before they are aware, turns into *pride*, and a noxious elation of mind. The same may befall men in their most secret duties, performed outwardly by the aid of spiritual gifts: but this is most remote from, and contrary unto, that *spiritual complacency* in duty which we speak of, which yet it will pretend unto, until it be diligently examined. The language of this spiritual complacency is, *I will go in the strength of the Lord God; I will make mention of thy righteousness, of thine only.*—*Psalms lxxi. 16.* That of spiritual pride is, *God, I thank thee that I have done thus and thus*, as it was expressed by the *Pharisee*. That is in *God alone*; this is in *self*: that draws forth *the savour of all graces*; this immediately covereth and buries them all, if there be any in the soul: that fills the soul eminently with *humility* and *self-abasement*; this with a lifting up of the mind and proud self-conceit:

ceit: that casts out all remembrance of what we have *done ourselves*, retaining only a sense of what we have *received from God*, of the impressions of his love and grace: this blots out all remembrance of what we have *freely received from God*, and retains only what we have *done ourselves*. Wherever it is, there is no due sense either of the greatness or goodness of God.

Some, it may be, will say, that if it be so, they, for their parts, are cut off. They have no experience of any such *spiritual rest and complacency* in God in or after their prayers: at the best, they begin them with tears, and end them in sorrow; and sometimes they know not what is become of them, but fear that God is not glorified by them, nor their own souls bettered.

I answer, (1.) There is great *spiritual refreshment* in that godly sorrow which is at work in our prayers. Where the Holy Ghost is a spirit of grace and supplication he causeth mourning, and in that mourning there is joy. 2. The secret encouragement which we receive by praying, to adhere unto God constantly in prayer, ariseth from some experience of this *holy complacency*, though we have not a sensible evidence of it. 3. Perhaps some of them who make this complaint, if they would awaken and consider, will find that their souls, at least sometimes, have been thus refreshed, and brought unto an holy rest in God. 4. Then shall you know the Lord, if you follow on to know him. Abide in seeking after this complacency and satisfaction in God, and you shall attain it.

3. It is a sure evidence that our thoughts of spiritual things in our supplications are from an internal spring of grace, and are not merely occasioned by the duty itself, when we find the *daily fruit and advantage of them*; especially in the preservation of our souls in an holy, humble, watchful frame.

Innumerable are the advantages, benefits, and effects of prayer, which are commonly spoken unto; growth
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in grace and consolation is the substance of them. Where there is continuance in prayer, there will be *spiritual growth* in some proportion. For men to be earnest in prayer, and thrifless in grace, is a certain indication of prevalent corruptions, and want of being *spiritually minded* in prayer itself. If a man eats his daily food, let him eat never so much, or so often, if he be not *nourished* by it, his body is under the power of prevalent distempers: and so is his spiritual constitution who thriveth not in the use of the food of the new creature. But that which I fix upon with respect unto the present enquiry, is the frame that it preserves the soul in; it will keep it *humble*, and upon a *diligent watch* as unto its dispositions and actings. He who prays as he ought, will endeavour to live as he prays. This none can do who doth not with diligence keep his heart unto the things he hath prayed about. To pray *earnestly*, and live *carelessly*, is to proclaim that a man is not spiritually minded in his prayer. Hereby, then, we shall know what is the *spring of those spiritual thoughts*, which our minds are exercised withal in our supplications. If they are influenced unto a constant daily watch for the preservation of that frame of spirit, those dispositions and inclinations unto spiritual things which we pray for, they are from an internal spring of grace. If there be generally an *unsuitableness* in our minds unto what we seem to contend for in our prayers, the *gift* may be in exercise, but the *grace* is wanting. If a man be every day on the Exchange, and there talketh diligently and earnestly about merchandize, and the affairs of trade, but when he comes home thinks no more of them, because indeed he hath nothing to do, no interest in them, he may be a very poor man, notwithstanding his pretences: and he may be spiritually very poor, who is on occasions fervent in prayer; if, when he retires unto himself, he is not careful and diligent about the matter of it.

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4. When *spiritual affections*, and due preparation of heart unto the duty, do excite and animate the *gift of prayer*, and not the gift make impressions on the affections, then are we spiritually minded therein. *Gifts* are servants, not *rulers* in the mind; are bestowed on us to be *serviceable unto grace*; not to lead it, but to follow it, and to be ready with their assistance on its exercise; for the most part, where they lead all, they are all alone. This is the natural order of these things. *Grace* habitually inclineth and disposeth the heart unto this duty. *Providence* and *rule* give the occasions for its exercise; *sense of duty* calls for preparation; *grace* coming into actual exercise, gifts come in with their assistance; if they lead all, all is out of order. It may be otherwise sometimes: a person *indisposed and lifeless*, engaging into prayer in a way of obedience, upon conviction of duty, may, in and by the gift, have his affections excited, and graces engaged unto its proper work. It may be so, I say; but let men take heed how they trust unto this *order and method*: for where it is so, there may be little or nothing of the exercise of true grace in all their *fervour* and commotion of affections; but when the genuine actings of faith, love, holy reverence, and gracious desires, do stir up the gift unto its exercise, calling in its assistance unto the expression of themselves, then are the heart and mind in their proper order.

5. It is so when other duties of religion are equally regarded and attended unto with prayer itself. He, all whose religion lies in prayer and hearing, hath none at all. God hath an equal respect unto all other duties, and so must we have also. So is it expressed as unto the instance of alms, *Acts*, x. 31. and *James* placeth all religion herein, because there is none without it, *Jam.* i. 27. I shall not value his prayers at all, be he never so earnest and frequent in them, who gives not *alms* according to his ability: and this in an especial manner is required of us who are *ministers*;

nisters; that we be not like an hand set up in cross ways, directing others which way to go, but staying behind itself.

This digression about the *rise and spring of spiritual thoughts in prayer*, I judged not unnecessary, in such a time and season, wherein we ought to be very jealous, lest gifts impose themselves in the room of grace, and be careful that they are employed only unto their proper end, which is to be serviceable unto grace in its exercise, and not otherwise.

3. There is *another occasion of thoughts of spiritual things*, when they do not spring from a living principle within, and so are no evidence of being spiritually minded. And this is the discourse of others. *They that fear the Lord will be speaking one to another, of the things wherein his glory is concerned, Mal. iii. 16. To declare the righteousness, the glory of God, is the delight of his saints. Psalm cxlv. 3, 4, 5, 6, 7, 8. Great is the Lord, and greatly to be praised, and his greatness is unsearchable. One generation shall praise thy works to another, and shall declare thy mighty works. I will speak of the glorious honour of thy majesty, and of thy wondrous works. And men shall speak of the might of thy terrible acts; and I will declare thy greatness. They shall abundantly utter the memory of thy great goodness, and shall sing of thy righteousness. The Lord is gracious and full of compassion, slow to anger, and of great mercy:* and, accordingly, there are some who are ready on all occasions to be speaking or making mention of things divine, spiritual, and holy, and it is to be wished that there were more of them. All the flagitious sins that the world is filled withal, are not a greater evidence of the degeneracy of christian religion, than this is, that it is grown unusual, yea a shame or scorn for men to speak together of the things of God. It was not so when religion was in its primitive power and glory; nor is it so with them who really fear God, and are sensible

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of their duty. Some I say there are who embrace all occasions of spiritual communication. Those with whom they do converse, if they are not profligate, if they have any spiritual light, cannot but so far comply with what they say, as to think of the things spoken which are spiritual. Ofttimes the *track and course of men's thoughts* lie so out of the way, are so contrary unto such things, that they seem strange unto them, they give them no entertainment. You do but cross their way with such discourses, whereon they stand still a little, and so pass on. Even the *countenances of some men will change* hereon, and they betake themselves unto an unsatisfied silence, until they can divert unto other things. Some will make such replies of *empty words*, as shall evidence their hearts to be far enough estranged from the things proposed unto them. But with others, such *occasional discourses* will make such impressions on their minds, as to stir up present thoughts of spiritual things. But though frequent occasions hereof may be renewed, yet will such thoughts give no evidence that any man is spiritually minded. For they are not genuine, from an internal spring of grace.

From these causes it is, that the thoughts of *spiritual things* are with many, as *guests* that come into an *inn*, and not like children that dwell in the house. They enter occasionally, and then there is a great stir about them, to provide meet entertainment for them. Within a while they are disposed of, and so depart unto their own occasions, being neither looked nor enquired after any more. Things of another nature are attended unto; new occasions bring in *new guests*, for a season. *Children* are owned in the house, are missed if they are out of the way, and have their daily provision constantly made for them. So is it with these occasional thoughts about spiritual things. By one means or other they enter into the mind, and there are entertained for a season. On a sudden they depart,

depart, and men hear of them no more. But those that are *natural and genuine*, arising from a living spring of grace in the heart, disposing the mind unto them, are as the children of the house; they are expected in their places and at their seasons. If they are missing, they are enquired after. The heart calls itself unto an account, whence it is that it hath been so long without them, and calls them over into its wonted converse with them.

C H A P. IV.

Other evidences of thoughts about spiritual things, arising from an internal principle of grace, whereby they are an evidence of our being spiritually minded. The abounding of these thoughts, how far, and wherein such an evidence.

II. **T**HE second evidence that our thoughts of spiritual things do proceed from an internal fountain of sanctified light and affections, or that they are acts or fruits of our being spiritually minded, is, *that they abound in us, that our minds are filled with them.* We may say of them, as the Apostle doth of other graces; *if these things are in you and abound, you shall not be barren.* It is well indeed, when our minds are like the *land of Egypt* in the years of plenty, when it brought forth by *handfuls*; when they flow from the well of living water in us, with a full stream and current. But there is a *measure of abounding*, which is necessary to evidence our being spiritually minded in them.

There is a double effect ascribed here unto this frame of spirit; first *life*, and then *peace*. The nature and being of this grace depends on the former consideration of it, namely, its procedure from an *internal principle*

principle of grace, the effect and consequence whereof is *life*. But that it is *peace* also, depends on this *degree* and measure of the actings, of this part of it in our spiritual thoughts ; and this we must consider.

It is the character of all men in the state of depraved nature and apostacy from God, *that every imagination of the thoughts of their hearts, is only evil continually, Gen. vi. 5.* All persons in that condition are not *swearers, blasphemers, drunkards, adulterers, idolaters, or the like.* These are the vices of particular persons, the effects of particular constitutions and temptations. But thus it is with them, all and every one of them, *all the imaginations of the thoughts of their hearts are evil, and that continually.* Some as unto the *matter* of them, some as unto their *end*, all as unto their *principle*; for out of the evil treasure of the heart can proceed nothing but what is evil. That infinite multitude of open sins which is in the world, doth give a clear prospect or representation of the nature and effects of our apostacy from God. But he that can consider the *numberless number* of thoughts which pass through the minds of every individual person every day, *all evil, and that continually,* he will have a farther comprehension of it.

We can therefore have no greater evidence of a change in us from this state and condition, than a change wrought in the *course of our thoughts.* A relinquishment of this or that *particular sin*, is not an evidence of a translation from this state. For as was said, such particular sins proceed from particular lusts and temptations, and are not the immediate universal consequence of that depravation of nature which is equal in all. Such alone is the vanity and wickedness of the thoughts and imaginations of the heart. A change herein is a blessed evidence of a change of state. He who is cured of a *dropsy*, is not immediately healthy, because he may have the prevailing seeds and matter of other diseases in him, and the next day
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die of a *letbargy*: But he who from a state of sickness, is restored in the temperature of the mass of blood and the animal spirits, and all the principles of life and health, unto a good *crasis* and *temperature*, his state of body is changed. The cure of a particular sin may leave behind it the seeds of eternal death, which they may quickly effect. But he who hath obtained a change in this character, which belongs essentially unto the *state of depraved nature*, is spiritually recovered. And the more the stream of our thoughts is turned, the more our minds are filled with those of a contrary nature, the greater and more firm is our evidence of a translation out of that depraved state and condition.

There is nothing so unaccountable as the *multiplicity of thoughts* of the minds of men; they fall from them like the leaves of trees, when they are shaken with the wind in *autumn*. To have all these thoughts, all the several figments of the heart, all the conceptions that are framed and agitated in the mind, *to be evil and that continually*, what an hell of horror and confusion must it needs be? A deliverance from this loathsome hateful state, is more to be valued than the whole world. Without it neither life, nor peace, nor immortality, or glory, can ever be attained.

The design of *conviction* is to put a stop unto these thoughts, to take off from their number, and thereby to lessen their guilt. It deserves not the name of *conviction of sin*, which respects only outward actions, and regards not the inward actings of the mind. And this alone will for a season make a great change in the thoughts, especially it will do so when assisted by superstition directing them unto other objects. These two in conjunction are the rise of all that *devotional religion* which is in the papacy. *Conviction* labours to put some stop and bounds unto thoughts absolutely evil and corrupt; and *superstition* suggests other objects for them, which they readily embrace;

embrace ; but it is a vain attempt. The minds and hearts of men are continually minting and coining new thoughts and imaginations. The cogitative faculty is always at work. As the streams of a mighty river running into the ocean, so are the thoughts of a natural man, and through self they run into hell. It is a fond thing to set a *dam* before such a river, to curb its streams. For a little space there may be a stop made, but it will quickly break down all obstacles, or overflow all its bounds. There is no way to divert its course, but only by providing other channels for its waters, and turning them thereinto. The mighty stream of *the evil thoughts of men* will admit of no bounds or dams to put a stop unto them. There are but two ways of relief from them ; the one respecting their *moral evil*, the other their *natural abundance*. The first by throwing *salt into the spring*, as *Elisha* cured the waters of *Jericho* ; that is, to get the heart and mind seasoned with grace ; for the tree must be made good before the fruit will be so. The other is, to turn their streams into new channels, putting new aims and ends upon them, fixing them on new objects ; so shall we abound in spiritual thoughts ; for abound in thoughts we shall, whether we will or no.

To this purpose is the advice of the Apostle, *Ephes. v. 18, 19. And be not drunk with wine, wherein is excess, but be filled with the spirit, speaking to yourselves in Psalms and Hymns and Spiritual Songs.* When men are *drunk with wine* unto an excess, they make it quickly evident, what vain, foolish, ridiculous imaginations it filleth their minds withal. In opposition hereunto, the Apostle adviseth believers to be *filled with the spirit*, to labour for such a participation of him as may fill their minds and hearts, as others fill themselves with wine. To what end, unto what purpose should they desire such a participation of him, to be so *filled with him* ? It is unto this

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end, namely, that he by his grace may *fill them with holy spiritual thoughts*, as on the contrary men drunk unto an excess, are filled with those that are foolish, vain and wicked. So the words of *ver. xix.* do declare, for he adviseth us to express our abounding thoughts, in such duties as will give an especial vent unto them.

Wherefore, when we are spiritually minded, we shall *abound in spiritual thoughts*, or thoughts of spiritual things. That we have such thoughts will not sufficiently evidence that we are so, unless we *abound* in them. And this leads us unto the principal enquiry on this head; namely, what measure we ought to assign hereof, how we may know when we *abound in spiritual thoughts*, so as that they may be an evidence of our being spiritually minded.

I answer in general, among other scriptures read over *Psalms cxix.* with understanding. Consider therein what *David* expresseth of himself, as unto his constant delight in, and *continual thoughts* of the law of God, which was the only means of divine revelation at that season. Try yourselves by that pattern; examine yourselves whether you can truly speak the same words with him; at least if not in the same degree of zeal, yet with the same sincerity of grace. You will say, that was *David*. It is not for us, it is not our duty to be *like* unto him, at least not to be *equal* with him. But as far as I know, we must be like him, if ever we intend to come to the place where he is. It will ruin our souls, if when we read in the scripture how the saints of God express their *experience* in faith, love, delight in God and constant meditations on him, we grant that it was so with them, that they were good and holy men, but it is not necessary that it should be so with us. These things are not written in the scripture to shew what *they were*, but what *we ought to be*. All things concerning them *were written for admonition*. 1 Cor.

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10, 11. And if we have not the same delight in God as they had, the same spiritual mindedness in thoughts and meditations of heavenly things, we can have no evidence that we please God as they did, or shall go to that place whither they are gone. Profession of the life of God passeth with many at a very *low and easy rate*. Their thoughts are for the most part vain and earthly, their communication unfavoury, and sometimes corrupt, their lives at best uneven and uncertain, as unto the rule of obedience; yet all is well, all is life and peace. The holy men of old, *who obtained this testimony, that they pleased God*, did not so walk before him. They meditated continually in the law; thought of God in the night seasons; spake of his ways, his works, his praise; their whole delight was in him, and in all things they followed hard after him. It is the example of *David* in particular, that I have proposed. And it is a promise of the grace to be administered by the Gospel, that *he who is feeble shall be as David*. Zech. xii. 12, 18. And if we are not so in his being *spiritually minded*, it is to be feared we are not partakers of the promise. But that we may the better judge of ourselves therein, I shall add some few rules unto this direction by example.

1. Consider, *what proportion your thoughts of spiritual things bear with those about other things*. Our principal interest and concern, as we profess, lie in things spiritual, heavenly and eternal. Is it not then a foolish thing to suppose that our thoughts about these things, should not hold *some proportion* with those about other things, nay that they should not exceed them? No man is so vain in earthly things, as to pretend that his principal concern lieth in that whereof he thinks very seldom in comparison of other things. It is not so with men in reference unto their *families*, their *trades*, their occasions of life. It is a truth, not only consecrated by the

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testimony

testimony of him who is truth, but evident also in the light of reason, *that where our treasure is there will our hearts be also.* And the affections of our hearts do act themselves by the thoughts of our minds. Wherefore, if our *principal treasure* be as we profess, in things spiritual and heavenly, and woe unto us if it be not so, on them will our affections and consequently our desires and thoughts be principally fixed.

That we may the better examine ourselves by this rule, we must consider of *what sort* men's *other thoughts* are; and as unto our present purpose, they may be reduced unto these heads.

I. There are such as are exercised about *their callings and lawful occasions.* These are numberless and endless; especially among a sort of men who rise early and go to bed late, and eat the bread of carefulness, or are particularly industrious and diligent in their ways. These thoughts men approve themselves in, and judge them their duty, as they are in their proper place and measure. But no heart can conceive the *multitude of these thoughts*, which partly in contrivances, partly in converse, are engaged and spent about these things. And the more men are immersed in them, the more do themselves and others esteem them diligent and praise-worthy. And there are some who have neither necessity nor occasion to be engaged much in the duties of any *especial calling*, who yet by their words and actions declare themselves to be confined almost in their thoughts unto *themselves*, their *relations*, their *children*, and their self-concerns, which though most of them are very impertinent; yet they justify themselves in them. All sorts may do well to examine *what proportion* their thoughts of spiritual things do bear unto those of other things. I fear with most it will be found to be very small, with many next to none at all. What evidence then can they have that are spiritually-minded, that their principal interest

interest lies in things above? It may be, it will be asked, whether it be necessary that men should think *as much and as often* about things spiritual and heavenly, as they do about the lawful affairs of their callings. I ~~say~~ *more*, and *more often*, if we are what we profess ourselves to be. Generally it is the best sort of men, as to the things of God and man, who are busied in their callings, some of one sort, some of another. But even among the best of these, many will continually spend the strength of their minds and vigour of their spirits, about their affairs all the day long; and, so they can pray in the morning and evening, with some thoughts sometimes of spiritual things, occasionally administered, do suppose they acquit themselves very well. As if a man should pretend that his great design is, to prepare himself *for a voyage* unto a far country, where is his patrimony and his inheritance? But all his thoughts and contrivances are about some few *trifles*, which, if indeed, he intend his voyage, he must leave behind him; and of his main design he scarce thinketh at all. We all profess that we are bound for heaven, immortality, and glory: but is it any evidence we really design it, if all our thoughts are consumed about the trifles of this world, which we must leave behind us, and have only occasional thoughts of things above? I shall elsewhere shew, if God will, how men may be spiritually minded in their earthly affairs. If some relief may not be thence obtained, I cannot tell what to say or answer for them, whose thoughts of spiritual things do not hold proportion with, yea exceed them which they lay out about their callings.

This whole rule is grounded on that of our Saviour, *Math. vi. 31, 32, 33, 34. Take no thought, saying, what shall we eat, or what shall we drink? or wherewith we shall be cloathed? But seek first the kingdom of God and his righteousness, and all these things shall be added unto you. Take therefore no thought for to morrow.*

When we have done all we can, when we have made the best of them we are able, all earthly things, as unto our interest in them, amount to no more, but *what we eat, what we drink, and wherewith we are cloathed*. About these things our Saviour forbids us *to take any thought*, not absolutely, but with a double limitation. As first, that we take no such thought about them, as should carry along with it a *disquietment of mind*, through a distrust of the fatherly care and providence of God. This is the design of the context. Secondly, no thought that for *constancy* and *imagement of spirit*, should be like unto those which we ought to have about spiritual things. *Seek first the kingdom of God and his righteousness*. Let that be the chief and principal thing in your thoughts and consciences. We may therefore conclude, that at least they must hold an exceeding proportion with them.

Let a man industriously engaged in the way of his calling, try himself by this *rule* every evening. Let him consider what have been his thoughts about his earthly occasions, and what about spiritual things; and thereon ask of himself whether he be spiritually minded or no. Be not deceived; *as a man thinketh, so is he*. And if we account it a strange thing, that our thoughts should be more exercised about spiritual things, than about the affairs of our callings, we must not think it strange, if, when we come to the trial, we cannot find that we have either life or peace.

Moreover it is known, how often when we are engaged in spiritual duties, *other thoughts* will interpose, and impose themselves on our minds. Those which are about men's secular concernments will do so. The world will frequently make an *inroad* on the ways to heaven, to disturb the passengers and wayfaring men. There is nothing more frequently complained of, by such as are awake unto their duty, and sensible of their weakness. Call to mind therefore, how often on the other hand *spiritual thoughts* do

do interpose, and as it were impose themselves on your minds, whilst you are engaged in your earthly affairs. Sometimes, no doubt, but with all that are true believers it is so. *Or ever I was aware, saith the spouse, my soul made me as the chariots of Aminadab. Cant. vi. 12.* Grace in her own soul surprised her into a ready willing frame unto spiritual communion with Christ, when she was intent on other occasions. But if these thoughts of heavenly things so arising in us, bear *no proportion* with the other sort, it is an evidence what frame and principle is predominant in us.

2. There are a *multitude of thoughts in the minds of men*, which are *vain, useless, and altogether unprofitable*. These ordinarily, through a dangerous mistake, are looked on as not sinful, because as it is supposed, the matter of them is not so. And therefore men rather shake them off for their folly, than their guilt. But they arise from a corrupt fountain, and woefully pollute both the mind and conscience. Wherever there are *vain thoughts*, there is sin. *Jerem. iv. 14.* Such are those numberless imaginations, whereby men fancy themselves *to be what they are not, to do what they do not, to enjoy what they enjoy not, to dispose of themselves and others*, at their pleasure. That our nature is liable unto such a pernicious folly, which some of tenacious fancies have turned into *madness*, we are beholding alone to our cursed apostasy from God, and the vanity that possessed our minds thereon. Hence the prince of *Tyrus* thought *he was a God*, and *sat in the seat of God. Ezek. xxviii. 2.* So it hath been with others; and in those, in whom such imaginations are kept unto some better order and bounds, yet being traced unto their original, they will be found to spring, some of them, immediately from *pride*, some from *sensual lusts*, some from the *love of the world*, all from self, and the old ambition *to be as God*, to dispose of all things as we think meet.

I know no greater misery or punishment in this world, than the *debasing of our nature* to such vain imaginations ; and a perfect freedom from them is a part of the blessedness of heaven. It is not my present work to shew how *sinful* they are, let them be esteemed only fruitless, foolish, vain and ludicrous. But let men examine themselves, *what number of these vain useless thoughts*, night and day, do rove up and down in their minds. If now it be apprehended too severe, that men's thoughts of *spiritual things* should exceed them that are employed about their *lawful callings*, let them consider what proportion they bear unto those which are *altogether vain* and useless. Do not many give more time unto them, than they do unto holy meditations, without an endeavour to mortify the one, or to stir up and enliven the other? Are they not more wonted to *their seasons*, than holy thoughts are? And shall we suppose that those with whom it is so, are spiritually minded?

3. There are thoughts that are *formally evil*; they are so in their own nature, being corrupt *contrivances to fulfil the desires of the flesh in the lusts thereof*. These also will attempt the minds of believers. But they are always looked on as *professed enemies* to the soul, and are watched against. I shall not therefore make any comparison between them and spiritual thoughts, for they abound only in them that are carnally minded.

2. The second rule to this purpose is, that we would consider, whether thoughts of spiritual things *do constantly take possession of their proper seasons*. There are some times and seasons in the course of men's lives, wherein they retire themselves unto their own thoughts. The most busied men in the world have some times of *thinking* unto themselves. And those who design no such thing, as being afraid of coming to be wiser or better than they are, do yet spend time therein,

therein, whether they will or no. But they who are *wise* will be at home as much as they can, and have as many *seasons* for such their retirements as is possible for them to attain. If that man be *foolish* who busieth himself so much abroad in the concerns of others, that he hath no time to consider the state of his own house and family ; much more is he so, who spendeth all his thoughts about other things, and never makes use of them in an enquiry, how it is with himself and his own soul. However men can hardly avoid, but that they must have *some seasons*, partly *stated*, partly *occasional*, wherein they entertain themselves with their own thoughts. The evening and the morning, the times of waking on the bed, those of the necessary cessation of all ordinary affairs, of walking, journeying, and the like, are such seasons.

If we are spiritually minded, if *thoughts of spiritual things do abound in us*, they will ordinarily, and that with constancy possess these seasons, look upon them as those which are their due, which belong unto them. For they are expressly assigned unto them in the way of rule, expressed in *examples* and *commands*. See *Psalms* xvi. 7, 8. *Psalms* xcii. 2. *Deut.* 6, 7. If they are usually given up unto other ends and occasions, are possessed with thoughts of another nature, it is an open evidence that *spiritual thoughts* have but little interest in our minds, little prevalency in the conduct of our souls. It is our duty to afford unto them *stated times* taken away from other affairs that call for them. But if instead thereof we rob them of what is as it were *their own*, which no other things or business can lay any just claim unto, how dwelleth the love of spiritual things in us? Most professors are convinced that it is their duty to pray morning and evening, and it is to be wished that they were all found in the practice of it. But if ordinarily they judge themselves, in the performance of that duty, to be discharged from any further exercise of spiritual

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thoughts,

thoughts, applying them unto things worldly, useless, or vain, they can make no pretence to be spiritually minded.

And it must be observed, which will be found to be true, that if the *seasons* which are as it were *due* unto such meditations be taken from them, they will be the worst employed of all the minutes of our lives. Vain and foolish thoughts, corrupt imaginations, will make a common haunt unto the minds of men in them, and habituate themselves unto an expectation of entertainment; whence they will grow *importunate* for admission. Hence, with many, those precious moments of time, which might greatly influence their souls unto *life and peace*, if they were indeed spiritually minded, make the greatest provision for their trouble, sorrow and confusion. For *the vain and evil thoughts* which some persons do accustom themselves unto in such seasons, are, or ought to be, a burden upon their consciences more than they can bear. That which providence tenders unto their good is turned *into a snare*; and God doth righteously leave them unto the fruits of their own folly, who so despise his gracious provision for their good. If we cannot afford unto God our spare time, it is evident that indeed we can afford nothing at all. *Micah. ii. 1. They devise iniquity upon their beds.* The seasons proper for holy contemplation, they make use of to fill their minds with wicked imaginations, *and when the morning is light they practise it*; walking all day on all occasions, suitably unto their devices and imaginations of the night. Many will have cause to complain unto eternity, of those leisure times which might have been improved for their advantage unto eternal blessedness.

If we intend therefore to maintain a title unto this grace of being *spiritually minded*, if we would have any evidence of it in ourselves, without which we can have none of *life or peace*, and what we pretend thereof

thereof is but an effect of security, we must endeavour to preserve the claim and right of spiritual thoughts unto such seasons, and actually put them in possession of them.

3. Consider how we are affected with our *disappointments, about these seasons*. Have we by negligence, by temptations, have we by occasional diversions or affairs of life been taken off from thoughts of God, of Christ, of heavenly things, when we ought to have been engaged in them; how are we affected with a review hereof? A carnal mind is well enough satisfied with the *omission of any duty*, so it have the pretence of a *necessary occasion*. If it hath lost a temporal advantage, through attendance unto a spiritual duty, it will deeply reflect on itself, and it may be, like the duty the worse afterwards. But a gracious soul, one that is truly spiritually minded, will mourn under a review of such *omissions*, and by every one of them is stirred up unto more watchfulness for the future. Alas, will it say, how little have I been with Christ this day! How much time hath passed me without a thought of him! How foolish was I, to be wanting to such or such an opportunity! I am in arrears unto myself, and have no rest until I be satisfied.

I say, if indeed we are spiritually minded, we will duly and carefully call over the consideration of those times and seasons, wherein we ought to have exercised ourselves in spiritual thoughts; and if we have lost them, or any of them, *mourn over our own negligence*. But if we can omit and lose such seasons or opportunities from time to time, without regret or self-reflections, it is to be feared that we wax worse and worse. Way will be made hereby for further omissions, until we grow wholly cold about them.

And indeed that woeful *loss of time* that is found amongst many professors, is greatly to be bewailed. Some lose it on themselves, by a continual track of fruitless *impertinent thoughts* about their own concerns.

Some in vain converse with others, wherein for the most part they edify one another unto vanity. How much of this time might, nay ought to be redeemed for holy meditations? The good Lord make all professors sensible of their loss of former seasons, that they may be the more watchful for the future, in this great concernment of their souls. Little do some think what light, what assurance, what joy, what readiness for the cross or for heaven, they might have attained, had they laid hold on all just seasons of exercising their thoughts about spiritual things which they have enjoyed, who now are at a loss in all, and surpris'd with every fear or difficulty that doth befall them.

This is the first thing that belongs unto our being spiritually minded; for although it doth not absolutely or essentially consist therein, yet is it inseparable from it, and the most undeceiving indication of it. And thus of abounding and abiding in thoughts about spiritual things, such as arise and spring naturally from a living principle, a spiritual frame and disposition of heart within.

C H A P. V.

The objects of spiritual thoughts, or what they are conversant about, evidencing them in whom they are to be spiritually minded. Rules directing unto steadiness in the contemplation of heavenly things. Motives to fix our thoughts with steadiness in them.

BEFORE I proceed unto the next general head, and which is the principal thing, the foundation of the grace and duty enquired after, some things must be spoken to render what hath been already insisted on, yet more particularly useful. And this is, to enquire what are or what ought to be the *special objects*.

objects of those thoughts, which under the qualifications laid down, are the evidences of our being *spiritually minded*. And it may be, we may be useful unto many herein, by helping of them to fix their minds which are apt to rove into all uncertainty. For this is befallen us through the disorder and weakness of the faculties of our souls, that sometimes what the *mind* guides, leads and directs unto, in things spiritual and heavenly, our wills and affections through their depravation and corruption will not comply withal, and so the good designings of the mind are lost. Sometimes what the *will and affections* are inclined unto and ready for, the mind, through its weakness and inconstancy, cannot lead them to the accomplishment of; *so to will is present with us, but how to perform that will we know not*. So, many are barren in this duty, because they know not what to fix upon, nor how to *exercise their thoughts* when they have chosen a subject for their meditations. Hence they spend their time in fruitless desires that they could use their thoughts unto more purpose, rather than make any progress in the duty itself. They *tire themselves*, not because they are not willing to go, but because they cannot *find their way*. Wherefore both these things shall be spoken unto; both what are the proper objects of our spiritual thoughts, and how we may be steady in our contemplations of them. And I shall unto this purpose, first give some *general rules*, and then some *particular instances* in way of direction.

1. Observe the *especial calls of providence*, and apply your minds unto thoughts of the duties required in them and by them. There is a voice in all signal dispensations of providence. *The voice of the Lord cryeth unto the city, the men of wisdom shall see thy name; hear ye the rod and who hath appointed it. Mic. vi. 9.* There is a call, a cry in every rod of God, in every *chastising providence*; and therein makes

makes a declaration of his name; his holiness, his power, his greatness. This every *wise substantial man* will labour to discern and so comply with the call. God is greatly provoked when it is otherwise. *Lord, when thy hand is lifted up, they will not see, but they shall see and be ashamed.* Isa. xxvi. 11. If therefore we would apply ourselves unto our present duty, we are wisely to consider *what is the voice of God*, in his present providential dispensations in the world. Harken not unto any who would give another interpretation of them, but that they are plain declarations of his displeasure and indignation against the sins of men. Is not *his wrath in them revealed from heaven against the ungodliness of men*, especially such as detain the truth in unrighteousness, or false hypocritical professors of the gospel? Doth he not also signally declare the uncertainty and instability of earthly enjoyments, from life itself to a shoe-latchet? As also, how vain and foolish it is to adhere inordinately unto them. The *fingers* that appeared *writing* on the wall *the doom of Belshazzar*, did it in characters that none read, and words that none could understand but *Daniel*. But the present call of God in these things is made plain upon tables, that he may run who readeth it. If the heavens gather blackness with clouds, and it thunder over us, if any that are on their journey will not believe that there is a storm coming, they must bear the severity of it.

Suppose then this to be the voice of providence, suppose there be in these indications of the mind and will of God, what are the duties that we are called unto thereby? They may be referred unto two heads.

I. A diligent *search into ourselves*, and an holy watch over ourselves, with respect unto *those ways and sins* which the displeasure of God is declared against. That present providences are indications of God's anger and displeasure, we take for granted. But

But when this is done, the most are apt to cast the causes of them on others, and to excuse themselves; so long as they see others *more wicked and profligate than themselves*, openly guilty of such crimes, as they abhor the thoughts of, they cast all the wrath on them, and fear nothing but that they shall suffer with them. But alas! When the storm came on the ship at sea, wherein there was *but one person that feared God*; upon an enquiry for whose sake it came, the lot fell on him. *John* 1. 7. The cause of the present storm may as well be the *secret sins* of professors, as the *open provocations* of ungodly men. God will punish severely those *which he hath known*. *Amos* iii. 2. It is therefore certainly our duty to *search diligently*, that nothing be found resting in us, against which God is declaring his displeasure. Take heed of negligence and security herein. When our Saviour foretold his Disciples, that *one of them should betray him*, he who alone was guilty, was the *last* that said, *master is it I?* Let no ground of hopes you have of your spiritual condition and acceptance with God, no sense of your sincerity in any of your duties, no visible difference between you and others in the world, impose themselves on your minds to divert them from diligence in this duty; *The voice of the Lord crieth unto the city, and the man of wisdom will see his name.*

2. A diligent endeavour to *live in an holy resignation of our persons, our lives, our families, all our enjoyments, unto the sovereign will and wisdom of God*; so as that we may be in a readiness to part with all things upon his call without repining. This also is plainly declared in the voice of present providences. God is making *wings* for men's *riches*, he is shaking their habitations, taking away the visible defences of their lives, proclaiming the instability and uncertainty of all things here below: And if we are not minded to contend with him, we have nothing left to give
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us *rest and peace* for a moment, but an holy resignation of all unto his sovereign pleasure.

Would you now know what you should fix and exercise your thoughts upon, so as that they may be evidences of your being spiritually minded? I say, be frequently conversant in them about *these things*. They lie before you, they call upon you, and will find you a just employment. Count them part of your business, allow them some part of your time, cease not until you have the testimony of your consciences, that you have in sincerity stated both these duties in your minds, which will never be done without many thoughts about them. Unless it be so with you, God will be greatly displeased at the neglect of his coming and call, now it is so plain and articulate. Fear the woeful dooms recorded, *Prov.* i. 24, 25, 26, 27, 28. *Isa.* lvi. 12. *Chap.* 66. 4. to this purpose. And if any calamity, *public or private*, do overtake you under a neglect of these duties, you will be woefully surprized, and not know which way to turn for relief. This therefore is the time and season wherein you may have an especial trial and experiment whether you be *spiritually minded* or no. It is the wisdom of faith to excite and draw forth grace into exercise according unto present occasions. If this grace be habitually resident in you, it will put itself forth in many thoughts about these present duties.

But alas ! for the most part, men are apt *to walk contrary to God in these things*, as the wisdom of the flesh is contrary unto him in all things. A great instance we have with respect unto these duties, especially the latter of them. For (1.) who almost makes a *diligent search* into and trial of his heart and ways, with respect unto the *procuring causes* of the displeasure and judgments of God? Generally when the tokens and evidences of them do most abound, the world is full of outrageous provoking sins. These
visibly

visibly proclaim themselves to be the causes of *the coming of the wrath of God on the children of disobedience*. Hence most men are apt to cast the whole reason of present judgments upon them, and put it wholly from themselves. Hence commonly there is never less of *self examination*, than when it is called for in a peculiar manner. But as I will not deny, but that open *daring sins* of the world, are the procuring causes of the wrath of God against it in temporal judgments; so the *wisest course* for us, is to refer them unto the great judgment of the last day. This the Apostle directs us unto. 2 *Thess.* i. 6, 7, 8, 9, 10. Our duty it is to consider on what accounts *judgment begins at the House of God*, and to examine ourselves with respect thereunto.

Again, the other part of our present duty in compliance with the voice of providence, is an *humble resignation of ourselves and all our concernments unto the will of God*, sitting loose in our affections from all earthly temporal enjoyments. This we neither do, nor can do, let us profess what we will, unless our thoughts are greatly exercised about the reasons of it and motives unto it. For this is the way whereby *faith* puts forth its efficacy unto the mortification of self and all earthly enjoyments. Wherefore without this we can make no resignation of ourselves unto the will of God. But alas! how many at present do openly walk contrary unto God herein? The ways, the countenances, the discourses of men do give evidence hereunto. Their love unto present things, their contrivances for their *encrease* and continuance do grow and thrive under the calls of God to the contrary. So it was of old; *they did eat, they drank, they married and gave in marriage, until the day that Noah entered into the ark*. Can the generality of professors at this day give testimony unto the exercise of their thoughts upon such things as should dispose them unto this holy resignation? That they meditate on the calls of
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God, and thence make themselves ready to part with all at his time and pleasure ? How can persons pretend to be *spiritually minded*, the current of whose thoughts lies in direct contrariety unto the mind of God ?

Here lies the ground of their self deceivings ; they are the professors of the Gospel in a peculiar manner ; they judge themselves believers, they hope they shall be saved, and have many evidences for it. But one *negative evidence* will render an hundred that are *positive* useless. *All these things have I done*, saith the young man ; *yet one thing thou wantest*, saith our Saviour ; and the want of that one rendered his *all things* of no avail unto him. Many things you have done, many things you do, many grounds of hope abide with you, neither yourselves nor others do doubt of your condition. But are you *spiritually minded* ? If this one thing be wanting, all the rest will not avail you, you have indeed neither life nor peace. And what grounds have you to judge that you are so, if the current of your thoughts lie in direct contrariety unto the present calls of God ? If at such a time as this is, your love to the world be such as ever it was, and perhaps be encreased ; if your desires are strong to secure the things of this life unto you and yours ; if the *daily contrivance of your minds* be not how you may attain a constant resignation of yourselves and your *all* unto the will of God, which will not be done without much thoughtfulness and meditations on the reasons of it and motives unto it, I cannot understand how you can judge yourselves to be *spiritually minded*.

If any therefore shall say, that they would *abound more* in spiritual thoughts, only they know not what to fix them upon ; I propose this, in the first place, as that which will lead them unto the due performance of present duties.

Secondly,

Secondly, The *special trials and temptations of men*, call for the exercise of their thoughts in a peculiar manner with respect unto them. If a man hath a bodily disease, pain or distemper, it will cause him to think much of it whether he will or no ; at least if he be wise he will do so ; nor will he always be complaining of their smart, but enquire into their causes and seek their removal. Yet are there some distempers, as *lethargies*, which in their own nature take away all sense and thoughts of themselves ; and some are of such a slow secret progress, as *hectick fevers*, that they are not taken notice of. But both these are mortal. And shall men be more negligent about the *spiritual distempers* of their souls ; so as to have multiplied temptations, the cause of all spiritual diseases, and take no thought about them ? Is it not to be feared, that where it is so, they are such as either in their own nature have deprived them of spiritual sense, or by their deceitfulness are leading on insensibly unto death eternal ? Not to have our minds exercised about these things, is to be stupidly secure. *Prov. xxiii. 34, 35.*

There is I confess some difficulty in this matter, how to exercise our thoughts aright about our temptations. For the great way of the prevalency of temptation is by stirring up *multiplied thoughts* about their objects, or what they do lead unto. And this is done or occasioned several ways. (1.) From the previous power of *lust in the affections*. This will fill the mind with thoughts. The heart will coin imaginations in compliance therewith. They are the way and means whereby lust *draws away* the heart from duty and *enticeth* unto sin. *Jam. i. 14.* The means at least whereby men come to have *eyes full of adultery* ; *2 Pet. 2. 14.* or live in constant contemplation of the pleasures of sin. (2.) They arise and are occasioned by renewed representations of the object of sin ; and this is two-fold. (1.) That
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which is *real*, as *Achan* saw the wedge of gold and *coveted it*. *Josh.* vii. 21. *Prov.* 23. 31. Against this is the prayer of the Psalmist, *turn away mine eyes from beholding vanity*; and the covenant of *Job*, Chap. 31. 1. (2.) *Imaginary*, when the imagination being tainted or infected by lust, continually represents the pleasures of sin and the actings of it unto the mind. Herein do men make provision for the flesh, to fulfil the lust thereof. *Rom.* 13. 14. (3.) From the suggestions of Satan, who useth all his wiles and artifices to stir up thoughts about that sin whereunto the *temptation* leads; and temptation seldom fails of its end, when it can stir up a multitude of unprofitable thoughts about its object. For when temptations do multiply thoughts about sin, proceeding from some or all of these causes, and the mind hath wonted itself to give them entertainment, those in whom they are, do want nothing but opportunities and occasions taking off the power of outward restraints for the commission of actual sin. When men have *devised mischief*, they practise it when it is in the *power of their hand*. *Mic.* ii. 1. It is no way safe to advise such persons to have many thoughts about their temptations; they will all turn to their disadvantage.

I speak unto them only, unto whom their *temptations are their affliction* and their burden. And such persons also must be very careful how they suffer their thoughts to be exercised about the *matter* of their temptation, lest it be a snare, and be too hard for them. Men may begin their thoughts of any object with *abhorrency and detestation*, and, if it be in case of temptation, end them in *complacency and approbation*. The deceitfulness of sin lays hold on something or other that lust in the mind *stays upon with delectation*, and so corrupts the whole frame of spirit which began the duty. There have been instances wherein persons have entered with a resolution to punish sin, and have been ensnared by the occasion unto the commission

commission of the sin they thought to punish. Wherefore, it is seldom that the mind of any one exercised with an *actual temptation*, is able safely to conflict with it, if it entertain abiding thoughts of the matter of it, or of the sin whereunto it leads. For sin hath *mille nocendi artes*, and is able to transfuse its poison into the affections from every thing it hath once made a bait of, especially if it hath already defiled the mind with pleasing contemplations of it. Yea oftentimes a man that hath some spiritual strength and therein engageth unto the performance of duties, if in the midst of them the *matter of his temptation* is so presented unto him, as to take hold of his thoughts; in a moment, as if he had seen (as they say) *Medusa's head*, he is turned into a stone; his spirits are all frozen, his strength is gone, all actings of grace do cease, his armour falls from him, and he gives up himself a prey to his temptation. It must be a new supply of grace that can give him any deliverance. Wherefore, whilst persons are exercised with any temptation, I do not advise them to be conversant in their thoughts about the matter of it. For sometimes remembrances of former satisfaction of their lusts; sometimes present surprisals, with the suitability of it unto corruption not yet mortified; sometime the craft of Satan fixing their imagination on it, will be too hard for them, and carry them unto a fresh compliance with that sin, which they would be delivered from.

But this season calls, in an especial manner, for the exercise of the thoughts of men, about the ways and means of *deliverance from the snare wherein they are taken*, or the danger they find themselves exposed unto. Think of the *guilt of sin*, that you may be humbled. Think of the *power of sin*, that you may seek strength against it. Think not of the *matter of sin*, the things that are in the world suited unto the lusts of the flesh, the lust of the eye, and the pride of life,

life, lest you be more and more entangled. But the present direction is, think much of the ways of *relief* from the power of your own temptation leading unto sin. But this, men unless they are spiritually minded, are very loth to come unto. I speak not of them that love their *shackles*, that glory in their yoke, that like their temptations well enough, as those which give the most satisfactory entertainment unto their minds. Such men know not well what to do, unless they may in their minds converse with the objects of their lusts, and do multiply thoughts about them continually. The apostle calls it *making provision for the flesh, to fulfil the lusts thereof*. Their principal trouble is, that they cannot comply with them to the utmost by reason of some outward restraints. These dwell near unto *those fools who make a mock of sin*, and will ere long take up their habitation among them.

But I speak, as I said before, of them only whose *temptations are their afflictions*, and who groan for deliverance from them. Acquaint such persons with the great, indeed only way of relief in this distress, as it is expressed, *Heb. ii. 17, 18. He is a merciful and faithful High Priest in things appertaining unto God; for in that he himself hath suffered being tempted, he is able to succour them that are tempted. And chap. 4. 15, 16. For we have not an High Priest that cannot be touched with the feelings of our infirmities, but was in all points tempted like as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy, and find grace to help in time of need. Let them know that their only way for their deliverance is by acting faith in thoughts on Christ, his power to succour them that are tempted, with the ways whereby he administred a sufficiency of Grace unto that end; retreating for relief unto him on the urgency of temptations, they can hardly be brought unto a compliance therewithal. They*
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are ready to say, *are not Abana and Pharpar, rivers of Damascus, better than all the waters of Israel?* Is it not better to betake ourselves and to trust unto our own promises, resolutions and endeavours, with such other ways of escape, as are in our own power? I shall speak nothing against any of them in their *proper place*, so far as they are warranted by scripture rule. But this I say, none shall ever be delivered from perplexing temptations unto the glory of God and their own spiritual advantage, but by the *acting and exercising of faith on Christ Jesus*, and the sufficiency of his grace for our deliverance. But when men are not spiritually minded, they cannot fix their thoughts on spiritual things. Therefore do men daily pine away under their temptations, they get ground upon them, until their breach grow great like the sea, and there be no healing of it.

I mention this only to shew the weight and necessity of the duty proposed. For when *men under the power of conviction* are pressed with temptation, they will do any thing rather than betake themselves unto the only efficacious relief. Some will groan and cry out under their vexation from the torture they are put unto in the conflict between their temptations and convictions. Some will betake themselves unto the pretended relief that any *false religion* tenders unto them. But to apply themselves in thoughts of faith unto Jesus Christ, whose grace alone is sufficient for all, that they will not be persuaded unto.

We are all of us liable unto *temptations*. Those who are not sensible of it, are under the power of what the temptation leads unto; and they are of two sorts. First, such as are *extraordinary*, when the hand of God is in them in a peculiar manner for our rebuke. It is true, *God tempts none*, as temptation formally leads unto sin. But he *orders* temptations so far forth as they are afflictive and chastisements. Thus it is when he suffers an *especial corruption* within

within to fall in conjunction with an *especial temptation* without, and to obtain a prevalency thereby. Of these there is no doubt but any man, not judicially hardened, may know both his disease and the remedy. But that *ordinary course of temptations* which we are exercised withal needs a diligent attendance for their *discovery*, as well as for our deliverance from them; and it is to be feared that many are kept in spiritual weakness, useless, and in darkness all their days, through the power of their temptations, yet never know what they are, or wherein they consist; these *grey hairs are sprinkled on them*, yet they know it not; some approve themselves in those very things and ways which are their temptations. Yet in the exercise of due watchfulness, diligence, and prudence, men may know both the *plague of their own hearts* in their prevailing corruptions, and the ways whereby it is excited through temptation, with the occasions it makes use of, and the advantages it takes. For instance; one may have an eminency in gifts, and usefulness or success in his labours, which gives him great acceptance with others; such an one shall hardly avoid a double temptation: first of spiritual pride, and self exaltation. Hence the apostle will not admit a *novice*, one unexperienced in the ways of grace, and deceits of sin, into the office of the ministry, lest he should be *lifted up with pride, and fall into the condemnation of the Devil*. 1 Tim. iii. 6. He himself was not without danger hereof. 2 Cor. xii. 17. The best of men can hardly fortify their minds against the *secret workings of pride* upon successes and applause, unless they keep them constantly balanced with thoughts of their own vileness in the sight of God. And, secondly, remissness unto exact universal mortification, which they countenance themselves against, by their acceptance and success above others in the ministry. It were much to be desired, that all we who are *ministers* would be careful in these things; for

for although some of us may not much *please others*, yet we may so far please ourselves, as to expose our souls unto these snares. And the effects of negligence herein do openly appear unto the disadvantage of the gospel. Others are much conversant in the world and the affairs of it. Negligence as unto a *spiritual watch*, vanity in converse, love of earthly things, with conformity unto the world, will on all occasions impose themselves upon them. If they understand not their temptations herein, *spiritual mindedness* will be impaired in them continually. Those that are *rich* have their especial temptations, which for the most part are many, plausible, and effectual: and those that are poor have their's also. The snares of some lie in their *constitutions*, of others in their *society*, of most in the *various circumstances of life*. Those who are upon their watch in any due measure, who exercise any wisdom or observation concerning themselves, may know wherein their temptations do lie, what are the advantages whereby they perplex their minds, and endanger their souls.

In these cases generally men are taught what are the ways and means of their deliverance and preservation. Wherefore there are *three* things required unto this duty, and *spiritual wisdom* unto them all.—
 1. To know what are the *especial temptations* from whence you suffer, and whereby the life of God is obstructed in you. If this be neglected, if it be disregarded, no man can maintain either *life or peace*, or is spiritually minded. 2. Know your *remedy*, your *relief*, wherein alone it doth consist. Many duties are required of us unto this end, and are useful thereunto. But know assuredly, that no one of them, not all of them in conjunction, will bring in *relief* unto the glory of God and your own peace, without application by faith unto him who is *able to succour them that are tempted*. Wherefore (3) herein lies your great duty with respect unto your temptations, namely, in
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a constant exercise of your thoughts on the love, care, compassion, and tenderness of Christ, with his ability to help, succour and save them that do believe, so to strengthen your faith and trust in him, which will prove assuredly successful and victorious.

The same duty is incumbent on us with respect unto any *urgent, prevalent, general temptation*. There are seasons wherein an *hour of temptation* comes on the earth to try them that dwell therein. What if a man should judge that now it is *such an hour*, and that the *power of darkness* is put forth therein? what if he should be persuaded that a general security, coldness, deadness, and *decay in grace*, especially as to the vigorous actings of zeal, love, and delight in God, with an indifferency unto holy duties, are the *effects of this hour of temptation*? I do not say determinately what so it is, let others judge as they see cause; but if any one do so judge, undoubtedly it is his duty to be exercised in his thoughts how he may escape in *this day of trial, and be counted worthy to stand before the Son of Man*. He will find it his concernment to be conversant in his mind with the reasons and motives unto watchfulness, and how he may obtain such supplies of grace as may effectually preserve him from such decays.

3. All things in religion, both in faith and practice, are to be the *objects* of such thoughts. As they are proposed or occur unto our minds in great variety on all sorts of occasions, so we ought to give them entertainment in our meditations. To hear things, to have them proposed unto us, it may be, in the way of a divine ordinance, and to let them slip out, or flow from us, as water that is poured into a leaking vessel, is the ruin of many souls. I shall therefore choose out *some instances*, as was before proposed, of those things which I judge, that they who would be spiritually minded, ought to abide and abound in thoughts concerning them.

1. It is our duty greatly *to mind the things that are above, eternal things*, both as unto their reality, their present state, and our future enjoyment of them; herein consists the life of this grace and duty. To be *heavenly minded*, that is, to mind the things of heaven, and to be *spiritually minded*, is all one; or it is the effect of being spiritually minded as unto its original and essence, or the first proper actings of it; it is the cause of it, as unto its growth and degrees; and it is the evidence of it in experience. Nor do I understand how it is possible for a man to place his chief interest in things above, and not have many thoughts of them. It is the great advice of the apostle, on a supposition of our interest in Christ, and conformity unto him. *Col. iii. 1, 2. If ye then be risen with Christ, seek those things that are above, where Christ sitteth at the right hand of God. Set your affections (or your thoughts); mind much the things that are above.* It becomes those who, through the virtue of the resurrection of Christ, are raised unto *newness of life*, to have their thoughts exercised on the state of things above; with respect unto the presence of Christ among them, and the singular use of our prospect into these things, or our meditations on them, he instructs us in *2 Cor. iv. 16, 17, 18. For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory. Whilst we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.* Not to faint under the daily decays of our outward man, and the approaches of death thereby; to bear afflictions as things *light and momentary*; to thrive under all in the inward man, are unspeakable mercies and privileges. Can you attain a *better frame*? Is there any thing that you would *more desire* if you are believers? Is

it not better to have such a mind in us, than to enjoy all the peace and security that the world can afford? One principal means whereby we are made partakers of these things, is a *due meditation on things unseen and eternal*. These are the things that are *within the veil*, whereon we ought to *cast the anchor of our hope* in all the storms we meet withal (*Heb. vi. 19, 20.*); whereof we shall speak more afterwards.

Without doubt, the generality of Christians are greatly defective in this duty, partly for want of *light* into them, partly for want of *delight* in them; they think little of an eternal country. Wherever men are, they do not use to neglect thoughts of that country wherein their inheritance lies. If they are absent from it for a season, yet will they labour to acquaint themselves with the principal concernments of it. But this *heavenly country*, wherein lies our eternal inheritance, is not regarded. Men do not as they ought exercise themselves unto thoughts of things *eternal and invisible*: it were impossible if they did so, that their minds should be so earthly, and their affections cleave so as they do unto present things. He that looks steadily on the *sun*, although he cannot bear the lustre of his beams fully, yet his sight is so affected with it, that when he calls off his eyes from it, he can see nothing, as it were, of the things about him, they are all dark unto him: and he who looks steadily in his contemplations on *things above*, eternal things, though he cannot comprehend their glory, yet a veil will be cast by it on all the desirable beauties of earthly things, and take off his affections from them.

Men live and act under the power of a conviction that there is a *state of immortality and glory to come*; with a persuasion hereof they much relieve themselves in their sorrows, sufferings, and temptations: yet with many it is only a *reserve* when they can be here no more; but as unto daily contemplation of the nature and causes of it, or as unto any entrance into it by
faith

faith and hope, the most are strangers thereunto. If we are *spiritually minded*, nothing will be more natural unto us than to have many thoughts of eternal things, as those wherein all our own principal concerns do lie, as well as those which are excellent and glorious in themselves. The direction thereon is, that we would *make heavenly things, the things of the future state of blessedness and glory, a principal object of our thoughts*; that we would think much about them; that we would meditate much upon them. Many are discouraged herein by their ignorance and darkness, by their want of due conceptions, and steady apprehensions of *invisible things*. Hence one of these two things do befall them, when they would meditate on things above:—1. *The glory of them, the glory of God in them*, being essentially infinite and incomprehensible, doth immediately overwhelm them, and, as it were, in a moment put them unto an utter loss, that they cannot frame one thought in their minds about them: or (2.) they want *skill and ability* to conceive aright of *invisible things*, and to dispose of them in such order in their minds, as that they may sedately exercise their thoughts about them. Both these shall be afterwards spoken unto: at present I shall only say that,

Whosoever shall sincerely engage in this duty, according unto what he hath, and shall abide constant therein, he will make such a refreshing progress in his apprehension of heavenly things, as he will be greatly satisfied withal. We are kept in darkness, ignorance, and unsteadiness of meditations about them, not from the nature of the things themselves, but from our own *sloth, negligence*, and readiness to be turned aside by apprehensions of difficulties, of the *lion* in the way; wherefore I shall consider two things:—1. What are the *principal motives* unto this duty of fixing our thoughts on the things that are above, and the advantages which we receive thereby: 2. Give *some directions* how, and on what in particular,

cular, we may exercise our thoughts on those things above.

(1.) *Faith* will be increased and strengthened by it. Invisible things are the proper objects of faith: it is the *evidence of things not seen*.—*Heb. xi. 1.* Wherefore in our thoughts of them, faith is in its proper exercise, which is the principal means of its growth and increase. And hereon two things will ensue:

1. The soul will come unto a more satisfactory abiding sense of the reality of them. Things of imagination, which maintain a value of themselves by darkness, will not bear a *diligent search* into them; they lose of their reputation on every serious enquiry. If rational men would but give themselves the liberty of free inquiry by their own thoughts, it would quickly cashier the *fool's paradise of Mahomet*, the *purgatory of the Papists*, and all such creatures of imagination and superstition. But where things are real and substantial, the more they are enquired into, the more they evidence their *being* and subsistence. It is not, therefore, every profession of a faith of a future state of blessedness that will realize it in our minds: and, therefore, for the most part, it is rather a *notion* that men have of heavenly things which they do not contradict, than any *solid satisfaction* in, or spiritual sense of their reality; for these are things *that eye hath not seen, nor ear heard, nor will enter into the heart of man to conceive*; whose existence, nature, and real state are not easily comprehended; but through the continual exercise of holy thoughts about them, the soul obtains an entrance into the midst of them, finding in them both *durable substance* and riches. There is no way, therefore, to strengthen faith unto any degree, but by a daily contemplation on the things themselves. They who do not think of them *frequently*, shall never believe them *sincerely*. They admit not of any *collateral* evidence, where they do not evidence themselves unto our souls. Faith, as we said, thus exercised,

cised, will give them a *subsistence*, not *in themselves*, which they have antecedent thereunto; but *in us*, in our hearts, in the minds of them that do believe. *Imagination* creates its own object: *faith* finds it prepared beforehand. It will not leave a *bare notion* of them in the understanding, but give them a *spiritual subsistence* in the heart; as Christ himself *dwells in our hearts by faith*. And there are two things that will discover this *subsistence* of them in us:—1. When we find them in a continual readiness to *rise up in our minds* on all occasions wherein the thoughts and remembrance of them are needful and useful unto us. There are many seasons, some whereof shall be immediately spoken unto, and many duties wherein and whereunto the faith and thoughts of things invisible and eternal are needful unto us, so as that we cannot fill up those *seasons*, nor perform those *duties*, in a due manner without them. If on all such occasions they do, from the inward frame of our minds, present themselves unto us, or through our acquaintance and familiarity with them, we recur in our thoughts unto them, they seem to have a *real subsistence* given unto them in our souls: but if on such occasions, wherein alone they will yield us help and relief, we *accustom ourselves to other thoughts*, if those concerning them are, as it were, out of the way, and arise not in our minds of their own accord, we are yet strangers unto this effect of faith. 2. They are realized unto us, they have a *subsistence* in us, when the soul continually *longeth to be in them*: when they have given such a relish unto our hearts, as the first fruits of glory, that we cannot but desire, on all opportune considerations, to be in the full enjoyment of them, faith seems to have had its effectual work herein upon us. For want of these things do many among us walk in disconsolation all their days.

2. It will *gradually give the heart an acquaintance with the especial nature and use of these things*. General

ral thoughts and notions of heaven and glory do but fluctuate up and down in the mind, and very little influence it unto other duties; but *assiduous contemplation* will give the mind such distinct apprehensions of heavenly things as shall duly affect it with the glory of them. The more we discern of the glory and excellency of them in their own nature, of their suitability unto ours, as our only proper rest and blessedness, as the perfection and complement of what is already begun in us by grace, of the restless tendency of all gracious dispositions and inclinations of our hearts towards their enjoyment, the more will faith be established in its cleaving unto them; so in the contemplation of these things consists the principal *food of faith*, whereby it is nourished and strengthened; and we are not to expect much work where there is not provision of proper food for them that labour. No wonder if we find faith faint and weak in the work it hath to do, which oftentimes is great and weighty, if we neglect to guide it daily unto that which should administer strength unto it.

(2.) It will give *life and exercise unto the grace of hope*. Hope is a glorious grace, whereunto blessed effects are ascribed in the Scripture, and an effectual operation unto the supportment and consolation of believers; by it are we *purified, sanctified, saved*; and, to sum up the whole of its excellency and efficacy, it is a principal way of the working of Christ as *inhabiting in us* (Col. i. 27.); *Christ in you the hope of glory*. Where Christ evidenceth his presence with us, he gives us an *infallible hope* of glory; he gives us an assured pledge of it, and worketh our souls unto an expectation of it. Hope in general is but an uncertain expectation of a future good which we desire; but as it is a gospel-grace, all uncertainty is removed from it, which would hinder us of the advantage intended in it. It is an *earnest expectation proceeding from faith, trust, and confidence, accompanied with*
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longing desires of enjoyment. From a mistake of its nature it is that few Christians labour after it, exercise themselves unto it, or have the benefit of it; for to *live by hope*, they suppose infers a state not only beneath the *life of faith*, and all assurance in believing, but also exclusive of them. They think *to hope to be saved* is a condition of men who have no grounds of faith or assurance. But this is to turn a blessed fruit of the spirit into a common affection of nature. *Gospel hope* is a fruit of faith, trust, and confidence; yea, the height of the actings of all grace issues in a *well grounded hope*, nor can it rise any higher.—*Rom. v. 2, 3, 4, 5.*

Now the reason why men have no more *use* of, no more *benefit* by this excellent grace, is because they do not abide in thoughts and contemplation of the things *hoped* for. The especial *object* of hope is *eternal glory*.—*Col. i. 27. Rom. v. 2.* The peculiar *use* of it is to support, comfort, and refresh the soul in all trials, under all weariness and despondencies, with a firm expectation of a speedy entrance into that glory, with an earnest desire after it. Wherefore, unless we acquaint ourselves by *continual meditation* with the reality and nature of this glory, it is impossible it should be the object of a vigorous, active *hope*, such as whereby the apostle says *we are saved*. Without this we can neither have that evidence of eternal things, nor that valuation of them, nor that preparedness in our minds for them, as should keep us in the exercise of *gracious hope* about them.

Suppose sundry persons engaged in a voyage unto a most *remote country*, wherein all of them have an apprehension that there is a place of rest, and an inheritance provided for them. Under this apprehension they all put themselves upon their voyage, to possess what is so prepared. Howbeit some of them have only a general notion of these things, they know nothing distinctly concerning them, and are so busied

about other affairs, that they have no leisure to enquire into them, or do suppose that they cannot come unto any satisfactory knowledge of them in particular, and so are content to go on with *general hopes* and expectations. Others there are who by all possible means acquaint themselves particularly with the nature of the *climate* whither they are going, with the *excellency of the inheritance* and provision that is made for them. Their voyage proves long and wearisome, their difficulties many, and their dangers great, and they have nothing to relieve and encourage themselves, but the hope and expectation of the country whither they are going. Those of the first sort will be very apt to despond and faint; their general hopes will not be able to relieve them. But those who have a distinct notion and apprehension of the *state of things* whither they are going, and of their *incomparable excellency*, have always in a readiness wherewith to cheer their minds and support themselves.

In that journey or pilgrimage wherein we are engaged towards an heavenly country, we are sure to meet with all kinds of dangers, difficulties, and perils. It is not a general notion of blessedness that will excite and work in us a spiritual refreshing hope. But when we think and meditate on future glory as we ought, that grace which is neglected for the most part as unto its benefit, and dead as unto its exercise, will of all others be most vigorous and active, putting itself forth on all occasions. This therefore is an inestimable benefit of the duty exhorted unto, and which they find the advantage of who are really spiritually minded.

3. This alone will make us *ready for the cross*, for all sorts of sufferings that we may be exposed unto.

There is nothing more necessary unto believers at this season, than to have their minds furnished with provision of such things as may prepare them for the *cross and sufferings*. Various intimations of the mind
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of God, circumstances of Providence, the present state of things in the world, with the instant peril of the latter days, do all call them hereunto. If it be otherwise with them, they will at one time or other be woefully surprized, and think strange of their trials, as if *some strange thing did befall them*. Nothing is more useful unto this end, than constant thoughts and contemplations of eternal things and future glory. From thence alone can the soul have in a readiness what to lay in the *balance* against all sorts of sufferings. When a storm begins to arise at sea, the mariners bestir themselves in the management of the *tackling of the ship*, and other applications of their art for their safety; but if the storm increase and come to extremity, they are forced to forego all other means, and betake themselves unto a sheet-anchor to hold their ship steady against its violence. So when a *storm* of persecution and troubles begins to arise, men have various ways and considerations for their relief. But if it once comes to *extremity*, if sword, nakedness, famine, and death, are inevitably coming upon them, they have nothing to betake themselves unto that will yield them solid relief, but the consideration and faith of things invisible and eternal.

So the apostle declares this state of things, 2 Cor. iv. 16, 17, 18. the words before insisted on. *For which cause we faint not, but though our outward man perish, yet the inward is renewed day by day. For our light affliction which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.* He lays all sorts of afflictions in one scale, and on the consideration of them, declares them to be *light* and but for a moment. Then he lays glory in the other scale, and finds it to be ponderous, weighty, and eternal; *an exceeding weight of glory.* In the one

is sorrow for a little while, in the other eternal joy. In the one pain for a few moments, in the other everlasting rest; in the one is the loss of some few temporary things, in the other the full fruition of God in Christ, who is all in all.

Hence the same apostle casts up the account of these things, and gives us his judgment concerning them. *Rom. viii. 18. For I reckon that the sufferings of this present time are not to be compared with the glory that shall be revealed in us*; there is no comparison between them, as if one had as much evil and misery in them, as the other hath of good and blessedness; as though his state was any way to be complained of, who must undergo the one whilst he hath an interest in the other; or as though to escape the one, he hazard the enjoyment of the other.

It is inseparable from our nature to have a fear of and averſation from great distressing sufferings, that are above the power of nature to bear. Even our Lord Jesus himself, having taken on him all the finless properties of our natures, had a *fear and averſation*, though holy and gracious with respect unto his own. Those who through a *stout heartedness* do contemn them before their approach, boasting in themselves of their abilities to undergo them, censuring such as will not *unadvisedly* engage in them, are such as seldom glorify God when they are really to conflict with them. *Peter* alone trusted unto himself that he would not forsake his master, and seemed to take the warning ill that they should all do so; and he alone *denied* him. All church stories are filled with instances of such as having borne themselves high before the approach of *trials*, have shamefully miscarried when their *trials* have come. Wherefore it is moreover allowed unto us, to use all lawful means for the avoiding of them. Both rules and examples of the scripture give sufficient warranty for it. But there are times and seasons wherein without any tergiversation they are to be undergone unto the glory
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of God, and in the discharge of our duty, confessing Christ before men, as we would be owned by him before his Father in heaven. All things do now call us to prepare for such a season, to be *martyrs in resolution*, though we should never really lose our lives by violence. Nothing will give us this preparation; but to have our minds exercised in the contemplation of heavenly things, of things that are invisible and eternal. He who is thus *spiritually minded*, who hath his thoughts and affections set on things above, will have always in a readiness what to oppose unto any circumstance of his sufferings.

Those views which such an one hath had by faith, of the *uncreated glories above*, of the things *in heavenly places, where Christ sits at the right hand of God*, of the glory within the veil, whereby they have been realized and made present unto his soul, will now *visit him every moment*, abide with him continually, and put forth their efficacy unto his supportment and refreshment. Alas! what will become of many of us, who are grovelling continually on the earth, *whose bellies cleave unto the dust*, who are strangers unto the thoughts of heavenly things, when distressing troubles shall befall us? Why shall we think that *refreshing thoughts* of things above will *then visit our souls*, when we resisted their admittance in days of peace? Do you come to me in your distress, saith *Jephtha*, when in the time of your peace you drove me from you? When we would thus think of heavenly things to our refreshment, we shall hardly get them to make an abode with us. I know God can come in by the mighty power of his spirit and grace, to support and comfort the souls of them who are called and even surprized into the greatest of sufferings. Yet do I know also that it is our duty not to tempt him in the neglect of the ways and means which he hath appointed for the communication of his grace unto us.

Our Lord Jesus Christ himself, as *the author and finisher*

finisher of our faith, for the joy that was set before him, endured the cross and despised the shame. Heb. xii. 2. His mediatory glory in the salvation of the church, was the matter of the *joy set before him*. This he took the view and prospect of in all his sufferings, unto his refreshment and supportment. And his example, as *the author and finisher of our faith*, is more efficaciously instructive than any other rule or precept. Eternal glory is *set before us also*; it is the design of God's wisdom and grace, that by the contemplation of it we should relieve ourselves in all our sufferings, yea and rejoice with joy unspeakable and full of glory. How many of those blessed souls now in the enjoyment of God and glory, who passed through fiery trials and great tribulations, were enabled to sing and rejoice in the flames by a *prepossession of this glory* in their minds through believing? Yea some have been so filled with them, as to take off all sense of pain under the most exquisite tortures. When *Stephen* was to be stoned, to encourage him in his sufferings and comfort him in it, the *Heavens were opened, and he saw Jesus standing at the right hand of God*. Who can conceive what contempt of all the rage and madness of the *Jews*, what a neglect of all the pains of death, this view raised his holy soul unto? To obtain therefore such views frequently by faith, as they do who are truly *spiritually minded*, is the most effectual way to encourage us unto all our sufferings. The apostle gives us the force of this encouragement in a comparison with earthly things. *1 Cor. ix. 25. Every man who striveth for the mastery, is temperate in all things; now they do it to obtain a corruptible crown, but we an incorruptible.* If men, when a corruptible crown of vain honour and applause is proposed unto them, will do and endure all that is needful for the attainment of it, and relieve themselves in their hardships with thoughts and imaginations of attaining it, grounded on uncertain hopes; shall not we, who have a

crown immortal and invisible proposed unto us, and that with the highest assurance of the enjoyment of it, cheerfully undergo, endure and suffer what we are to go through in the way unto it?

4. This is the *most effectual means to wean the heart and affections from things here below*; to keep the mind unto an *undervaluation*, yea a contempt of them, as occasion shall require. For there is a season wherein there is such a contempt required in us of all relations and enjoyments, as our Saviour calleth, the *hating of them*; that is, not absolutely but comparatively, in comparison of him and the Gospel, with the duties which belong unto our profession. *Luke 14. 26.*

If any man come to me, and hate not father and mother, and wife and children, and brethren and sisters, yea and his own life also, he cannot be my disciple. Some, I fear, if they did but consider it, would be apt to say, *This is an hard saying, who can bear it?* And others cry out with the Disciples in another case, *Lord, who then can be saved?* But it is the Word whereby we must be judged, nor can we be the Disciples of Christ on any other terms. But here in an especial manner lie the wound and weakness of faith and profession in these our days. *The Bellies of men cleave unto the dust*, or their affections unto earthly things.

I speak not of those who by rapine, deceit and oppression, strive to enrich themselves; nor of those who design nothing more than the attainment of *greatness and promotions* in the world, though not by ways of open wickedness; least of all of them who make *religion* and perhaps their ministry therein, a means for the attaining secular ends and preferments. No wise man can suppose such persons, any of them, to be *spiritually minded*, and it is most easy to disprove all their pretences. But I intend only those at present, whose ways and means of attaining *riches* are lawful, honest and unblameable; who use them with some
moderation,

moderation, and do profess that their portion lies in better things ; so as it is hard to fasten a conviction on them in matter of their conversation. Whatever may seem to reflect upon them, they esteem it to be that, whose omission would make them foolish in their affairs, or negligent in their duty. But even among these also, there is oftentimes that *inordinate love* unto present things, that esteem and valuation of them, that, concernment in them, as are not consistent with their being *spiritually minded*. With some their *relations*, with some their *enjoyments*, with most both in conjunction, are an idol which they set up in their hearts, and secretly bow down unto. About these are their *hopes* and *fears* exercised, on them is their *love*, in them is their delight. They are wholly taken up with their own concerns, count all lost that is not spent on them, and all time mis-spent that is not engaged about them. Yet the things which they do, they judge to be good in themselves ; their hearts do not condemn them as to the matter of them. The *valuation* they have of their *relations* and *enjoyments* they suppose to be lawful, within the bounds which they have assigned unto it. Their care about them is in their own minds but their duty. It is no easy matter, it requires much spiritual wisdom to fix right boundaries unto our affections and their actings about earthly things. But let men plead and pretend what they please, I shall offer one rule in this case which will not fail. And this is, that when men are so confident in the good state and measure of their affection and their actings towards earthly things, as that they will oppose their engagements into them unto known duties of religion, piety and charity, they are gone into a sinful excess. Is there a state of the poor that requires their liberality and bounty ? you must excuse them, they have *families to provide for* ; when what is expected from them signifies nothing at all, as unto a due provision for their families,

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nor is what would lessen their inheritances or portions one penny in the issue. Are they called to an attendance on seasons of religious duties? *they are so full of business, that it is impossible for them* to have leisure for any such occasions; so by all ways declaring that they are under the power of a prevalent predominant affection unto earthly things. This fills all places with lifeless, sapless, useless professors, who approve themselves in their condition, whilst it is visibly unspiritual and withering.

The heart will have something whereon in a way of *pre-eminence*, it will fix itself and its affections. This in all its perpetual motions it seeks for rest and satisfaction in; and every man hath an *edge*, the *edge of his affections* is set one way or other, though it be more keen in some than others. And whereas all sorts of things, that the heart can fix upon or turn the *edge* of its affections unto, are distributed by the Apostle into *things above* and *things beneath*, things heavenly and things earthly, if we have not such a view and prospect of heavenly things as to cause our hearts to cleave unto them and delight in them, let us pretend what we will, it is impossible but that we shall be under the power of a predominant affection unto the things of this world.

Herein lies the great danger of multitudes at this present season; for let men profess what they will, under the power of this frame, their eternal state is in hazard every moment; and persons are engaged in it in great variety of degrees; and we may cast them under two heads.

I. Some do not at all understand that things are amiss with them, or that they are much to be blamed. They plead, as was before observed, that they are all lawful things which their hearts do cleave unto, and which it is their duty to take care of and regard. May they not delight in *their own relations*, especially at such a time when others break and cancel all duties
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and bonds of relation in the service of and provision they make for their lusts? May they not be *careful in good and honest ways* of diligence about the things of the world, when the most either lavish their time away in the pursuit of bestial lusts, or heap them up by deceit and oppression? May they not *contrive for the promotion of their children* in the world, to add the other hundred or thousand pounds unto their advancement, that they may be in as good condition as others, seeing he is worse than an *infidel who provides not for his own family*? By such reasonings and secret thoughts do many justify themselves in their earthly mindedness. And so fixed they are in the approbation of themselves, that if you urge them to their duty, you shall loose their acquaintance, if they do not become your enemies for telling them the truth. Yea they will avoid one duty that lieth not against their earthly interest, because it leads unto another. They will not engage in *religious assemblies*, or be constant unto their duty in them, for fear duties of *charity* should be required of them or expected from them: On what grounds such persons can satisfy themselves that they are *spiritually minded*, I know not. I shall leave only one rule with persons that are thus minded. *Where our love unto the world hath prevailed, by its reasonings, pleas and pretences, to take away our fear and jealousy over our own hearts, lest we should inordinately love it, there it is assuredly predominant in us.*

2. Others are sensible of the *evil of their hearts*, at least are jealous and afraid lest it should be found that their hearts do cleave inordinately unto these things. Hence they endeavour to contend against this evil, sometimes by *forcing themselves* unto such acts of piety or charity as are contrary unto that frame, and sometimes by labouring a *change of the frame itself*: Especially they will do so when God is pleased to awaken them by trials and afflictions, such as write
vanity

vanity and emptiness on all earthly enjoyments. But for the most part they strive not lawfully, and so obtain not what they seem to aim at.

This disease with many is mortal; and will not be thoroughly cured in any but by the due exercise of this part of spiritual mindedness. There are other duties required also unto the same end, namely, of the *mortification of our desires and affections* unto earthly things, whereof I have treated elsewhere. But without this, or a fixed contemplation on the desirableness, beauty and glory of heavenly things, it will not be attained. Further to evidence the truth hereof, we may observe these two things. First, If by any means a man do seem to have taken off his heart from the love of *present things*, and be not at the same time taken up with the *love of things that are heavenly*, his *seeming mortification* is of no advantage unto him. So persons frequently through discontent, disappointments or dissatisfaction with relations, or mere natural weariness, have left the world, the affairs and cares of it, as unto their wonted conversations in it, and have betaken themselves to *monasteries, convents*, or other retirements suiting their principles, without any advantage to their souls. Secondly, God is no such severe lord and master, as to require us to take off our affections from, and mortify them under those things which the law of our nature makes dear unto us, as wives, children, houses, lands, and possessions, and not propose unto us somewhat that is incomparably *more excellent* to fix them upon. So he invites the elect of the Gentiles unto Christ, *Psal. 45. 10. Harken O daughter, and consider, and incline thine ear, forget also thine own people and thy father's house; that is, come into the faith of Abraham, who forsook his country and his father's house to follow God whither ever he pleased. But he proposeth this for their encouragement, ver. 11. So shall the King greatly desire thy beauty, for he is thy Lord; and worship thou him.*

him. The love of the Great King is an abundant satisfactory recompence for parting with all things in this world. So when *Abraham's* servant was sent to take *Rebecca* for a wife unto *Isaac*, he required that she should immediately leave father and mother, brothers, and all enjoyments, and go along with him; but withal, that she might know herself to be *no loser* thereby, he not only assured her of the *greatness of his master*, but also at present he gave her *jewels of silver, and jewels of gold, and raiment.* Gen. xxiv. 53. And when our Saviour requires that we should *part with all* for his sake and the gospel, he promiseth an *hundred fold* in lieu of them even in this life, namely, in an interest in things spiritual and heavenly. Wherefore, without an assiduous meditation on heavenly things, as a better, more noble and suitable object for our affections to be fixed on, we can never be freed in a due manner from an inordinate love of the things here below.

It is sad to see some *professors* who will keep up spiritual duties in churches and in their families, who will speak and discourse of spiritual things, and keep themselves from the *open excesses* of the world; yet when they come to be tried by such duties as entrench on their *love* and adherence unto earthly things, quickly manifest how remote they are from being *spiritually minded* in a due manner. Were they to be tried, as our Saviour tried the young man who made such a profession of his conscientious and religious conversation; *Go sell what thou hast, give to the poor, and follow me*; something might be pleaded in excuse for their tergiversation. But alas! they will decline their duty when they are not touched unto the *hundredth part* of their enjoyments.

I bless God, I speak not thus of many of my own knowledge; and may say with the apostle unto the most unto whom I *usually speak* in this manner; *But, beloved, we are persuaded better things of you, and things that*

what accompany salvation, though we thus speak.
Heb. vi. 9. Yea, the same testimony may be given
 of many in this city, which the same apostle gives
 unto the churches of *Macedonia*, 2 Cor. viii, 1, 2, 3.
Understand the grace of God bestowed on the churches
of Macedonia, how that, in a great trial of affliction,
the abundance of their joy and their poverty abounded
unto the riches of their liberality. For to their power,
and beyond their power, they were willing of themselves.
 There hath been nothing done amongst us, that may
 or can be boasted of; yet considering all circumstan-
 ces, it may be, there have not been more instances of
 true *evangelical charity*, in any age or place, for these
 many years. For them who have been but useful
 and helpful therein, *the Lord remember them for good,*
 and spare them according to the multitude of his mer-
 cies. It is true, they have not, many of them,
 founded *colleges*, built *hospitals*, or raised works of
 state and magnificence. For very many of them are
 such, as whose *deep poverty comparatively hath abound-*
ed unto the riches of their liberality. The backs and
 bellies of multitudes of poor and needy servants, of
 Christ have been warmed and refreshed by them,
 blessing God for them. *Thanks be to God, saith the*
apostle in this case, for his unspeakable gift. 2 Cor. ix.
 15. Blessed be God, who hath not left the gospel
 without this glory, nor the profession of it without
 this evidence of its power and efficacy. Yea, God
 hath exalted the *glory of persecutions and afflictions.*
 For many, since they have lost much of their enjoy-
 ments by them, and have all endangered continually,
 have abounded in duties of charity beyond what they
 did in the days of their fulness and prosperity. So
out of the eater there hath come forth meat. And if
 the world did but know what fruits, in a way of
 charity and bounty, unto the praise of God and glory
 of the gospel, have been occasioned by their making
 many poor, it would abate of their satisfaction in
 their successes.

But

But with many it is not so. Their minds are so full of earthly things, they do so cleave unto them in their affections, that no sense of duty, no example of others, no concernment of the glory of God or the gospel, can make any impressions on them. If there be yet in them so much light and life of grace, as to *design a deliverance* from this woeful condition, the means insisted on must be made use of.

Especially this advice is needful unto those who are *rich*, who have *large possessions*, or abound in the goods of this world. The poor, the afflicted, the sorrowful are prompted, from their outward circumstances, as well as excited by inward grace, frequently to remember and to think of the *things above*, wherein lies their only reserve and relief against the trouble and urgency of their present condition. But the enjoyment of these things in abundance, is accompanied with a two-fold evil, lying directly contrary unto this duty.

1. *A desire of encrease and adding thereunto.* Earthly enjoyments enlarge men's earthly desires; and the love of them grows with their income. A moderate stock of waters, sufficient for our use, may be kept within ordinary banks. But if a flood be turned into them, they know no bounds, but overflow all about them. The *encrease* of wealth and riches enlargeth the desires of men after them, beyond all bounds of wisdom, sobriety, or safety. He that labours hard for his daily bread, hath seldom such earnest vehement desires of an addition unto what he hath, as many have who already have more than they know how to use, or almost what to do withal. This they must have more, and the last advantage serves for nothing but to stir them up to look out for another. And yet such men would, on other accounts, be esteemed *good Christians*, and spiritually minded, as all good Christians are.

2. *They draw the heart to value and esteem them,* as those which bring in their satisfaction, and make them

them to differ from those whom they see to be poor and miserable. Now these things are contrary unto, and, where they are habitually prevalent, inconsistent utterly with being *spiritually minded*. Nor is it possible, that any who in the least degree are under their power, can ever attain deliverance, unless their thoughts are fixed, and their minds thereby possessed with due apprehensions of *invisible things* and eternal glory.

These are some few of those many advantages which we may obtain by *fixing our thoughts and meditations*, and thereby our affections on the things that are above. And there are some things which make me willing to give some few directions for the practice of this duty. For whatever else we are and do, we neither are nor can be truly *spiritually minded*, whereon life and peace depend, unless we do really exercise our thoughts unto meditations of things above. Without it all our religion is but vain. And as, I fear, men are generally wanting and defective herein, in point of practice; so I do also, that many, through the darkness of their minds, the weakness of their intellectuals, and ignorance of the nature of all things unseen, do seldom set themselves unto the contemplation of them. I shall, therefore, give some few directions for the practice of this duty.

C H A P. VI.

Directions unto the Exercise of our Thoughts on Things above; Things future, invisible, and eternal; on God himself, with the Difficulties of it, and Oppositions unto it, and the Way of their Removal. Right Notions of future Glory stated.

WE have treated in general before of the proper objects of our spiritual thoughts as unto our present duty. That which we were last engaged in,

in, is an *especial instance in heavenly things*; things future and invifible, with the fountain and fpring of them all in Chrift and God himfelf. And becaufe men generally are *unskilled herein*, and great difficulties arife in the way of the difcharge of this part of the duty in hand, I fhall give fome efpecial directions concerning it.

1. *Poffefs your minds with right notions and apprehenfions of things above, and of the ftate of future glory.* We are in this duty to *look at the things which are not feen.* 2 Cor. iv. 16. It is faith only whereby we have a profpect of them; for *we walk by faith and not by fight.* And faith can give us no intereft in them, unlefs we have due apprehenfions of them. For it doth but affent and cleave unto the truth of what is propofed unto it. And the greateft part of mankind do both deceive themfelves, and *feed on afhes* in this matter. They fancy a *future eftate*, which hath no foundation but in their own imaginations. Wherefore the apoftle, directing us to feek and mind the *things that are above*, adds, for the guidance of our thoughts, the confideration of the principal concernment of them, *where Chrift fitteth at the right hand of God.* Col. iii. 1, 2. He would lead us unto diftinct apprehenfions of thofe heavenly things, efpecially of the prefence of Chrift in his exaltation and glory. Wherefore the true notion of thefe things which we are to poffefs our minds withal, may here be confidered.

All that have an apprehenfion of a *future ftate of happinefs*, do agree in this matter, that it contains in it, or is accompanied with a *deliverance and freedom from all that is evil.* But in what it is fo, they are not agreed. Many efteem only thofe things that are grievous, troublefome, wafting and destructive unto nature to be fo; that is, what is *pænal*, in pain, ficknefs, forrow, lofs, poverty, with all kinds of outward troubles, and *death* itfelf, are evils. Wherefore,

fore, they suppose that the *future state of blessedness* will free them from all these things, if they can attain unto it. This they will lay in the balance against the troubles of life, and sometimes it may be against the pleasures of it, which they must forego. Yea, *persons profane and profligate* will, in words at least, profess, that *heaven will give them rest from all their troubles*. But it is no place of rest for such persons.

Unto all others also, unto *believers* themselves, *these things are evil*, such as they expect a deliverance from in heaven and glory. And there is no doubt, but it is lawful for us, and meet that we should contemplate on them, as those which will give us a deliverance from all *outward troubles*, death itself, and all that leads thereunto. Heaven is promised *as rest unto them that are troubled*. 2 *Thes.* i. 7. It is our duty, under all our sufferings, reproaches, persecutions, troubles, and sorrows, to raise up our minds unto the contemplation of that state, wherein we shall be freed from them all. It is a *blessed notion of heaven*, that God shall therein *wipe away all tears from our eyes*. *Rev.* vii. 17. or remove far from us all causes of sorrow. And it would be unto our advantage, if we did accustom our minds more unto this kind of relief than we do; if, upon the incursion of fears, dangers, sorrows, we did more readily retreat unto thoughts of *that state* wherein we shall be freed from them all; even *this most inferior consideration* of it, would render the thoughts of it more *familiar*, and the thing itself more useful unto us. Much better it were, than on such occasions to be exercised with *heartless complaints*, uncertain hopes, and fruitless contrivances.

But there is that, which, unto them who are *truly spiritually minded*, hath *more evil in it* than all these things together, and that is *sin*. Heaven is a state of deliverance from sin, from all sin, in all the causes,

concomitants, and effects of it. He is no true believer, unto whom *sin* is not the greatest burden, sorrow, and trouble. Other things, as the loss of dear relations, or extraordinary pains, may make deeper impressions on the mind, by its natural affections, at some seasons, than ever our sins did at any one time, in any one instance. So a man may have a greater trouble in *sense of pain*, by a fit of the *tooth-ache*, which will be gone in an hour, than in an *hectick fever* or consumption, which will assuredly take away his life. But take in the whole course of our lives, and all the actings of our souls in spiritual judgment as well as natural affection, and I do not understand how a man can be a sincere believer, unto whom *sin is not the greatest burden and sorrow*.

Wherefore, in the first place, it belongs unto the true *notion of heaven*, that it is a state wherein we shall be *eternally freed from sin*, and all the concerns of it, but only the exaltation of the glory of God's grace in Christ, by the pardon of it. He that truly *bates sin* and abhors it, whose principal desire and design of life is to be freed from it, as far as it is possible; who walks in self abasement, through a sense of his many disappointments, when he hoped it should act in him no more, cannot, as I judge, but frequently betake himself for refreshment unto thoughts of that state wherein he shall be *freed from it*, and *triumph over it* unto eternity. This is a *notion of heaven* that is easily apprehended and fixed on the mind, which we may dwell upon, unto the great advantage and satisfaction of our souls.

Frequent thoughts and meditations of heaven, under this notion, do argue a man to be *spiritually minded*. For it is a convincing evidence that *sin is a burden* unto him, that he longs to be delivered from it and all its consequents; that no thoughts are more welcome unto him, than those of that state wherein sin shall be no more. And although men are troubled
about

about their sins, and would desirously be freed from them, so far as they *perplex their minds*, and make their consciences uneasy; yet if they are not much in the prospect of this relief, if they find not refreshment in it, I fear their trouble is not such as it ought to be. Wherefore, when men can so *wrangle* and *wrestle* with their convictions of sin, and yet take up the best of their relief in hopes, that it will be better with them, at some time or other, in this world, without longing desires after that state wherein *sin shall be no more*, they can give no evidence that they are spiritually minded.

It is quite otherwise with *sincere believers* in the exercise of this duty. The considerations of the grace and love of God, of the blood of Christ, of the purity and holiness of that good spirit that dwelleth in them, of the light, grace and mercy which they have attained, through the promises of the gospel, are those which make the *remainders of sin* most grievous and burdensome unto them. This is that which even breaks their hearts, and makes some of them go mourning all the day long; namely, that any thing of that which alone God *hates* should be found in them, or be remaining with them. It is, in this condition, an evidence that they are *spiritually minded*, if, together with watchful endeavours for the universal mortification of sin, and utter excision of it, both root and branch, they constantly add these thoughts of that blessed state, wherein they shall be absolutely and eternally freed from all sin, with refreshment, delight, and complacency.

These things belong unto our direction for the fixing of our thoughts and meditations on *things above*. This the meanest and weakest person, who hath the least spark of sincerity and grace, is capable of apprehending, and able to practice. And it is that which the *sense they have of the evil of sin* will put them on every day, if they shut not their eyes against

the light of the refreshment that is in it. Let them who cannot arise in their minds unto fixed and stable thoughts of any other notion of these *invisible things*, dwell on this consideration of them, wherein they will find no small spiritual advantage and refreshment unto their souls.

2. As unto the positive part of this glorious future state, the thoughts and apprehensions of men are very various. And that we may know as well what to avoid, as what to embrace, we shall a little reflect on some of them.

1. Many are able to entertain no *rational conceptions* about a future state of blessedness and glory, no *notions* wherein either faith or reason is concerned. *Imagination* they have of something that is *great and glorious*, but what it is they know not. No wonder if such persons have no delight in, no use of thoughts of heaven. When their *imaginations* have fluctuated up and down in all uncertainties for a while, they are swallowed up in *nothing*. Glorious, and therefore desirable they take it for granted that it must be. But nothing can be so unto them, but what is *suitable* unto their present dispositions, inclinations, and principles. And hereof there is nothing in the true spiritual glory of heaven, or in the eternal enjoyment of God. These things are not suited unto the *wills of their minds and of the flesh*, and therefore they cannot rise up unto any constant desires of them. Hence to please themselves, they begin to imagine what is not. But whereas what is truly heaven pleaseth them not, and what doth please them is not heaven, nor there to be found, they seldom or never endeavour, in good earnest, to exercise their thoughts about it.

It were well if darkness and ignorance of the true nature of the future state and eternal glory, did not exceedingly prejudice *believers themselves*, as unto their delight in them and meditations about them. They
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have nothing fixed or stated in their minds, which they can betake themselves unto in their thoughts, when they would contemplate about them. And by the way, whatever doth divert the minds of men from the power and life of *spiritual worship*, as do all pompous solemnities in the performance of it, doth greatly hinder them as unto *right conceptions* of our future state. There was a promise of *eternal life* given unto the saints under the Old Testament: but whereas they were obliged unto a worship that was *carnal* and *outwardly pompous*, they never had clear and distinct apprehensions of the future state of glory; for life and immortality were brought to light by the gospel. Wherefore, although no man living can see or find out the *infinite riches of eternal glory*; yet is it the duty of all to be acquainted with the nature of it in general, so as that they may have fixed thoughts of it, love unto it, earnest desires after it, all under its own true and proper notion.

2. So great a part of mankind as the *Mahometans*, unto whom God hath given all the principal and most desirable parts of the world to inhabit and possess, do conceive the state of *future blessedness to consist in the full satisfaction of their sensual lusts and pleasures*. An evidence this is, that the religion which they profess hath no power or efficacy on their minds to change them from the love of sin, or placing their happiness in fulfilling the desires of the flesh. It doth not at all *enlighten their minds* to discern a beauty in spiritual things, nor excite their affections unto the love of them, nor free the soul to look after blessedness in such things as alone are suited unto its rational constitution. For if it did, they would place their *happiness and blessedness* in them. Wherefore, it is nothing but an artifice of the god of this world, to blind the eyes of men unto their eternal destruction.

3. Some of the *philosophers* of old did attain an apprehension, that the blessedness of men in another

world doth consist in the soul's full satisfaction in the goodness and beauty of the Divine Nature: and there is a truth in this notion, which contemplative men have adorned with excellent and rational discourses: and sundry who have been and are learned among Christians, have greatly improved this truth by the light of the Scripture. From reason they take up with thoughts of the *goodness*, the *amiableness*, the self-sufficiency, the all-sufficient satisfactoriness of the infinite perfections of the Divine Nature. These things shine in themselves with such a glorious light, as that there is no more required unto a perception of them, but that men do not wilfully shut their eyes against it, through bestial sensuality and love of sin. From *reason* also do they frame their conceptions concerning the capacity of the souls of men for the *immediate enjoyment* of God, and what is suited therein unto their utmost blessedness. No more is required unto these things but a due consideration of the *nature of God and man*, with our relation unto him, and dependence on him. By the *light of the Scripture* they frame these things into that which they call the *beatifical vision*, whereby they intend all the ways whereby God, in the highest and immediate instances, can and doth communicate of himself unto the souls of men, and the utmost *elevation of their intellectual capacities* to receive those communications. It is such an intellectual apprehension of the Divine nature and perfections, with ineffable love, as gives the soul the utmost rest and blessedness which its capacities can extend unto.

These things are so; and they have been by many both *piously* and *elegantly* illustrated; howbeit, they are *above the capacities* of ordinary Christians; they know not how to manage them in their minds, nor exercise their thoughts about them; they cannot reduce them unto present *usefulness*, nor make them subservient unto the exercise and increase of grace. And the truth is,

is, the Scripture gives us another notion of heaven and glory, *not contrary* unto this, not inconsistent with it, but more suited unto the faith and experience of believers, and which alone can convey a true and useful sense of these things unto our minds. This, therefore, is diligently to be inquired into, and firmly stated in our thoughts and affections.

4. The principal notion which the Scripture gives us of the state of heavenly blessedness, and which the meanest believers are capable of improving in daily practice, is, that *faith shall be turned into sight, and grace into glory.* *We walk now by faith and not by sight,* faith the apostle. 2 Cor. xiii. 7. Wherefore this is the difference between our present and our future state, that *sight* hereafter shall supply the room of faith. 1 Job. iii. 2. And if *sight* come into the place of *faith*, then the *object* of that *sight* must be the same with the *present object* of our faith. So the apostle informs us, 1 Cor. xiii. 9, 10. 12. *For we know in part, and when we prophesy in part; but when that which is perfect is come, that which is in part shall be done away. For now we see through a glass darkly, but then face to face.* Those things which we see now darkly, as in a glass, we shall then have an immediate sight, and full comprehension of; for that which is *perfect* must come and do away that which is in part. What then is the principal present object of faith as it is *evangelical*, into whose room sight must succeed? Is it not the manifestation of the glory of the infinite wisdom, grace, love, kindness, and power of God in Christ, the revelation of the eternal counsels of his will, and the ways of their accomplishment unto the eternal salvation of the church in and by him, with the glorious exaltation of Christ himself? Wherefore, in the full, satisfactory representation of these things unto our souls, received by sight, or a direct, immediate intuition of them, doth the glory of heaven principally consist. We behold them now darkly, as in a glass; that is, the ut-

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most which by faith we can attain unto;—in heaven they shall be openly and fully displayed. The *infinite, incomprehensible excellencies of the Divine nature* are not proposed in Scripture as the immediate object of our *faith*, nor shall they be so unto *sight* in heaven. The manifestation of them in Christ is the immediate object of our *faith* here, and shall be of our *sight* hereafter. Only through this manifestation of them we are led even by *faith* ultimately to acquiesce in them; as we shall in heaven be led by *love* perfectly to adhere unto them with delight ineffable. This is our immediate objective glory in heaven—we hope for no other: and this, if God will, I shall shortly more fully explain.

Whoever lives in the exercise of faith, and hath any experience of the life, power, and sweetness of these heavenly things, unto whom they are a spring of grace and consolation, they are able to meditate on the glory of them in their full enjoyment. Think much of heaven, as that which will give you a perfect view and comprehension of the *wisdom and love* and grace of God in Christ, with those other things which shall be immediately declared.

Some, perhaps, will be ready to say, that if *this be heaven*, they can see no *great glory* in it, no such beauty as for which it should be desired. It may be so; for some have no instrument to take a view of invisible things but carnal imaginations; some have no light, no principle, no disposition of mind or soul whereunto these things are either acceptable or suitable. Some will go no further in the consideration of the *divine excellencies* of God, and the faculties and actings of our souls, than *reason* will guide them, which may be of use: but we look for *no other heaven*, we desire none, but what we are led unto, and prepared for, by the *light of the gospel*; that which shall perfect all the beginnings of God's grace in us; not what shall be quite of another nature, and destructive of them. We value
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not that heaven which is equally suited unto the desires and inclinations of the *worst of men*, as well as of *the best*; for we know that they who like not *grace* here, neither do nor can like that which is *glory* hereafter. No man who is not acquainted experimentally in some measure with the life, power, and evidence of *faith* here, hath any other heaven in his aim but what is erected in his own imagination. The glory of heaven which the gospel prepares us for, which faith leads and conducts us unto, which the souls of believers long after, as that which shall give full rest, satisfaction, and complacency, is the full, open, *perfect manifestation* of the glory of the wisdom, goodness, and love of God in Christ, in his person and mediation, with the revelation of all his counsels concerning them, and the communication of their effects unto us. He that likes it not, unto whom it is not desirable, may betake himself unto *Mahomet's paradise*, or the *philosopher's speculations*, in the *gospel heaven* he hath no interest. These are the things which we see now *darkly, as in a glass*, by faith: in the view of them are our souls gradually changed into the likeness of God; and the comprehension of them is that which shall give us our utmost conformity, and likeness unto him whereof our natures are capable. In a sense and *experience* of their reality and goodness given us by the Holy Ghost, do all our spiritual consolations and joys consist. The effects produced by them in our souls are the first fruits of glory. Our light, sense, experience, and enjoyment of these things, however weak and frequently interrupted, our apprehensions of them, however dark and obscure, are the only means whereby we are *made meet for the inheritance of the saints in light*.

To have the eternal glory of God in Christ, with all the fruits of his wisdom and love, whilst we are ourselves under the full participation of the effects of them, immediately, directly, revealed, proposed, made known unto us in a divine and glorious light, our

souls being furnished with a capacity to behold and perfectly comprehend them, this is the heaven which, according unto God's promise, we look for. But, as was said, these things shall be elsewhere more fully treated of.

It is true, that there are sundry *other things* in particular that belong unto this state of glory; but what we have mentioned is the *fountain* and spring of them all. We can never have an immediate enjoyment of God in the immensity of his nature, nor can any created understanding conceive any such things. God's communications of himself unto us, and our enjoyment of him, shall be *in and by the manifestation of his glory in Christ*. He who can see no glory, who is sensible of no blessedness in these things, is a stranger unto *that heaven* which the scripture reveals, and which faith leads unto.

It may be inquired, what is the *subjective glory*, or what change is to be wrought in ourselves, that we may enjoy this glory? Now that depends principally as unto our souls in the *perfection of all grace, which is initially wrought, and subjectively resides in us in this world*. The *grace* which we have here shall not be done away as unto its *essence* and nature, though somewhat of it shall cease as unto the *manner of its operation*. What soul could think with joy of going to heaven, if thereby he must lose all his present *light, faith, and love* of God, though he be told that he should receive that in lieu of them which is more excellent, whereof he hath *no experience*, nor can understand of what nature it is? When the saints enter into rest, their *good works* do follow them; and how can they do so, if their *grace* do not accompany them, from whence they proceed? The perfection of our present graces, which are here weak, and interrupted in their operations, is a principal eminency of the state of glory: *faith* shall be heightened into *vision*, as was proved before; which doth not destroy its nature, but

but cause it to cease as unto its *manner of operation* towards things invifible. If a man have a weak, fmall faith in this life, with little evidence, and no affurance, fo that he doubts of all things, questions all things, and hath no comfort from what he doth believe; if afterwards, through fupplies of grace, he hath a mighty *prevailing evidence of the things believed*, is filled with comfort and affurance, this is not by a *faith* or grace of another kind than what he had before, but by the fame faith raifed unto an higher degree of perfection. When our Saviour cured the blind man, and gave him his fight (*Mark viii.*), at firft he faw all things obfcurely and imperfectly; he faw *men, as trees, walking—ver. 24.*; but on another application of virtue unto him, he faw all things clearly—*ver. 25.* It was not a *fight of another kind* which he then received than what he had at firft, only its imperfection, whereby he *faw men, like trees, walking*, was taken away. Nor will our *perfect vision* of things above be a grace absolutely of another kind from the *light of faith* which we here enjoy, only what is imperfect in it will be done away, and it will be made meet for the prefent enjoyment of things here at a diftance and invifible. *Love* fhall have its perfection alfo, and the leaft alteration in its manner of operation of any grace whatever. And there is nothing that fhould more excite us to labour after a growth *in love to God in Chrift* than this, that it fhall to all eternity be the fame in its nature and in all its operations, only both the one and the other fhall be made absolutely perfect. The foul will by it be enabled to cleave unto God unchangeably, with eternal delight, fatisfaction, and complacency. *Hope* fhall be perfect in enjoyment, which is all the perfection it is capable of. So fhall it be as unto other graces.

This *fubjective perfection of our natures*, efpecially in all the faculties, powers, and affections of our

souls, and all their operations, belongs unto our blessedness, nor can we be blessed without it. All the *objective glory* in heaven would not, in our beholding and enjoying of it (if it were possible), make us blessed and happy, if our own natures were not made perfect, freed from all disorder, irregular motions, and weak, imperfect operations. What is it, then, that must give our nature this *subjective perfection*? It is that grace alone whose beginnings we are here made partakers of; for therein consists the *renovation of the image of God* in us. And the immediate communication of that image unto us is the absolute perfection of our natures, the utmost which their capacity is suited unto. And this gives us the last thing to be inquired into, namely, by what *means in ourselves* we shall *eternally abide in that state*? And this is by the *unalterable adherence of our whole souls unto God*, in perfect love and delight. This is that whereby alone the soul reacheth unto the essence of God, and the infinite, incomprehensible perfections of his nature: for the *perfect nature* hereof, divine revelation hath left it under a *veil*, and so must we do also. Nor do I designedly handle these things in this place, but only in the way of a direction how to exercise our thoughts about them.

This is that *notion of heaven*, which those who are *spiritually minded* ought to be conversant withal. And the true stating of it by faith is a discriminating character of believers. This is *no heaven* unto any others. Those who have not an experience of the excellency of these things in their *initial state* in this world, and their incomparable transcendency unto all other things, cannot conceive how *heavenly glory* and blessedness should consist in them. Unskilful men may cast away *rough, unwrought diamonds* as useless stones; they know not what *polishing* will bring them unto. Nor do men unskilful in the mysteries of godliness, judge there can be any glory in *rough, un-*
wrought

wrought grace; they know not what lustre and beauty the polishing of the heavenly hand will give unto it.

It is generally supposed, that however men differ in and about religion here, yet they agree well enough *about heaven*, they would all go to the same heaven. But it is a great mistake, they differ in nothing more; they would not all go to the *same heaven*. How few are they who value that heavenly state which we have treated of; or do understand how *any blessedness* can consist in the enjoyment of it? But this and no other heaven would we go unto. Other notions there may be, there are of it, which being but fruits and effects of men's own imaginations, the more they dwell in the contemplation of them, the more *carnal they may grow*, at best the more superstitious. But *spiritual thoughts* of this heaven, consisting principally in freedom from all sin, in the perfection of all grace in the vision of the glory of God in Christ, and all the excellencies of the divine nature as manifested in him, are an effectual means for the improvement of *spiritual life*, and the encrease of all graces in us. For they cannot but effect an assimilation in the mind and heart unto the things contemplated on, where the principles and seeds of them are already inlaid and begun. This is our first direction.

Secondly, having fixed *right notions and apprehensions* of heavenly things in our minds, it is our duty to *think and contemplate* greatly on them, and our own concernment in them. Without this, all our speculations concerning the nature of eternal things, will be of no use unto us. And unto your encouragement and direction, take these few short rules relating unto this duty. (1.) Here lies the great trial, whether we are *spiritually minded* or no, by virtue of this rule; *if we are risen with Christ, we will mind the things that are above. Col. iii. 3.* (2.) Here lies the great means whereby we may attain further degrees in that blessed frame of mind, if it be already
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formed in us, by virtue of that *rule*; *beholding the glory of God as in a glass, we are changed into the same image from glory to glory.* 2 Cor. iii. 18. (3.) Here lies the great evidence whether we have a *real interest* in the things above or no; whether we place our portion and blessedness in them, by virtue of that *rule*; *where our treasure is, there will our hearts be also.* Are they our *treasure*, our portion, our reward, in comparison whereof all other things are but loss and dung? we shall assuredly be conversant in our minds about them. (4.) It cannot be imagined, that a man should have in him a principle cognate and suited unto things above, of the same kind and nature with them, that his soul should be under the conduct of those habits of grace, which strive and naturally tend unto perfection, labouring greatly here under the weight of their own weaknesses, as it is with all who are truly spiritually minded, and yet not have his *thoughts* greatly exercised about these things. & Job. iii. 3.

It were well if we would try ourselves by things of so uncontrollable evidence. What can any object unto the truth of these things, or the necessity of this duty? If it be otherwise with us, it is from one of these two causes; either we are not *convinced* of the truth and reality of them, or we have *no delight* in them, because we are not spiritually minded. Do we think that men may turmoil themselves in earthly thoughts all the day long, and when they are freed of their affairs, betake themselves unto those that are vain and useless, without any stated converse with things above, and yet enjoy *life and peace*? We must take other measures of things, if we intend to live unto God, to be like him, and to come unto the enjoyment of him.

What is the matter with men that they are so *stupid*? They all generally desire to go to heaven, at least when they can live here no longer. Some, indeed,

deed, have no other regard unto it, but only that they would not *go to hell*. But most would *die the death of the righteous*, and have their latter end like his; yet few there are who endeavour to attain a right notion of it, to try how it is suited unto their principles and desires; but content themselves with such general notions of it as please their imaginations. It is no wonder if such persons seldom exercise their minds or thoughts about it, nor do they so much as pretend to be spiritually minded. But as for those who are instructed in these things, who profess their chiefest interest to lie in them, not to abound in meditation concerning them, it argues indeed that whatever they profess, they are earthly and carnal.

Again; meditate and think of the *glory of heaven*, so as to compare it with the *opposite state of death and eternal misery*. Few men care to *think much of hell*, and the everlasting torments of the wicked therein. Those do *so least*, who are in *most danger* of falling thereinto. They put far from them the evil day, and suppose their covenant with death and hell to be sure. Some begin to advance an opinion that there is *no such place*, because it is their interest and desire that there should be none. Some, out of profaneness, make a scoff at it, as though a *future judgment* were but a fable. Most seem to think that there is a *severity* in thoughts about it, which it is not fit we should be too much terrified withal. Some *transient thoughts* they will have of it, but not suffer them to abide in their minds, lest they should be too much discomposed. Or they think it not consistent with the *goodness of Christ* to leave any men in that condition; whereas there is more spoken *directly of hell*, its torments and their *eternity*, by himself, than in all the scripture besides. These thoughts, in most, proceed from an unwillingness to be troubled in their sins, and are useful unto none. It is the height of folly for men to endeavour the *hiding of themselves*, for a few moments,

ments, from that, which is unavoidably coming upon them unto eternity; and the due consideration whereof is a means for an escape from it. But I speak only of *true believers*. And the more they are conversant, in their thoughts, about the future state of *eternal misery*, the greater evidence they have of the life and confidence of faith. It is a necessary duty to consider it, as what we were by nature obnoxious unto, as being *children of wrath*; what we have deserved by our *personal sins*, as the *wages of sin is death*; what we are delivered from through *Jesus the deliverer*, who saves us from the wrath to come; what *expression* it is of the indignation of God against sin, who hath prepared *this Tophet of old*; that we may be delivered from sin, kept up to an abhorrency of it, walking in humility, self-abasement, and the admiration of divine grace. This, therefore, is required of us, that in our thoughts and meditations, we *compare the state of blessedness and eternal glory*, as a free and absolute effect of the grace of God in and through Christ Jesus, with that *state of eternal misery*, which we had deserved. And if there be any spark of grace or of holy thankfulness in our hearts, it will be stirred up unto its due exercise.

Some, it may be, will say, that they complained before that they cannot get their minds fixed on these things. Weakness, weariness, darkness, diversions, occasions, do prevalently obstruct their abiding in such thoughts. I shall speak further unto this afterwards; at present I shall only suggest two things. (1.) If you cannot *attain*, yet continue to follow after; get your minds in a perpetual endeavour after an abode in spiritual thoughts. Let your minds be rising towards them every hour, yea an hundred times a day, on all occasions, on a continual sense of duty; and sigh within yourselves for deliverance, when you find disappointments, or not a continuance in them. It is the sense of that place. *Rom. viii. 23, 24, 25, 26,*

26, 27. (2.) Take care you *go not backwards*, and lose what you have wrought. If you neglect these things for a season, you will quickly find yourselves neglected by them. So I observe it every day in the hearing of the word. Whilst persons keep up themselves to a diligent attendance on it, where they find it preached unto their edification, they find great delight in it, and will undergo great difficulties for the enjoyment of it: let them be diverted from it for a season; after a while it grows indifferent unto them; any thing will satisfy them that pretends unto the same duty.

C H A P. VII.

Especial Objects of Spiritual Thoughts on the glorious State of Heaven, and what belongs thereunto. First, of Christ himself. Thoughts of Heavenly Glory, in Opposition unto Thoughts of Eternal Misery. The Use of such Thoughts. Advantage in Sufferings.

IT will be unto our advantage, having stated *right notions of the glory* of the blessed state above in our minds, to fix on *some particulars* belonging unto it, as the especial object of our thoughts and meditations. As, (1.) Think much of *him, who unto us is the life and center of all the glory of heaven*, that is, Christ himself. I shall be very brief in treating hereof, because I have designed a peculiar treatise on this subject, of *beholding the glory of Christ*, both here and unto eternity. At present, therefore, a few things only shall be mentioned, because on this occasion they are not to be omitted. The *whole of the glory* of the state above is expressed by *being ever with the Lord; where he is, to behold his glory*. For in and through him is the beatifical manifestation of God and his glory made for evermore. And through him are all com-

communications of inward glory unto us. The present resplendency of heavenly glory consists in his *mediatory ministry*, as I have at large elsewhere declared. And he will be the means of all glorious *communications* between God and the church unto eternity. Wherefore, if we are spiritually minded, we should fix our thoughts on Christ above, as the center of all heavenly glory. To help us herein we may consider the things that follow.

(1.) Faith hath continual recourse unto him on the account of what *he did and suffered* for us in this world. For thereon, pardon of sin, justification and peace with God do depend. This ariseth, in the first place, from a sense of our own wants. But love of him is no less necessary unto us than *faith* in him. And although we have powerful motives unto love, from what he did and was in this world, yet the formal reason of our adherence unto him thereby, is *what he is in himself*, as he is now exalted in heaven. If we rejoice not at the remembrance of his present glory, if the thoughts of it be not frequent with us, and refreshing unto us, how dwelleth his love in us?

(2.) Our hope is that, ere long, we shall be ever with him. And if so, it is certainly our wisdom and duty to be *here with him* as much as we can. It is a vain thing for any to suppose, that they place their chiefest happiness in *being for ever in the presence* of Christ, who care not at all to be with him here, as they may. And the only way of our being present with him here, is by *faith* and *love*, acting themselves in spiritual thoughts and affections. And it is an absurd thing for men to esteem themselves Christians, who scarce think of Christ all the day long. Yet some, as one complained of old, scarce ever think or speak of him, but *when they swear by his name*. I have read of them, who have lived and died in continual contemplation on him, so far as the imperfection of our present state will admit. I have known
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them, I do know them, who call themselves unto a *reproof*, if at any time he hath been many minutes out of their thoughts. And it is strange that it should be otherwise with them who *love him in sincerity*; yet I wish I did not know more, who give evidences that it is a *rare thing* for them to be exercised in serious thoughts and meditations about him. Yea, there are some, who are not averse, upon occasions, to speak of God, of mercy, of pardon, of his power and goodness, who, if you mention *Christ unto them*, with any thing of faith, love, trust in him, they seem unto them as a strange thing. Few there are who are sensible of any religion beyond what is natural. The things of the wisdom and power of God in Christ, are foolishness unto them. Take some directions for the discharge of this duty. (1.) In your *thoughts of Christ* be very careful that they are *conceived and directed according to the rule of the word*, lest you deceive your own souls, and give up the conduct of your affections unto vain imaginations. *Spiritual* notions, befalling *carnal* minds, did once, by the means of superstition, ruin the power of religion. A conviction men had that they must *think much of Jesus Christ*, and that this would make them conformable unto him; but having no real *evangelical faith*, nor the wisdom of faith to exercise it in their thoughts and affections in a due manner, nor understanding what it was to be truly like unto him, they gave up themselves unto many foolish inventions and imaginations; by which they thought to express their *love* and conformity unto him. They would have images of him which they would embrace, adore, and bedew with their tears. They would have *crucifixes*, as they called them, which they would carry about them; and wear next unto their hearts, as if they resolved to lodge Christ always in their bosoms. They would go in *pilgrimage* to the place where he *died* and rose again, through a *thousand dangers*; and purchase

chase a feigned *chip of a tree* whereon he suffered, at the price of all they had in the world. They would endeavour, by *long thoughtfulness*, fastings, and watchings, to cast their souls into *raptures and ecstasies*, wherein they fancied themselves in his presence. They came at last to make themselves like him, in getting *impressions of wounds* on their sides, *their hands and feet*. Unto all these things, and sundry others of a like nature and tendency, did superstition abuse and corrupt the minds of men, from a pretence of a principle of truth; for there is no more certain *gospel truth* than this, that believers ought continually to contemplate on Christ, by the actings of faith in their thoughts and affections; and that thereby they are changed and transformed *into his image*. 2 Cor. iii. 18. . And we are not to forego our duty, because other men have been mistaken in theirs; nor part with *practical fundamental* principles of religion, because they have been abused by superstition. But we may see herein, how dangerous it is to depart in any thing from the *conduct of scripture light and rule*, when for want thereof, the best and most noble endeavours of the minds of men, even to *love Christ*, and *to be like unto him*, do issue in provocations of the highest nature.

Pray, therefore, that you may be kept unto the truth in all things, by a diligent attention unto the only *rule* thereof, and conscientious subjection of soul unto the authority of God in it. . For we ought not to suffer our affections to be entangled with the paint or artificial beauty of any way or means of giving our love unto Christ, which are not warranted by the *word of truth*. Yet I must say, that I had rather be among them, who, in the actings of their *love and affections* unto Christ, do fall into some irregularities and excesses in their manner of expressing it (provided their worship of him be neither superstitious nor idolatrous), than among those, who, professing them-

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selves to be Christians, do almost disavow their having any thoughts of, or affection unto the *person of Christ*: but there is no need that we should foolishly run into either of these extremes. God hath, in the scripture, sufficiently provided against them both. He hath both shewed us the necessity of our *diligent acting of faith and love on the person of Christ*; and hath limited out the way and means whereby we may so do. And let our designs be what they will, where in any thing we depart from his prescriptions, we are not under the conduct of his spirit, and so are sure to lose all that we do.

Wherefore, two things are required, that we may thus *think of Christ and meditate on him*, according to the mind and will of God. (1.) That the *means of bringing him to mind*, be what God hath promised and appointed. (2.) That the *continued proposal of him*, as the object of our thoughts and meditations, be of the same kind. For both these ends, the superstitious minds of men invented the ways of *images and crucifixes*, with their appurtenances before mentioned. And this rendered all their devotion an abomination. That which tends unto these ends among believers, is the *promise of the spirit*; and the *institutions of the word*. Would you then think of Christ as you ought, take these two directions. (1.) Pray that the *holy spirit* may abide with you continually, to mind you of him, which he will do in all in whom he doth abide; for it belongs unto his office. (2.) For more fixed thoughts and meditations; take some express place of scripture, wherein he is set forth and proposed either in his person, office, or grace unto you. *Gal. iii. 1.*

4. This duty lies at the foundation of all that *blessed communion and intercourse*, that is between Jesus Christ and the souls of believers. This, I confess, is *despised* by some, and the very notion of it esteemed *ridiculous*. But they do therein no less than renounce

renounce *Christianity*, and turn the Lord Christ into an *idol*, that neither knoweth, seeth, nor heareth. But I speak unto them who are not utter strangers unto the *life of faith*, who know not what religion is, unless they have real, spiritual intercourse and communion with the Lord Christ thereby. Consider this, therefore, as it is in particular exemplified in the *book of Canticles*. There is not one instance of it to be found, which doth not suppose a *continual thoughtfulness of him*. And in answer unto them, as they are actings of faith and love wherein he is delighted, doth he, by his spirit, insinuate into our minds and hearts, a *gracious sense of his own love*, kindness, and relation unto us. The great variety wherein these things are mutually carried on between him and the church, the singular *endearments* which ensue thereon, and blessed estate in rest and complacency, do make up the substance of that holy discourse. No *thoughts* then of Christ, proceeding from faith, accompanied with love and delight, shall be lost: they that sow this seed shall return with their sheaves; Christ will meet them with *gracious intimations* of his acceptance of them, delight in them, and return a *sense of his own love* unto them. He never will be, he never was behind with any poor soul in *returns of love*. Those gracious and blessed promises which he hath made, of *coming* unto them that believe in him, of *making his abode* with them, and of *supping* with them, all expressions of a gracious presence and intimate communion, do all depend on this duty. Wherefore, we may consider three things concerning these *thoughts of Christ*. (1.) That they are *exceeding acceptable unto him*, as the best pledge of our cordial affection. *Cant. ii. 14.* *O my dove, that art in the clefts of the rock, in the secret places of the stairs, let me see thy countenance, let me hear thy voice; for sweet is thy voice, and thy countenance is comely.* When a soul, through manifold discouragements and despondencies,

encies, withdraws, and as it were *hides itself from him*, he calleth to see a poor, *weeping*, blubbered face, and to hear a *broken voice*, that scarce goes beyond sighs and groans. (2.) These thoughts are the only means, whereby we comply with the gracious intimations of his love mentioned before. By them do we *hear his knocking*, *know his voice*, and *open the door* of our hearts to give him entrance, that he may abide and sup with us. Sometimes, indeed, the soul is surprized into acts of gracious communion with Christ. *Cant. vi. 11.* But they are not to be expected, unless we abide in those ways and means which prepare and make our souls *meet* for the reception and entertainment of him. Wherefore, (3.) our want of experience in the power of this *holy intercourse* and communion with Christ, ariseth principally from our defect in this duty. I have known one, who, after a long profession of faith and holiness, fell into great *darkness* and distress, merely on this account, that he did not *experience in himself* the sweetness, life, and power of the testimonies given concerning the *real communications of the love of Christ unto*, and the intimation of his presence *with* believers. He knew well enough the *doctrine* of it, but did not *feel the power* of it; at least he understood there was more in it, than he had *experience* of. God carried him by faith through that darkness; but taught him withal, that no sense of these things was to be let into the soul, but by constant *thoughtfulness and contemplations on Christ*. How many blessed visits do we lose, by not being exercised unto this duty. See *Cant. v. 1, 2, 3.* Sometimes we are busy, sometimes careless and negligent, sometimes slothful, sometimes under the power of temptations, so that we neither inquire after; nor are ready to receive them. This is not the way to have our joys abound.

Again, I speak now with especial respect unto *him in heaven*. The glory of his presence as God and
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man eternally united ; the discharge of his mediatory office, as he is at the right hand of God ; the glory of his present acting for the church, as he is the minister of the sanctuary, and the true tabernacle which God hath fixed, and not man ; the love, power and efficacy of his intercession, whereby he takes care for the accomplishment of the salvation of the church ; the approach of his glorious coming into judgment ; are to be the *objects of our daily thoughts and meditations*.

Let us not mistake ourselves. To be spiritually minded, is not to have the *notions* and knowledge of spiritual things in our minds ; it is not to be constant, nor not to abound in the performance of duties, both which may be where there is no grace in the heart at all. It is to have our minds really exercised with delight about heavenly things, the things that are above, especially Christ himself, as at the right hand of God.

Again: *So think of eternal things, as continually to lay them in the balance against all the sufferings of this life*. This use of it I have spoken unto somewhat before ; and it is necessary it should be pressed upon all occasions. It is very probable that we shall yet *suffer* more than we have done. Those who have gone before us, have done so ; it is foretold in the scripture, that if we will *live godly in Christ Jesus, we must do so* ; we stand in need of it, and the world is prepared to bring it on us. And as we *must suffer*, so it is necessary unto the glory of God, and our own salvation, that we suffer in a due manner. *Mere sufferings* will neither commend us unto God, nor any way advantage our own souls. When we *suffer according to the will of God*, it is an eminent grace, gift, and privilege. *Phil. i. 29*. But many things are required hereunto. It is not enough that men suppose themselves to suffer for *conscience sake*, though if we do not so, all our sufferings are in vain. Nor is it enough that we suffer for this or that *way of profession* in religion, which we esteem to be true, and according

according to the mind of God, in opposition unto what is not so. The *glory of sufferings*, on these accounts solely, hath been much *sullied* in the days wherein we live. It is evident that persons, out of a natural courage, accompanied with deep radicate persuasions, and having their minds influenced with some sinister ends, may *undergo things hard and difficult*, in giving testimony unto what is not according to the mind of God. Examples we have had hereof in all ages, and in that wherein we live in an especial manner. See 1 *Pet.* iv. 14, 15, 16. We have had enough to take off all paint and appearance of honour from them, who, in their *sufferings*, are *deceived in what they profess*. But men may, from the same principles, suffer for what is indeed according to the mind of God; yea, may give their bodies to be burned therein, and yet not to his glory, nor their own eternal advantage. Wherefore, we are duly to consider all things that are requisite to make our sufferings acceptable unto God, and honourable unto the gospel.

I have observed, in many, a frame of spirit with respect unto *sufferings*, that I never saw good event of when it was tried to the uttermost. *Boldness*, *confidence*, a *pretended contempt of hardships*, and *scorning* other men whom they suppose defective in these things, are the garment or *livery* they wear on this occasion. Such principles may carry men out in a *bad* cause, they will never do so in a *good*. *Evangelical truth* will not be honourably witnessed unto, but by *evangelical graces*. Distrust of ourselves, a due apprehension of the nature of the evils to be undergone, and of our own frailty, with continual prayers to be delivered from them, or supported under them, and prudent care to avoid them without an *inroad on conscience*, or neglect of duty, are much better preparations for an entrance into a state of suffering. Many things belong unto our *learning aright*

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this first and last lesson of the gospel, namely, of *bearing the cross*, or undergoing all sorts of sufferings for the profession of it. But they belong not unto our present occasion. This only is that which we now press, as an evidence of our sincerity in our sufferings, and an effectual means to enable us cheerfully to undergo them, which is to have such a continual *prospect of the future state of glory*, so as to lay it in the balance against all that we may undergo. For,

(1.) To have our minds filled and possessed with thoughts thereof, will give us an *alacrity* in our entrance into sufferings in a way of duty. Other considerations will offer themselves unto our relief, which will quickly fade and disappear. They are like a *cordial water*, which gives a little relief for a season, and then leaves the spirits to sink beneath what they were before it was taken. Some relieve themselves from the consideration of the *nature of their sufferings*; they are not so great but that they may conflict with them, and come off with safety. But there is nothing of that kind *so small*, which will not prove too *hard and strong* for us, unless we have especial assistance. Some do the same from their duration; they are but for ten days or six months, and then they shall be free. Some from the compassion and esteem of men. These and the like considerations are apt to occur unto the minds of all sorts of persons, whether they are *spiritually minded* or no. But when our minds are accustomed unto thoughts of the *glory that shall be revealed*, we shall cheerfully entertain every way and path that leads thereunto, as suffering for the truth doth in a peculiar manner. Through this *medium* we may look cheerfully and comfortably on the loss of name, reputation, goods, liberty, life itself, *as knowing in ourselves that we have better and more abiding comforts* to betake ourselves unto. And we can no other way glorify God by our *alacrity* in the entrance of sufferings,

sufferings, than when it ariseth from a prospect into, and valuation of those invifible things which he hath promised, as an *abundant recompence* for all we can lofe in this world.

(2.) The great aggravation of sufferings is their *long continuance*, without any rational appearance or hopes of relief. Many who have *entered into sufferings* with much courage and resolution, have been *wearied and worn out* with their continuance. *Elijah* himself was hereby reduced to pray that God would *take away his life*, to put an end unto his ministry and calamities. And not a few in all ages have been hereby so *broken in their natural spirits*, and so shaken in the exercise of faith, as that they have loft the glory of their confession, in seeking deliverance by *sinful compliances* in the denial of the truth. And although this may be done out of mere wearinefs (as it is the design of Satan to wear out the saints of the Most High), with reluctance of mind, and a love yet remaining unto the truth in their hearts, yet hath it constantly one of these two effects. Some by the *overwhelming* sorrow that befalls them on the account of their failure in profession, and out of a deep sense of their unkindness unto the Lord Jesus, are stirred up immediately unto *higher acts of confession* than ever they were before engaged in, and unto an *higher provocation* of their adversaries, until their former troubles are doubled upon them, which they frequently undergo with great satisfaction. Instances of this nature occur in all stories of great persecutions. Others being *cowed and discouraged* in their profession, and perhaps neglected by them whose duty it was rather to *restore them*, have, by the craft of Satan, given place to their *declensions*, and become vile apostates. To prevent these evils arising from the *duration of sufferings*, without a prospect of deliverance, nothing is more prevalent than a constant contemplation on the future reward and glory. So the apostle declares it, *Heb. xi. 35*. When the mind is filled with the thoughts of the unseen glories of

eternity, it hath in readiness what to lay in the balance against the longest continuance and duration of sufferings, which in comparison thereunto at their utmost extent are but for a moment.

I have insisted the longer on these things, because they are the peculiar object of the thoughts of them that are indeed spiritually minded.

C H A P. VIII.

Spiritual Thoughts of God himself. The Opposition unto them, and Neglect of them; with their Causes, and the Way of their Prevalency. Predominant Corruptions expelling due Thoughts of God, how to be discovered, &c. Thoughts of God, of what Nature, and what they are to be accompanied withal, &c.

I Have spoken very briefly unto the first particular instance of the heavenly things that we are to fix our thoughts upon, namely, the person of Christ: and I have done it on the reason before-mentioned, namely, that I intend a peculiar treatise on that subject, or an inquiry how we may behold the glory of Christ in this life, and how we shall do so unto eternity. That which I have reserved unto the last place, as unto the exercise of their *thoughts* about who are *spiritually minded*, is that which is the absolute foundation and spring of all spiritual things, namely, *God himself*. He is the fountain whence all these things proceed, and the ocean wherein they issue; he is the center and circumference wherein they all begin, meet, and end. So the apostle issues his profound discourse of the counsels of the divine will and mysteries of the gospel, *Rom. xi. 36. Of him, and through him, and to him are all things, to whom be glory for ever.* All things arise from his power, are all disposed by his wisdom into a tendency unto his glory; *of him, and through him, and to him are all things.* Under that consideration alone are they to be

be the objects of our spiritual meditations, namely, as they *come from him, and tend unto him*. All other things are finite and limited; but they *begin and end* in that which is immense and infinite. So *God is all in all*: he, therefore, is, or ought to be, the only supreme absolute object of our thoughts and desires; other things are from and for him only. Where our thoughts do not either immediately and directly, or mediately and by just consequence, tend unto and end in him, they are not *spiritual*. 1 Pet. i. 21.

To make way for directions how to *exercise our thoughts on God himself*, some things must be premised concerning a sinful defect herein, with the causes of it.

I. It is the great character of a man presumptuously and flagitiously wicked, that *God is not in all his thoughts*. Psal. x. 4. That is, *he is in none of them*. And of this want of thoughts of God there are many degrees; for all wicked men are not equally so forgetful of him.

I. Some are under the power of *atheistical thoughts*: they deny, or question, or do not avowedly acknowledge the very *being of God*. This is the height of what the *enmity of the carnal mind* can rise unto. To acknowledge God, and yet to refuse to be *subject to his law or will*, a man would think were as bad, if not worse, than to *deny the being of God*: but it is not so. That is a rebellion against his *authority*—this an hatred unto the *only Fountain of all goodness, truth, and being*; and that because they cannot own it, but withal they must acknowledge it to be infinitely *righteous, holy, and powerful*, which would destroy all their desires and security. Such may be the person in the *Psalms* (for the words may be read), *All his thoughts are that there is no God*. Howbeit, the context describes him as one who rather *despisetb his Providence*, than denieth his being. But such there are, whom the same *Psalmist* elsewhere brands for *fools*, though themselves seem to

suppose that wisdom was born and will die with them.
Pal. xiv. 1.—*Psal.* liii. 1.

It may be, never any age since the *flood* did more abound with *open Atheism*, among such as pretended unto the use and improvement of reason, than that wherein we live. Among the ancient civilized Heathen, we hear ever and anon of a person *branded for an atheist*, yet are not certain whether it was done justly or no: but in all nations of *Europe* at this day, cities, courts, towns, fields, armies, abound with persons who, if any credit may be given unto what they say or do, *believe not that there is a God*. And the reason hereof may be a little inquired into.

Now this is no other, in general, but that men have decocted and wasted the *light and power* of the Christian religion. It is the *fullest* revelation of God that ever he made; it is the *last* that ever he will make in this world. If this be despised, if men rebel against the light of it, if they break the cords of it, and are senseless of its power, nothing can preserve them from the *highest Atheism* that the nature of man is capable of. It is in vain to expect relief or preservation from inferior means, where the highest and most noble is rejected. *Reason*, or the light of nature, gives evidences unto the being of God, and arguments are still well pleaded from them to the confusion of *Atheists*; and they were sufficient to retain men in an acknowledgment of the *Divine Power and Godhead*, who had no other, no higher evidences of them: but where men have had the benefit of divine revelation, where they have been educated in the principles of the Christian religion, have had some knowledge, and made some profession of them; and have, through love of sin, and hatred of every thing that is truly good, rejected all convictions from them concerning the *being, power, and rule* of God, they will not be kept unto a confession of them, by any considerations that the light of nature can suggest.

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There are, therefore, among others, *three reasons* why there are *more Atheists* among them who live where the Christian religion is professed, and the power of it rejected, than among any other sort of men, even than there were among the Heathens themselves.

1. God hath designed to *magnify his word above all his name*, or all other ways of the revelation of himself unto the children of men. *Psal. cxxxviii. 2.* Where, therefore, this is rejected and despised, he will not give the *honour* unto reason, or the light of nature, that they shall preserve the minds of men from any evil whatever. *Reason* shall not have the same power and efficacy on the minds of men who reject the light and power of divine revelation by the word, as it hath, or may have, on them whose best guide it is, who never enjoyed the *light of the gospel*: and, therefore, there is oftentimes more *common honesty* among *civilized Heathens* and *Mahometans* than amongst degenerate Christians: and, from the same reason, the children of professors are sometimes irrecoverably profligate. It will be said, many are recovered unto God by *afflictions*, who have despised the word; but it is otherwise; never any were converted unto God by afflictions, who had rejected the word. Men may by afflictions be recalled unto the *light of the word*, but none are immediately turned unto God by them. As a good shepherd, when a sheep wanders from the flock, and will not hear his call, sends out his dog, which stops him and bites him; hereon he looks about him, and, hearing the call of the shepherd, returns again to the flock. *Job xxxiii. 19, 20, 21, 22, 23, 24, 25.* But with this sort of persons it is the way of God, that where the principal means of the revelation of himself, and wherein he doth most glorify his wisdom and his goodness, is despised, he will not only take off the efficacy of inferior means, but *judicially* harden the hearts, and blind the eyes of men, that such means

shall be of no use unto them. See *Isa.* vi. 8, 9, 10, 11, 12. *Acts* xiii. 40, 41. *Rom.* i. 21. 28. 2 *Thess.* ii. 11, 12.

2. The contempt of gospel light and the Christian religion, as it is *supernatural* (which is the beginning of transgression unto all atheists among us), begets in, and leaves on, the mind such a *depraved corrupt habit*, such a congeries of all evils, that the hatred of the goodness, wisdom, and grace of God can produce; that it cannot but be wholly inclined unto the worst of evils, as all our original vicious inclinations succeeded immediately on our rejection and loss of the image of God. The best things corrupted yield the worst favour, as *manna stank and bred worms*; the knowledge of the gospel being rejected, *stinking worms* take the place of it in the mind, which grow into *vipers and scorpions*. Every degree of *apostacy* from gospel-truth brings in a proportionate degree of inclination unto wickedness into the hearts and minds of men.—2 *Pet.* ii. 21. And that which is *total* unto all the evils that they are capable of in this world. Whereas, therefore, multitudes from their darkness, unbelief, temptation, love of sin, pride, and contempt of God, do fall off from all subjection of soul and conscience unto the gospel, either *notionally* or *practically*, deriding or despising all supernatural revelations; they are a thousand times more disposed unto *downright Atheism* than persons who never had the light or benefit of such revelations. Take heed of decays: whatever ground the gospel loseth in our minds, sin possesseth itself for its own ends.

Let none say, it is *otherwise with them*. Men grow cold and negligent in the duties of gospel worship, public and private, which is to reject gospel light. Let them say and pretend what they please, that in *other things*, in their minds and conversations, it is well with them; indeed it is not so. Sin will, sin doth, one way or other, make an *increase* in them,
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proportionate unto these *decays*, and will sooner or later discover itself so to do. And themselves, if they are not utterly hardened, may greatly discover it, *inwardly* in their *peace*, or *outwardly* in their lives.

3. Where men are *resolved not to see*, the greater the light is that shines about them, the faster they must *close their eyes*. All *Atheism* springs from a *resolution* not to see things invisible and eternal. Love of sin, a resolved continuance in the practice of it, the effectual power of vicious inclinations, in opposition unto all that is good, make it the *interest* of such men that there should be no God to call them to an account. For a supreme unavoidable Judge, an eternal Rewarder of good and evil, is inseparable from the first notion of a Divine Being. Whereas, therefore, the most glorious light, and uncontrollable evidence of these things shines forth in the scripture, men that will abide by their interest to love and live in sin, must close their eyes with all the arts and powers that they have, or else they will pierce into their minds unto their torment. This they do by *downright Atheism*, which alone pretends to give them security against the light of divine revelation. Against all other convictions they might take shelter from their fears, under less degrees of it.

It is not, therefore, unto the disparagement, but *honour of the gospel*, that so many avow themselves to be *Atheists*, in those places wherein the truth of it is known and professed: for none can have the least inclination or temptation thereunto until they have beforehand *rejected the gospel*, which immediately exposeth them unto the worst of evils.

Nor is there any *means for the recovery of such persons*. The opposition that hath been made unto *Atheism*, with arguments for the *Divine Being and existence* of God, taken from reason and natural light, in this and other ages, hath been of good use to cast *contempt* on the pretences of evil men, to justify them-

selves in their folly. But that they have so much as *changed the minds* of any, I much doubt. No man is under the power of *atheistical thoughts*, or can be so long, but he that is insnared into them by his desire to live securely and uncontrollable in sin. Such persons know it to be their interest, that there should be no God, and are willing to take shelter under the bold expressions and reasonings of them, who by the same means have hardened and blinded their minds into such foolish thoughts. But the most *rational arguments* for the being of the Deity will never prove an effectual cure unto a *predominant* love of, and habitual course in sin, in them who have resisted and rejected the means and motives unto that end declared in divine revelation. And unless the love of sin be cured in the heart, thoughts in the acknowledgment of God will not be fixed in the mind.

2. There are those of whom also it may be said, *that God is not in all their thoughts*, though they acknowledge his essence and being. For they are not practically influenced in any thing by the notions they have of him. Such is the person of whom this is affirmed, *Psal. x. 4.* He is one who through *pride and profligacy*, with hardness in sin, *regards not God in the rule of the world*, ver. 4, 5. 11. 13. Such is the world filled withal at this day, as they are described, *Tit. i. 16.* *They profess that they know God, but in their works deny him, being abominable and disobedient, and to every good work reprobate.* They think, they live, they act in all things as if there were no God, at least as if they never thought of him with fear and reverence. And for the most part we need not seek far for evidences of their disregard of God, the *pride of their countenances testifies against them.* *Psal. x. 4.* And if they are followed further, cursed oaths, licentiousness of life, and hatred of all that is good, will confirm and evidence the same. Such as these may own God in words, may be afraid of him in dangers,

dangers, may attend outwardly on his worship; but they *think not of God at all* in a due manner; he is not in all their thoughts.

3. There are yet less degrees of this disregard of God and forgetfulness of him. Some are so filled with *thoughts of the world*, and the occasions of life, that it is impossible they should think of God as they ought. For as the love of God, and the love of the world in prevalent degrees are inconsistent (*for, if a man loveth this world, how dwelleth the love of God in him?*), so thoughts of God and of the world, in the like degree are inconsistent. This is the state of many who yet would be esteemed *spiritually minded*. They are continually conversant in their minds about earthly things. Some things *impose themselves* on them under the notion of duty: they belong unto their callings, they must be attended unto. Some are *suggested* unto their minds from daily occasions and occurrences. *Common converse* in the world engageth men into no other but worldly thoughts: *love and desire* of earthly things, their enjoyment and encrease, exhaust the vigour of their spirits all the day long. In the midst of a multitude of thoughts arising from these and the like occasions, whilst their hearts and heads are reeking with the steam of them, many fall immediately in their seasons unto the *performance of holy duties*. Those times may suffice for thoughts of God. But notwithstanding such duties, what through the want of a *due preparation* for them, what through the fulness of their minds and affections with other things, and what through a *neglect of exercising grace* in them, it may be said comparatively, that *God is not in all their thoughts*.

I pray God, that this, at least *as unto some degrees of it*, be not the condition of many among us. I speak not now of men who *visibly* and openly live in sin, profane in their principles, and profligate in their lives. The *prayers* of such persons are an *abomination* unto the Lord; neither have they ever any thoughts of him,

which he doth accept: but I speak of them who are *sober* in their lives, *industrious* in their callings, and not *openly negligent* about the outward duties of religion. Such men are apt to approve of themselves, and others also to speak well of them; for these things are in themselves commendable and praise-worthy. But if they are traced home, it will be found, as to many of them, that *God is not in all their thoughts* as he ought to be. Their earthly conversation, their vain communication, with their foolish designs, do all manifest, that the vigour of their spirits, and the most intense contrivances of their minds, are engaged in things below. Some refuse, transient, unmanaged thoughts, are sometimes *cast away* on God, which he despiseth.

4. Where persons do *cherish secret predominant lusts in their hearts and lives*, God is not in their *thoughts* as he ought to be. He may be, he often is, much in the *words* of such persons, but in their thoughts he is not, he cannot be in a due manner. And such persons, no doubt, there are. Ever and anon, we hear of one and another whose *secret lusts* break forth into a discovery. They flatter themselves for a season, but God oftentimes so orders things in his holy providence, that their *iniquity shall be found out to be hateful*. Some hateful lust discovers itself to be predominant in them. One is drunken, another unclean, a third an oppressor. Such there were ever found among professors of the gospel, and that in the best of times; among the apostles, one was a *traitor*, a *devil*. Of the first professors of christianity, there were those, *whose God was their belly, whose end was destruction, who minded earthly things*. Phil. iii. 18, 19. Some may take advantage at this acknowledgment, that there are such evils among such as are called professors. And it must be confessed, that great *scandal* is given hereby unto the world, casting both them that give it, and them to whom it is given, under a most dreadful woe. But we
must

must bear the reproach of it, as they did of old, and commit the issue of all things unto the watchful care of God. However, it is good in such a season to be *jealous over ourselves and others, to exhort one another daily whilst it is called to-day, lest any be hardened through the deceitfulness of sin.* See Heb. xii. 13, 14, 15, 16, 17. And because those with whom it is thus, cannot be *spiritually minded*, yet are there some difficulties in the case, as unto the predominancy of a secret lust or sin, I shall consider it somewhat more distinctly.

I. We must distinguish between a *time of temptation* in some, and the *ordinary state* of mind and affections in others. There may be a *season*, wherein God, in his holy wise orderings of all things towards us, and for his own glory, in his holy, blessed ends, may suffer a *lust or corruption* to break loose in the heart, to strive, tempt, suggest, and tumultuate, unto the great trouble and disquietude of the mind and conscience. Neither can it be denied, but that falling in conjunction with some *vigorous temptation*, it may proceed so far as to *surprise the person* in whom it is into actual sin, unto his defilement and amazement. In this case no man can say, *he is tempted of God, for God tempteth no man*, but every man is *tempted of his own lust and enticed*. But yet temptations, of what sort soever they be, so far as they are afflictive, corrective, or penal, are ordered and disposed by God himself. For there is *no evil* of that nature, and he hath not done it. And where he will have the power of any corruption to be *afflictive* in any instance, two things may safely be ascribed unto him.

I. He *withholds the supplies of that grace*, whereby it might be effectually mortified and subdued. He can give in a *sufficiency of efficacious grace*, to repel any temptation, to subdue any or all our lusts and sins. For he can and doth work in us *to will and to do*, according to his pleasure. Ordinarily he doth so in them
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that believe ; so that although their lusts may *rebel* and *war*, they cannot defile or prevail. But unto the continual supplies of this *actual prevailing grace* he is not obliged. When it may have a tendency unto his holy ends, he may and doth withhold it. When, it may be, a *proud soul* is to be humbled, a *careless soul* to be awakened, an *unthankful soul* to be convinced and rebuked, a *backsliding soul* to be recovered, a *froward, selfish, passionate soul* to be broken and meekened, he can leave them for a season unto the sore exercise of a prevalent corruption, which, under his holy guidance, shall contribute greatly unto his blessed ends. It was so in the temptation of *Paul*, 2 *Cor.* xi. 7, 8, 9. If a man, through disorder and excesses, is contracting many *habitual distempers of body*, which gradually and insensibly tend unto his death ; it may be an advantage to be cast into a *violent fever*, which threatens immediately to take away his life. For he will hereby be *thoroughly awakened* unto the consideration of his danger, and not only labour to be freed from his fever, but also for the future to watch against those *disorders and excesses* which cast him into that condition. And sometimes a loose, careless soul, that walks in a secure formal profession, contracts many *spiritual diseases* which tend unto death and ruin. No arguments or considerations can prevail with him, to awaken himself, to *shake himself out of the dust*, and to betake himself unto a more diligent and humble walking before God. In this state, it may be, through the permission of God, he is *surprised* into some open, actual sin. Hereon, through the vigorous actings of an enlightened conscience, and the stirrings of any sparks of grace which yet remain, he is amazed, terrified, and stirs up himself to seek after deliverance.

2. God may and doth, in his providence, *administer objects and occasions of men's lusts* for their trial. He will place them in such relations, in such circumstances, as shall be apt to provoke their *affections, passions,*

passions, desires, and inclinations, unto those objects that are suited unto them.

In this state, *any lust* will quickly get such power in the mind and affections, as to manage *continual solicitations* unto sin. It will not only dispose the affections towards it, but *multiply thoughts* about it, and darken the mind as unto those considerations, which ought to prevail unto its mortification. In this condition it is hard to conceive how *God should be in the thoughts of men in a due manner*. However, this state is very different from the *habitual prevalency of any secret sin* or corruption, in the ordinary course of men's walking in the world, and therefore I do not directly intend it.

If any one shall inquire how we know this *difference*, namely, That is between the *occasional prevalency of any lust or corruption in conjunction with a temptation*, and *the power of sin in any instance habitually and constantly complied withal, or indulged in the mind*: I answer:

1. It is no great matter whether we are able to *distinguish* between them or no. For the end why God suffers any corruption to be such a snare and temptation, such a thorn and briar, is to awaken the souls of men out of their security, and to humble them for their pride and negligence. The more severe are their *apprehensions* concerning it, the more effectual it will be unto this end and purpose. It is good, it may be, that the soul should apprehend more of what is *sinful* in it, as it is a *corruption*, than of what is *afflictive* in it, as it is a *temptation*. For if it be conceived as a predominant lust, if there be any *spark of grace* remaining in the soul, it will not rest until in some measure it be subdued. It will also immediately put it upon a diligent search into itself, which will issue in deep self-abasement, the principal end designed. But,

2. For the *relief of them* that may be perplexed in their minds, about their state and condition, I say, there

there is an apparent difference between these things. A lust or corruption arising up or breaking forth into a *violent temptation*, is the continual *burthen*, *grief*, and affliction of the soul wherein it is. And as the temptation for the most part which befalls such a person, will *give him no rest* from its reiterated solicitations; so he will *give the temptation no rest*, but will be continually conflicting with it, and contending against it. It fills the soul with an *amazement* at itself, and continual self-aborrancy, that any such seeds of filth and folly should be yet remaining in it. With them in whom any sin is *ordinarily prevalent*, it is otherwise. According to their light and renewed occasional convictions, they have trouble about it; they cannot but have so, unless their consciences are utterly seared. But this trouble respects principally, if not solely, its guilt and effects. They know not what may ensue on their compliance with it, in this world and another. Beyond this they like it well enough, and are not willing to part with it. It is of this latter sort of persons of whom we speak at present.

3. We must distinguish between the *perplexing solicitation* of any lust, and the *conquering predominancy* of it. The evil that is *present with us*, will be soliciting and pressing unto sin of its own accord, even where there is no such especial temptation, as that spoken of before. So is the *case* stated, so are the *nature* and operations of it described, *Rom. i. Gal. v.* And sometimes an especial, particular lust, may be so warmed and fomented by men's *constitutions within*, or be so exposed unto provoking, exciting occasions *without*, as to bring perpetual trouble on the mind. Yet this may be where no sin hath the *predominancy* inquired after. And the difference between the *perplexing solicitation* of any corruption unto sin, and the *conquering prevalency* of it, lies in this; that under the former, the thoughts, contrivances and actings of the mind, are generally disposed and inclined unto an *opposition*.

opposition unto it, and a conflict with it, how it may be obviated, defeated, destroyed, how an absolute *victory* may be obtained against it. Yea, death itself is sweet unto such persons under this notion, as it is that which will deliver them from the *perplexing power of their corruptions*; so is the state of such a soul at large represented, *Rom. vii.* In the other case, namely, of its *predominancy*, it disposeth of the thoughts actually for the most part, *to make provision for the flesh, and to fulfil it in the lusts thereof.* It fills the mind with pleasing contemplations of its object, and puts it on contrivances for satisfaction. Yea, part of the *bitterness of death* unto such persons, is that it will make an everlasting separation between them and the satisfaction they have received in their lusts. It is *bitter* in the thoughts of it unto a worldly-minded man, because it will take him from all his enjoyments, his wealth, profits, and advantages. It is so unto the *sensual person*, as that which finally determines all his pleasures.

3. There is a difference in the degrees of such a predominant corruption. In some it *taints* the affections, vitiates the thoughts, and *works* over the will unto acts of a secret complacency in sin, but proceeds no farther. The whole mind may be vitiated by it, and rendered in the multitude of its thoughts, *vain, sensual, or worldly*, according as is the nature of the prevailing corruption. Yet here God puts *bounds* unto the raging of some men's corruptions, and says to their proud waves, *thus far shall ye proceed, and no farther.* He either lays a *restraint* on their minds, that when lust hath *fully conceived*, it shall not bring forth sin, or he sets an *edge* before them in his providence, that they shall not be able, in their circumstances, to find their way unto what perhaps they do most earnestly desire. A *woful life* it is that such persons lead. They are continually *tortured* between their corruptions and convictions, or the love of sin, and fear of the event. With others it pursues its course into *outward actual sins,*

sins, which in some are discovered in this world, in others they are not. For *some men's sins go before them unto judgment, and some follow after*. Some fall into sin upon *surprisal*, from a concurrence of temptation with corruption and opportunities; some *habituate* themselves unto a course in sin; though in many it be not discovered, in some it is. But among those who have received any *spiritual light*, and made profession of religion thereon, this seldom falls out, but from the great displeasure of God. For when men have long given way unto the prevalency of sin in their *affections, inclinations, and thoughts*, and God hath set many an *hedge* before them to give bounds unto their inclinations, and to shut up the womb of sin; sometimes by *afflictions*, sometimes by *fears and dangers*, sometimes by the *word*; and yet the bent of their spirits is towards their sin; God takes off his *hand of restraint*, removes his hindrances, and gives them up unto their own heart's lusts, to do the things that are not convenient. All things hereon suit their desires, and they rush into actual sins and follies, setting their feet in the paths that go down to the chambers of death. The uncontroulable power of sin in such persons, and the greatness of God's displeasure against them, make their condition most deplorable.

Those that are in this *state*, of either sort, the first or the latter, are remote from being *spiritually minded*, nor is God in all their thoughts as he ought to be. For,

1. They will not so think and meditate on God. Their delight is turned another way. Their *affections*, which are the spring of their thoughts, which feed them continually, do cleave unto the things which are most adverse unto him. *Love of sin* is gotten to be the spring in them, and the whole stream of the thoughts which they choose and delight in, are towards the pleasures of it. If any thoughts
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of God come in, as a *faint tide* for a few minutes, and drive back the other stream, they are quickly repelled and carried away with the strong current of those which proceed from their powerful inclinations.

Yet may such persons abide in the *performance of outward holy duties*; or attendance unto them. Pride of, or *satisfaction* in their gifts, may give them delight in their own performances, and something in those of others they may be exceedingly pleased withal; as it is expressly affirmed, *Ezek. xxxiii. 31, 32.* But in these things they have no *immediate real thoughts of God*, none that they delight in, none that they seek to stir up in themselves, and those which impose themselves on them they reject.

2. As they *will not*, so they *dare not* think of God. They *will not*, because of the power of their lusts; they *dare not*, because of their guilt. No sooner should they begin to think of him in good earnest, but their sin would lose all its desirable forms and appearances, and represent itself in the *horror of guilt* alone. And in that condition all the properties of the divine nature are suited to increase the dread and terror of the sinner. *Adam* had heard God's voice before with delight and satisfaction; but on the *bearing of the same voice* after he had sinned, he hid himself, and cried that he was afraid. There is a way for men to think of God *with the guilt of sin upon them*, which they intend to *forsake*; but none for any to do it with the guilt of sin which they resolve to *continue in*. Wherefore, of all these sorts of persons it may be said, that God is not in all their thoughts, and therefore are they far enough from being *spiritually minded*. For unless we have many thoughts of God, we cannot be so. Yea, moreover, there are two things required unto those thoughts which we have of God, that there may be an evidence of our being so.

1. That we *take delight in them*. *Psal. xxx. 4. Sing unto the Lord, O ye saints of his, and give thanks*

thanks at the remembrance of his holiness. The remembrance of God delighteth and refresheth the hearts of his saints, and stirs them up unto thankfulness.

1. They rejoice *in what God is in himself.* Whatever is good, amiable or desirable; whatever is holy, just and powerful; whatever is gracious, wise and merciful, and all that is so, they see and apprehend in God. That *God is what he is*, is the matter of their chiefest joy. Whatever befalls them in this world, whatever troubles and disquietment they are exercised withal, the *remembrance of God* is a satisfactory refreshment unto them. For therein they behold all that is *good and excellent*, the infinite center of all perfections. Wicked men would have God to be *any thing but what he is*. Nothing that God is, really and truly, pleaseth them. Wherefore they either frame *false notions* of him in their minds, as *Psal. l. 21.*; or they think not of him at all, at least as they ought, unless sometimes they tremble at his anger and power. Some *benefit* they suppose may be had, by *what he can do*, but how there can be any delight *in what he is*, they know not. Yea, all their trouble ariseth from hence, that he is what he is. It would be a relief unto them, if they could make any abatement of his power, his holiness, his righteousness, his omnipresence; but his saints, as the psalmist speaks, *give thanks at the remembrance of his holiness.*

And when we can delight in the thoughts of what God is in himself, of his infinite excellencies and perfections, it gives us a threefold evidence of our being *spiritually minded*. (1.) In that it is such an evidence that we have a gracious interest in those excellencies and perfections, whereon we can say, with rejoicing in ourselves, *this God, thus holy, thus powerful, thus just, good and gracious, is our God, and he will be our guide unto death.* So the psalmist, under the consideration of his own frailty, and apprehensions

ensions of death in the midst of his years, comforts and refreshes himself with the thoughts of *God's eternity and immutability*, with his interest in them, *Psal. cii. 23, 24, 25, 26, 27, 28.* And God himself proposeth unto us his infinite *immutability*, as the ground whereon we may expect safety and deliverance, *Mal. iii. 6.* When we can thus think of God, and what he is, with delight, it is, I say, an evidence, that we have a gracious covenant interest, even in what *God is in himself*; which none have but those who are *spiritually minded*.

2. It is an evidence that the *image of God* is begun to be wrought in our own souls; and we *approve of*, and rejoice in it, more than in all other things whatever. Whatever notions men may have of the divine goodness, holiness, righteousness, and purity, they are all but barren, jejune, and fruitless, unless there be a *similitude and conformity* unto them, wrought in their minds and souls. Without this they cannot rejoice in the thoughts and remembrance of the divine excellencies. Wherefore, when we can do so, when such meditations of God are *sweet unto us*, it is an evidence that we have some experience in ourselves of the excellency of the image of those perfections, and that we rejoice in them above all things in this world.

3. They are so also, in that they are manifest, that we do discern and judge that our *eternal blessedness doth consist in the full manifestation, and our enjoyment of God in what he is, and of all his divine excellencies.* This, men, for the most part, take for granted; but how it should be so, they know not. They understand it in some measure, whose hearts are *here* deeply affected with delight in them; they are able to believe that the manifestation and enjoyment of the divine excellencies will give *eternal rest*, satisfaction, and complacency unto their souls. No wicked man can look upon it otherwise than a torment, to abide
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for ever *with eternal holiness*. *Isa. xxxiii. 14.* And we ourselves can have no present prospect into the *fulness* of future glory, when God shall be all in all, but through the delight and satisfaction which we have here in the *contemplation* of what God is in himself, as the center of all divine perfections.

I would, therefore, press this unknown, this neglected duty, on the minds of those of us in an especial manner, who are *visibly drawing nigh unto eternity*. The days are coming, wherein what God is in himself, that is, as manifest and exerted in Christ, shall alone be (as we hope) the eternal blessedness and reward of our souls. Is it possible that any thing should be more necessary for us, more useful unto us, than to be exercised in *such thoughts* and contemplations. The benefits we may have hereby are not to be reckoned, some of them only may be named. As (1.) We shall have the best *trial* of ourselves, how our hearts really stand affected towards God. For if, upon examination, we find ourselves not really to delight and rejoice in God, *for what he is in himself*, and that all perfections are eternally resident in him, how dwelleth the love of God in us? But if we can truly *rejoice at the remembrance of his holiness*, in the thoughts of what he is, our hearts are upright with him. (2.) This is that which will effectually *take off our thoughts and affections* from things here below. One spiritual view of the divine goodness, beauty, and holiness, will have more efficacy to raise the heart unto a contempt of all earthly things, than any other evidences whatever. (3.) It will increase the *grace of being heavenly minded* in us, on the grounds before declared. (4.) It is the best, I had almost said, it is the *only preparation* for the future full enjoyment of God. This will gradually lead us into his presence, take away all fears of death, increase our longing after eternal rest, and ever make us groan to be *uncloathed*. Let us not then cease labouring

labouring with our hearts, until, through grace, we have a *spiritually sensible* delight and joy in the remembrances and thoughts of what God is in himself.

2. In thoughts of God, his saints rejoice at the *remembrance of what he is, and what he will be unto them*. Herein have they regard unto all the holy relations that he hath taken on himself towards them, with all the effects of his *covenant in Christ Jesus*. To that purpose were some of the last words of *David*, 2 Sam. xxiii. 5. *Although my house be not so with God, yet he hath made with me an everlasting covenant, ordered in all things, and sure this is all my salvation and all my desire*. In the prospect he had of all the distresses that were to befall his family, he triumphantly rejoiceth in the *everlasting covenant* that God had made with him. In these thoughts his saints take delight, they are sweet unto them and full of refreshment. *Their meditations of him are sweet, and they are glad in the Lord*. Psal. civ. 34. Thus is it with them that are truly *spiritually minded*. They not only think much of God, but they take delight in these thoughts, they are sweet unto them; and not only so, but they have no solid joy nor delight, but in their thoughts of God, which, therefore, they retreat unto continually. They do so especially on *great occasions*, which of themselves are apt to divert them from them. As, suppose a man hath received a *signal mercy*, with the matter whereof he is exceedingly affected and delighted. The minds of some men are apt, on such occasions, to be *filled with thoughts of what they have received*, and their affections to be wholly taken up with it. But he who is *spiritually minded*, will immediately retreat unto thoughts of God, placing his delight and taking up his satisfaction in him. And so, on the other side, great distresses, prevalent sorrows, strong pains, violent distempers, are apt of themselves to
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take up and exercise all the thoughts of men about them. But those who are *spiritually minded*, will, in and under them all, continually betake themselves unto thoughts of God, wherein they find relief and refreshment against all that they feel or fear. In every state, their principal joy is in the remembrance of his Holiness.

2. *That they may be accompanied with godly fear and reverence.* These are required of us, in all wherein we have to do with God, *Heb. xii. 28, 29.* And as the scripture doth not more abound with precepts unto any duty, so the nature of God and our own, with the *infinite distance* between them, make it indispensably necessary, even in the light of the natural conscience. Infinite Greatness, infinite Holiness, infinite Power, all which God is, command the uttermost *reverential fear* that our natures are capable of. The want hereof is the spring of innumerable evils, yea, indeed, of all that is so. Hence are *blasphemous abuses* of the holy name of God in cursed oaths and execrations; hence it is taken in vain, in ordinary exclamations; hence is all formality in religion.

It is the spiritual mind alone that can reconcile those things which are prescribed us as our duty towards God. To delight and rejoice in him always, to triumph in the remembrance of him, to draw nigh unto him with boldness and confidence, are on the one hand prescribed unto us: And on the other it is so, that we *fear and tremble* before him, that we *fear that great and dreadful name, the Lord our God*; that we have grace to serve him with reverence and godly fear, because he is a consuming fire. These things carnal reason can comprehend no consistency in; what it is *afraid of*, it cannot *delight* in; and what it *delights* in, it will not long fear. But the consideration of faith (concerning what *God is in himself*, and *what he will be unto us*) gives these different graces their distinct operations, and a blessed reconciliation in our souls.

Wherefore,

Wherefore, all our thoughts of God ought to be accompanied with an holy *awe* and reverence, from a due sense of his greatness, holiness, and power. Two things will utterly *vitiate* all thoughts of God, and render them useless unto us.

(1.) *Vain curiosity.* (2.) *Carnal boldness.* It is unimaginable how the subtle disquisitions and disputes of men, about the *nature*, properties and counsels of God, have been corrupted, rendered sapless and useless by *vain curiosity*, and striving for an *artificial accuracy* in expression of men's apprehensions. When the *wits* and minds of men are engaged in such thoughts, God is *not in all their thoughts, even when all their thoughts are concerning him.* When once men are got into their *metaphysical curiosities*, and *logical niceties* in their contemplations about God and his divine properties, they bid farewell, for the most part, unto all *godly fear and reverence.* Others are under the power of *carnal boldness*, that they think of God with no other respect, than if they thought of worms of the earth like themselves. There is no *holy awfulness* upon their minds and souls in the mention of his name. By these things, may our thoughts of God be *so vitiated*, that the heart in them shall not be affected with a reverence of him, nor any evidence be given that we are *spiritually minded.*

It is this *holy reverence* that is the means of bringing in *sanctifying virtue* into our souls, from God, upon our thoughts of him. None that think of God with a *due reverence*, but he shall be sensible of advantage by it. Hereby do we sanctify God in our access unto him, and when we do so, he will *sanctify and purify our hearts* by those very thoughts in which we draw nigh to him.

We may have many sudden, occasional, transient thoughts of God, that are not introduced in our minds by a preceding *reverential fear.* But if they leave not that fear on our hearts, in proportion unto their

continuance with us, they are of no value, but will insensibly habituate us unto a common bold frame of spirit, which he despises.

So is it in the case of thoughts of a contrary nature. Thoughts of sin, of sinful objects may arise in our minds from the remainders of corruption; or be occasioned by the temptations and suggestions of Satan; if these are immediately *rejected* and cast out of us, the soul is not more prejudiced by their *entrance*, than it is advantaged by their *rejection* through the power of grace. But if they make frequent *returns* into the minds of men, or make any *abode* or continuance in their soliciting of the affections, they greatly *defile* the mind and conscience, disposing the person unto the further entertainment of them. So, if our *occasional thoughts of God* do immediately leave us, and pass away without much affecting our minds; we shall have little or no benefit by them. But if by their frequent visits, and some continuance with us, they dispose souls unto an holy *reverence of God*, they are blessed means of promoting our sanctification. Without this, I say, there may be thoughts of God unto no advantage of the soul.

There is implanted in our nature such a sense of a *Divine Power* and presence, as that, on all sudden occasions and surprisals, it will act itself according unto that sense and apprehension. There is *vox naturæ clamantis ad Dominum Naturæ*: a voice in nature itself, upon any thing that is suddenly too hard for it, which cries out immediately unto the God of nature. So men, on such occasions, without any consideration, are surpris'd into a calling on the name of God, and crying unto him. And from the same *natural apprehension* it is, that wicked and profane persons will break forth on all occasions into cursed swearing by his name. So men in such ways have thoughts of God without either reverence or godly fear, without giving any glory unto him, and for the most part
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unto their own disadvantage. Such are all thoughts of God that are not accompanied with holy *fear and reverence*.

There is scarce any duty that ought at *present* to be more pressed on the consciences of men, than this of keeping up a constant *holy reverence* of God in all wherein they have to do with him, both in private and public, in their inward thoughts, and outward communication. *Formality* hath so prevailed on religion, and that under the most effectual means of its suppression, that very many do manifest, that they have little or *no reverence of God*, in the most solemn duties of his worship; and less it may be in their secret thoughts. Some ways that have been found out to keep up a pretence and appearance of it, have been, and are *destructive* unto it.

But herein consists the very life of religion. The *fear of God* is, in the Old Testament, the usual expression of all the due respect of our souls unto him; and that, because where that is not in exercise, nothing is accepted with him. And thence the whole of our wisdom is said to consist therein, and if it be not in a prevalent exercise in all wherein we have to do with him immediately, all our duties are utterly lost as to the ends of his glory, and the spiritual advantage of our own souls.

C H A P. IX.

What of God or in God we are to think and meditate upon. His Being; Reasons of it; Oppositions to it; the Way of their Conquest. Thoughts of the Omnipresence and Omniscience of God, peculiarly necessary. The Reasons hereof. As also of his Omnipotency. The Use and Benefit of such Thoughts.

TH E S E things mentioned have been premised in general, as unto the nature, manner, and way of exercise of our *thoughts* on God. That which

remains is to give some particular instances of *what we are to think* upon in an especial manner; and what we are conversant withal in our thoughts, if so be we are *spiritually minded*. And I shall not insist at present on the things which concern his grace and love in Christ Jesus, which belong unto another head, but on those which have an immediate respect unto the *divine nature* itself, and its holy essential properties.

1. The *abounding of Atheism*, both notional and practical. The reasons of it have been given before, and the *matter of fact* is evident unto any ordinary observation. And on two accounts with respect hereunto we ought to abound with thoughts of faith concerning the being of God. (1.) An especial *testimony* is required in us, in opposition to this effect of hell. He, therefore, who is spiritually-minded cannot but have many thoughts of the being of God, thereby giving glory to him. *Isa. xliii. 9, 10, 11, 12. Let all the nations be gathered together, and let the people be assembled: who among them can declare this, and shew us former things? let them bring forth their witnesses, and be justified; or let them hear, and say, It is truth. Ye are my witnesses, saith the Lord, and my servant whom I have chosen, that ye may know and believe me, and understand that I am he: before me there was no God formed, neither shall there be after me. I, even I, am the Lord, and beside me there is no Saviour. I have declared, and have saved, and I have shewed, when there was no strange God among you: therefore ye are my witnesses, saith the Lord, that I am God. Chap. xliv. 8. Fear ye not, neither be afraid: have I not told thee from that time, and have declared it, ye are even my witnesses. Is there a God besides me? Yea, there is no God: I know not any.* (2.) Those *Atheistical impieties*, principles, and practices which abound amongst us, are grievous provocations unto all pious souls. Without frequent retreat unto thoughts of the *being of God*, there is no relief nor refresh-

refreshment to be had under them. Such was the case of *Noah in the old world*, and of *Lot in Sodom*, which rendered their graces illustrious.

2. Because of the *unaccountable confusions* that all things are filled withal at this day of the world. Whatever in former times hath been a temptation in human affairs unto any of the people of God, it *abounds* at this day. Never had men profane and profligate greater outward appearances to strengthen them in their *Atheism*, nor those that are godly greater trials for their faith, with respect unto the visible state of things in the world. The Psalmist of old, on such an occasion, was almost surprized into unbelieving complaints. *Psal. lxxiii. 2, 3, 4, &c.*: and such surprizals may now also befall us, that we may be ready to say with him, *Verily I have cleansed my heart in vain, and washed my hands in innocency; for all the day long have I been plagued, and chastened every morning.* Hence, when the prophet *Habakkuk* was exercised with thoughts about such a state of things as is at this day in the world, which he declares *chap. i. 6, 7, 8, 9, 10, 11, 12.* he lays the foundation of his consideration in the fresh exercise of faith on the *being and properties of God*, v. 12, 13. And *David* makes that *his retreat* on the like occasion. *Psal. xi. 3, 4, 5.*

In such a season as this is, upon both the accounts mentioned, those who are spiritually minded will much exercise their thoughts about the *being and existence* of God. They will say within themselves, *Verily there is a reward for the righteous; verily he is a God who judgeth in the earth.* Hence will follow such apprehensions of the immensity of his nature, of his eternal power, and infinite wisdom, of his absolute sovereignty, as will hold their souls firm and steadfast in the highest storms of temptation that may befall them.

Yet there are two things that the weaker sort of believers may be exercised with in their thoughts of

the *divine being and existence* which may occasion them some trouble.

1. Satan, knowing the *weakness of our minds* in the immediate contemplation of things infinite and incomprehensible, will sometimes take advantage to insinuate *blasphemous imaginations*, in opposition unto what we would fix upon, and relieve ourselves withal. He will take that very time, trusting to our weakness, and his own methods of subtilty, to suggest his temptations of *atheism*, by ensnaring inquiries, when we go about to refresh our souls with thoughts of the divine being and excellencies. *But is there a God indeed? How do you know that there is a God? and may it not be otherwise?* will be his language unto our minds; for, from his first temptation by way of an ensnaring question, *Yea, and hath God said it, ye shall not eat of every tree of the garden?* he proceeds still much in the same methods. So he did with our Saviour himself, *If thou be the Son of God. Is there a God? How if there should be none?* In such a case the rule is given us by the apostle: *Above all, take the shield of faith, whereby ye shall be able to quench all the fiery darts of the wicked.* Eph. vi. 16. τῇ πονηρῇ, of the wicked one, that is, the devil. And two ways will faith act itself on this occasion.

(1.) By a *speedy rejection of such diabolical suggestions with detestation*. So did our Saviour in a case not unlike it, *Get thee behind me, Satan*. Wherefore if any such thoughts are suggested, or seem to arise in your minds,, know assuredly that they are no less *immediately from the devil*, than if he personally stood before you, and visibly appeared unto you; if he did so, there is none of you but would *arm yourselves* with an utter defiance of what he should offer unto you. It is no less necessary on this occasion, when you may *feel* him, though you *see* him not. Suffer not his *fiery darts* to abide one moment with you; reject them with indignation; and strengthen your rejection with some

some pertinent text of scripture, as our Saviour did. If a man have a granado or a fire-ball cast into his cloaths by his enemy, he doth not consider whether it will *burn* or no, but immediately shakes it off from him. Deal no otherwise with these *fiery darts*, lest by their abode with you they inflame your imagination unto greater disturbance.

(2.) In case they utterly depart not upon this endeavour for their exclusion and casting out, return immediately, without further dispute, unto your *own experience*. When the devil hath asked you the question, if you answer him you will be ensnared; but if thereon you ask yourselves the question, and apply yourselves unto your own *experience* for an answer unto it, you will frustrate all his designs.

There are arguments to be taken, as was said, from the *light of nature*, and reason in its proper exercise, sufficient to defeat all objections of that kind. But these are not our proper weapons in case of our *own temptation*, which alone is now under consideration. It requires longer and more sedate reasonings than such a state will admit of, nor is it a *sanctified medium* for our relief.

It is what is suited unto suggestions on the occasion of our meditations that we inquire after. In them we are not to argue on such principles, but to take the *shield of faith* to quench these fiery darts. And if on such occasions Satan can divert us into long disputes about the *being of God*, he hath his end, by carying us off from the meditation on him which we did design, and after a while he will prevail to make it a common road and trade, that no sooner shall we begin to think of God, but immediately we must *dispute about his being*.

Therefore the way in this case for him who is *really a believer*, is to *retreat* immediately unto his own experience, which will pour shame and contempt on the suggestions of Satan. There is no believer who

hath knowledge and time to exercise the wisdom of faith in the consideration of himself and of God's dealings with him, but hath a *witness in himself* of his eternal power and godhead, as also of those other perfections of his nature, which he is pleased to manifest and glorify by Jesus Christ. Wherefore, on this suggestion of Satan, that there *is no God*, he will be able to say, that he might better tell me that I do not live nor breathe; that I am not fed by my meat, nor warmed by my cloaths; that I know not myself nor any thing else: for I have spiritual *sense and experience* of the contrary; like him of old, who when a *cunning sophister* would prove unto him by *syllogisms*, that there was no such thing as *motion*, he gave no answer unto his arguments, but *rose up and walked*. How often, will he say, have I had experience of the *power and presence of God* in prayer; as though I had not only heard of him by the hearing of the ear, but also seen him by the seeing of the eye? How often hath he put forth his power and grace in *me by his spirit and his word* with an uncontrollable evidence of his being, goodness, love, and grace? How often hath he refreshed *my conscience* with the sense of the pardon of sin, speaking that peace unto my soul, which all the world could not communicate unto me? In how many *afflictions*, dangers, troubles, hath he been a present help and relief? What sensible *emanations* of life and power from him have I obtained in meditation on his grace and glory? He who had *been blind* answered the *pharisees* unto their ensnaring captious questions: Be it what it will, *one thing I know, that whereas I was blind, now I see*. Whatever, faith such a soul, be in this temptation of Satan, one thing I know full well, that *whereas I was dead, I am alive, whereas I was blind, now I see, and that by an effect of divine power*.

This shield of faith, managed in the hand of *experience*, will quench the fiery darts of Satan; and
 he

he will fall under a double defeat. (1.) His temptation will be repelled by the proper way of resistance, whereon he will not only desist in his attempt, but even fly from you. *Resist the devil*, saith the apostle, *and he will fly from you.* He will not only depart and cease to trouble you, but will depart as one defeated and confounded. And it is for want of this resistance, lively made use of, that many hang so long in the briars of this temptation. (2.) Recalling the *experiences* we have had of God, will lead us unto the exercise of all kind of graces, which is the greatest disappointment of our adversary.

(2.) In thoughts of the *divine being and existence*, we are apt to *be at a loss*, to be, as it were, *overwhelmed* in our minds, because the object is too great and glorious for us to contemplate on. *Eternity* and *immensity*, every thing under the notion of *infinite*, take off the mind from its distinct actings, and reduce it as it were unto nothing. Hereon in some, not able to abide in the strict reasons of things, vain and foolish imaginations are apt to arise, and inquiries how can these things be, which we cannot comprehend. Others are utterly at a *loss*, and turn away their thoughts from them, as they would do their eyes from the bright beams of the sun. Two things are adviseable in this case.

1. That we betake ourselves unto an *holy admiration* of what we *cannot comprehend*. In these things we cannot see God and live; nay, in life eternal itself they are not *absolutely* to be comprehended, only what is *infinite* can fully comprehend what is so. Here they are the *objects* of faith and worship; in them we may find rest and satisfaction, when inquiries and reasonings will disquiet us, and, it may be, overwhelm us. Infinite glory forbids us any near approach but only by faith. The soul thereby bowing itself unto God's adorable greatness, and incomprehensible perfections, finding ourselves to be nothing

and God to be all, will give us rest and peace in these things, *Rom. xi. 33, 34, 35, 36.* We have but unsteady thoughts of the *greatness of the world*, and all the nations and inhabitants of it, yet are but it and these but as *the dust of the balance and the drop of the bucket, as vanity, as nothing*, compared with God: what then can our thoughts concerning him issue in, but *holy admiration*?

2. In case we are brought unto a *loss* and disorder in our minds, on the contemplation of any one *infinite property of God*, it is good to divert our thoughts unto the *effects of it*, such as whereof we have, or may have experience; for what is too great or high for us *in itself*, is made suitable to our understandings in its *effects*. So the *invisible things of God are known in and by the things that are seen*. And there is indeed no property of the divine nature, but we may have an experience of it, as unto some of its *effects* in and upon ourselves. These we may consider, and in the streams taste of the fountain which we cannot approach. By them we are led unto an *holy admiration* of what is in itself infinite, immense, incomprehensible. I cannot comprehend the *immensity of God's* nature; it may be I cannot understand the nature of immensity; yet if I find by experience, and do strongly believe, that he is always present wherever I am, I have the faith of it, and satisfaction in it.

(2.) With thoughts of *the divine being*, those of his omnipresence and omniscience ought continually to accompany us. We cannot take one step in a walk before him, unless we remember, that always and in all places he is present with us; that the frame of our hearts and our *inward thoughts* are continually in his view, no less than our outward actions. And as we ought to be perpetually under an awe of, and in the fear of God in these apprehensions, so there are *some seasons* wherein our minds ought to be in the actual conception and thoughts of them, without which we shall not be preserved in our duty.

1. The first *season of this nature* is, when *times, places, with other occasions of temptation*, and consequently of *sinning*, do come and meet. With some, *company* doth constitute such a season; and with some, *secrecy with opportunity* does the same. There are those who are ready, with a careless boldness, to put themselves on such *societies* as they do know have been *temptations* unto them, and occasions of sin; every such entrance into any society or company, unto them who know how it hath formerly succeeded, is their *actual sin*, and it is just with God to leave them to all the evil consequences that do ensue. Others also do either *choose*, or are frequently *cast* on such societies; and no sooner are they engaged in them, but they forget all regard unto God, and give themselves up not only unto vanity, but unto various sorts of excess. *David* knew the evil and danger of such occasions; and gives us an account of his behaviour in them, *Psal. xxxix. 1, 2, 3. I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me. I was dumb with silence, I held my peace, even from good, and my sorrow was stirred; my heart was hot within me, while I was musing; the fire burned: then spake I with my tongue.* As for their evil words and ways, he would have no communication with them. And as unto good discourse, he judged it unseasonable to cast *pearl before swine*. He was therefore silent as unto that also, though it was a grief and trouble to him. But this occasioned in him afterwards those excellent meditations which he expresseth in the following verses. In the entrances of these occasions, if men would remember the *presence of God with them*, in these places, with the holy severity of the eye that is upon them, it would put an awe upon their spirits, and embitter those *jollities*, whose relish is given them by temptation and sin. He doth neither walk humbly nor circumspectly, who

being unnecessarily cast on the society of men wicked or profane (on such occasions wherein the ordinary sort of men give more than ordinary liberty unto corrupt communication or excess in any kind), doth not in his entrance of them call to mind the *presence* and *all-seeing eye of God*, and at his departure from them, consider whether his *deportment* hath been such as became that presence, and his being under that eye. But alas! pretences of business and necessary occasions, engagements of trade, carnal relations, and the common course of communication in the world, with a supposition that all sorts of *society* are allowed for diversion, have cast out the remembrance of God from the minds of most, even then when men cannot be preserved from sin without it.

This hath sullied *the beauty* of gospel conversation amongst the most, and left in very few any prevalent evidence of being *spiritually minded*.

Wherefore, as unto them who, either by their voluntary choice, or necessity of their occasions, do enter and engage promiscuously into all *societies and companies*, let them know assuredly, that if they *awe* not their hearts and spirits continually with the thoughts and apprehensions of the *omnipresence and omniscience* of God, that he is always with them, and his eyes always upon them, they will not be preserved from snares and sinful miscarriages.

Yea, such thoughts are needful unto the best of us all, and in the best of our *societies*, that we behave not ourselves indecently in them at any time.

Again, unto some, *privacy, secrecy, and opportunity*, are occasions of temptation and sin. They are so unto persons under convictions not wholly turned to God. Many a good beginning hath been utterly ruined by this occasion and temptation. *Privacy and opportunity* have overthrown many such persons in the best of their resolutions. And they are so unto all persons not yet flagitiously wicked. Cursed fruits
proceed

proceed every day from these occasions. We need no other demonstration of their power and efficacy in tempting unto sin, but the visible effects of them. And what they are unto any, they may be unto all, if not diligently watched against. So the apostle reflects on the *shameful things that are done in the dark*, in a concurrence of secrecy and opportunity. This therefore gives a just season unto thoughts of the *omnipresence and omniscience* of God, and they will not be wanting in some measure in them that are *spiritually minded*.

God is in this place, the darkness is no darkness unto him, light and darkness are with him both alike, are sufficient considerations to lay in the balance against any temptations springing out of *secrecy and opportunity*. One thought of the actual presence of the holy God, and the open view of his all-seeing eye, will do more to cool those affections, which lust may put into a tumult on such occasions, than any other consideration whatever. A speedy retreat hereunto, upon the first perplexing thoughts wherewith temptation assaults the soul, will be its strong tower, where it shall be safe.

2. A second season calling for the exercise of our minds in thoughts of the *omnipresence and omniscience* of God, is made up of our *solitudes and retirements*. These give us the most genuine trials whether we are *spiritually minded* or no. What we are in them, that we are and no more. But yet in some of them, as in walkings and in journeyings, or the like, vain thoughts and foolish imaginations are exceedingly apt to solicit our minds. Whatever is stored up in the affections or memory, will at such a time *offer itself* for our present entertainment: And where men have accustomed themselves unto any sort of things, they will press on them for the possession of their thoughts, as it were, whether they will or no. The *psalmist* gives us the way to prevent this evil; Psal. xvi. 7, 8.

I will

I will bless the Lord who hath given me counsel, my reins also instruct me in the night season. I have set the Lord always before me, because he is at my right hand. His reins, that is, his affections, and secret thoughts, gave him counsel and instructed him in all such seasons; but whence had they that wisdom and faithfulness? In themselves they are the seat of all lusts and corruptions, nor could they do any thing but seduce him into an evil frame. It was from hence alone *that he has set the Lord always before him.* Continual apprehensions of the presence of God with him, kept his mind, his heart and affections, in that *awe and reverence* of him, as that they always instructed him unto his duty. But as I remember, I spake somewhat as unto the due management of our *thoughts* in this season before.

3. Times of *great difficulties, dangers, and perplexities of mind thereon*, are a season calling for the same duty. Suppose a man is left *alone* in his trials for the profession of the gospel, as it was with *Paul*, when *all men forsook him, and no man stood by him.* Suppose him to be brought before *princes, rulers, or judges*, that are filled with rage, and armed with power against him, all things being disposed to affect him with dread and terror. It is the duty of such an one to call *off his thoughts from all things visibly present*, and to fix them on the *omnipresence and omniscience* of God. He sits amongst those judges, though they acknowledge him not; he rules over them at his pleasure; he knows the cause of the oppressed, and justifies them whenever the world condemns; and can deliver them when he pleaseth. With the thoughts hereof did those *holy souls* support themselves when they stood before the fiery countenance of the bloody tyrant on the one hand, and the burning fiery furnace on the other, *Dan. iii. 14.* *Our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king;*

king; but if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up. Thoughts of the presence and power of God, gave them not only comfort and supportment under their distress, when they were alone and helpless, but courage and resolution to defy the tyrant to his face. And when the apostle was brought before *Nero*, that monster of cruelty and villainy, and all men forsook him, he affirms, *that the Lord stood by him, and strengthened him.* 2 Tim. iv. 17. He refreshed himself with thoughts of his presence, and had the blessed fruit of it.

Wherefore, on such occasions, when the hearts of men are ready to quake, when they see all things about them *filled with dread and terror*, and all help far away, it is, I say, their duty and wisdom to *abstract* and take off their thoughts from all outward and present appearances, and to fix them on the presence of God. This will greatly change the scene of things in their minds; and they will find that *strength and power and wisdom* are on their side alone; all that appears against them, being but *vanity, folly, and weakness*.

So when the servant of *Elisha* saw the place where they were, compassed with an *host*, both horses and chariots that came to take them, he cried out for fear, *Alas, my master, how shall we do?* But upon the praying of the prophet, the Lord opening the eyes of the young man, to see the heavenly guard that he had sent unto him, the mountain being full of horses and chariots of fire round about *Elisha*, his fear and trouble departed, 2 Kings vi. 15, 16, 17. And when, in the like extremity, God opens the eye of faith to behold his glorious presence, we shall no more be afraid of the dread of men. Herein did the *holy martyrs* triumph of old, and even despised their bloody persecutors. Our Saviour himself made it the ground of his supportment on the like occasion,
John

John xvi. 32. Behold, saith he to his disciples, his only friends, the hour cometh, yea is now come, that ye shall be scattered every one to his own, and leave me alone, and yet I am not alone, because the Father is with me. Can we but possess our soul with the apprehension, that when we are *left alone* in our trials and dangers, from any countenance of friends, or help of men, yet that indeed we are *not alone, because the Father is with us*, it will support us under our despondencies, and enable us unto our duties.

4. Especial providential warnings call for thoughts of *God's omnipresence and omniscience*. So *Jacob*, in his nightly vision, instantly made this conclusion; *God is in this place, and I know it not*. We have frequently such warnings given unto us. Sometimes we have so in the things which are esteemed *accidental*, whence it may be we are strangely delivered. Sometimes we have so in the things which we see to *befal others*, by thunder, lightning, storms at sea or land. For all the works of God, especially those that are rare and strange, have *a voice* whereby he speaks unto us. The first thing suggested unto a spiritual mind, in such seasons, will be, *God is in this place*, he is present that liveth and seeth, as *Hagar* confessed on the like occasion, *Gen. xvi. 13, 14*.

(3.) Have frequent thoughts of *God's omnipotency*, or his *almighty power*. This most men, it may be, suppose they need not much exhortation unto; for none ever doubted of it; who doth not grant it on all occasions? Men grant it indeed in general; for *eternal power* is inseparable from the first notion of the Divine Being. So are they conjoined by the apostle, *his eternal power and godhead, Rom. i. 20*. Yet few believe it for themselves, and as they ought. Indeed, to believe the *almighty power of God*, with reference unto ourselves and all our concernments, temporal and eternal, is one of the highest and most noble acts of faith, which includes all others in it.

For

For this is that which God at first proposed alone as the proper object of our faith, in our entrance into covenant with him, *Gen. xvii. 1. I am God Almighty*; that which *Job* arrived unto after his long exercise and trial; *I know*, saith he, *thou canst do every thing, and no thought of thine can be hindered.* Chap. xlii. 2. *God hath spoken once* (saith the psalmist), *twice have I heard this, that power belongs unto God.* *Psal. lxii. 11.* It was that which God saw it necessary frequently to instruct him in. For we are ready to be affected with the appearances of *present power* in creatures, and to suppose that all things will go according unto their wills, because of their *power*. But it is quite otherwise; all creatures are poor, feeble cyphers, that can do nothing; *power belongs unto God*; it is a flower of his crown imperial, which he will suffer none to usurp; if the proudest of them go beyond the bounds and limits of his present permission, he will *send worms* to eat them up, as he did to *Herod*.

It is utterly impossible we should walk before God, unto his glory, or with any real peace, comfort, or satisfaction in our own souls, unless our minds are continually exercised with thoughts of his *almighty power*. Every thing that befalls us, every thing that we hear of, which hath the least danger in it, will discompose our minds, and either make us tremble like the leaves of the forest, that are shaken with the wind, or betake ourselves to foolish or sinful relief, unless we are firmly established in the faith hereof. Consider *the promises of God* unto the church, which are upon record, and yet unaccomplished; consider the present state of the church in the world, with all that belongs unto it; in all the fears and dangers they are exposed unto, in all the evils they are exercised withal, and we shall quickly find, that unless this *sheet-anchor* be well fixed, we shall be tossed up and down at all uncertainties, and exposed to most violent

lent temptations, *Rev. xix. 6.* Unto this end are we called hereunto by God himself, in his answer to the despondent complaints of the church in its greatest dangers and calamities. *Isa. xl. 28, 29, 30, 31. Hast thou not known, hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth fainteth not, neither is weary? There is no searching of his understanding. He giveth power to the faint, and to them that have no might, he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: but they that wait upon the Lord shall renew their strength: they shall mount up with wings as eagles, they shall run and not be weary, they shall walk and not faint.*

Take one instance, which is the continual concernment of us all. We are obnoxious unto death every moment. It is never the further from any of us, because we think not of it as we ought. This will lay our bodies in the dust, from whence they will have no more *disposition* nor *power* in themselves to rise again, than any other part of the mould of the earth. Their recovery must be an act of *external almighty power*, when God shall have a desire to the work of his hands; when he shall call, and we shall answer him out of the dust. And it will transmit the soul into an *invisible world*, putting a final end unto all relations, enjoyments, and circumstances here below. I speak not of them who are *stout-hearted*, and *far from righteousness*, who live and die like beasts, or under the power of horrible presumption, without any due thoughts of their future and eternal state. But as unto others, what comfort or satisfaction can any man have in his life, whereon his all depends, and which is passing from him every moment; unless he hath continual thoughts of the *mighty power of God*, whereby he is able to receive his departing soul, and to raise his body out of the dust?

Not

Not to insist on more particulars ; thus is it with them who are spiritually minded ; thus must it be with all, if we pretend a title unto that privilege. They are *filled with thoughts of God*, in opposition unto that character of wicked men, that *God is not in all their thoughts*. And it is greatly to be feared, that many of us, when we come to be weighed in the balance, will be found too light. Men may be in the performance of *outward duties*, they may hear the word with some delight, and do many things gladly, they may escape the *pollutions that are in the world through lust*, and not run out into the same compass of excess and riot with other men ; yet may they be strangers unto inward thoughts of God with delight and complacency. I cannot understand how it can be otherwise with them, whose minds are over and over filled with earthly things, however they may satisfy themselves with pretences of their callings and lawful enjoyments, or not any way inordinately set on the pleasures or profits of the world.

To walk with God, to live unto him, is not merely to be found in an abstinence from outward sins, and in the performance of outward duties, though with diligence in the multiplication of them. All this may be *done upon such principles, for such ends, with such a frame of heart*, as to find no acceptance with God. It is our hearts that he requireth, and we can no way give them unto him, but by our affections, and holy thoughts of him with delight. This is to be spiritually minded ; this it is to walk with God. Let no man deceive himself : unless he thus *abound in holy thoughts of God*, unless our meditation of him be sweet unto us, all that we else pretend unto will fail us in the day of our trial.

This is the first thing wherein we may *evidence* ourselves unto ourselves, to be under the conduct of the *minding of the spirit*, or to be spiritually minded. And I have insisted the longer on it, because it contains

tains the first *sensible egress* of the spring of living waters in us, the first acting of spiritual life unto our own experience. I should now proceed unto the consideration of our *affections*, of whose frame and state these thoughts are the only genuine exposition. But whereas there are, or may be some who are sensible of their own *weakness*, and deficiency in the discharge of that part of this duty in being *spiritually minded*, which we have passed through, and may fall into discouragements thereon, we must follow him, as we are able, who will not *quench the smoking flax*, nor *break the bruised reed*, by offering something unto the relief of them that are sincere, under the sense of their own weakness.

C H A P. X.

Sundry Things tendered unto such as complain that they know not how, that they are not able to abide in holy Thoughts of God, and spiritual or heavenly Things; for their Relief, Instruction, and Direction. Rules concerning stated Spiritual Meditation.

SOME will say, yea many on all occasions *do* say, that there is not any thing in all their duty towards God wherein they are more at a loss, than they are in this one, of *fixing or exercising their thoughts or meditations on things heavenly or spiritual*. They acknowledge it a duty; they see an excellency in it; with inexpressible usefulness. But although they often try and attempt it, they cannot attain unto any thing, but what makes them ashamed both of it and themselves. Their *minds* they find are *unsteady*, apt to rove and wander, or give entertainment unto *other things*, and not to abide on the object which they design their meditation towards. Their abilities are small, their invention barren, their *memories* frail, and

and their *judgments*, to dispose of things into right order, weak and unable. They know not what *to think on* for the most part; and when they fix on any thing, they are immediately at a loss as unto any progress, and so give over. Hence *other things*, or *thoughts of other things*, take advantage to impose themselves on them, and what began in *spiritual meditation* ends in *carnal vanity*. On these considerations, oftentimes they are discouraged to enter on the duty, oftentimes give it over so soon as it is begun, and are glad if they come off without being losers by their endeavours, which often befalls them. With respect unto other duties it is not so with them. Unto such as are really concerned in these things; unto whom their want and defect is a burden; who mourn under it, and desire to be freed from it, or refreshed in their conflict with it, I shall offer the things that ensue.

I. *That sense of the vanity of our minds, which this consideration, duly attended to, will give us, ought greatly to humble and abase our souls.* Whence is it thus with us, that we cannot abide in thoughts and meditations of things spiritual and *heavenly*? Is it because they are such things as we have no great concernment in? It may be they are things worthless and unprofitable, so that it is to no purpose to spend our thoughts about them: the truth is, they alone are *worthy*, useful, and desirable; all other things in comparison of them, are but loss and dung. Or is it because the *faculties* and powers of our souls were not originally suited unto the contemplation of them, and delight in them? This also is otherwise: they were all given unto us, all created of God for this end, all fitted with inclinations and power to abide with God in all things, without aversion or weariness. Nothing was so natural, easy, and pleasant unto them, as steadiness in the contemplation of God and his works. The *cause*, therefore, of all this evil lies at our own doors. All this, therefore, and all other evils, came
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upon us by the entrance of sin. And therefore *Solomon*, in his inquiry after all the causes and effects of vanity, brings it under this head; *Lo, this only have I found, that God made man upright; but they have sought out many inventions. Eccles. vii. 29.* For hereby our minds, that were created in a state of blessed adherence unto God, were wholly turned off from him, and not only so, but filled with *enmity* against him. In this state, that *vanity* which is prevalent in them, is both their sin and their punishment. Their *sin* in a perpetual inclination unto things vain, foolish, sensual, and wicked. So the apostle describes it at large, *Ephes. iv. 17, 18, 19. Tit. iii. 3.* And their *punishment* in that being turned off from the chiefest good, wherein alone rest is to be found, they are filled with darkness, confusion and disquietment, being like *a troubled sea that cannot rest*, whose waters cast up mire and dirt.

By grace our minds are *renewed*; that is, changed and delivered from this frame; but they are so, partially only. The *principle of vanity* is no longer *predominant* in us, to alienate us from the life of God, or to keep us in enmity against him. Those who are so renewed, *do not walk in the vanity of their minds*, as others do. *Ephes. iv. 17.* They go up and down in all their ways and occasions, with a *stream* of vain thoughts in their minds. But the remainders of it are *effectually operative* in us, in all actings of our minds towards God, affecting them with *uncertainty* and *instability*. As he who hath received a great wound in any principal part of his body, though it may be so cured, as that death shall not immediately ensue thereon; yet it may make him go weak and lame all his days, and hinder him in the exercise of all the powers of life. The *vanity of our minds* is so cured, as to deliver us from *spiritual death*; but yet such a wound, such a weakness doth remain, as both weakens and hinders us in all the operations of *spiritual life*. Hence those
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who have made any progress in grace, are sensible of their *vanity*, as the greatest burden of their souls, and do groan after such a complete *renovation of their minds*, as whereby they may be perfectly freed from it. This is that which they principally regard in that complaining desire, *Rom. vii. 4. O wretched man that I am, who shall deliver me from this body of death?* Yea, they groan under a sense of it every day, nor is any thing such a trouble unto them, observing how it *defeats* them in their designs to contemplate on heavenly things; how it frustrates their best resolutions to abide in the spiritual actings of faith and love; how they are *imposed* on by it, with the thoughts of things, which either in themselves, or in their consequences, they most abhor; nothing are they so afraid of, nothing is so *grievous and burdensome* unto them, nothing do they more groan for deliverance from. When there is *war* in any place, it behoveth them that are concerned, to have an eye and regard unto all their enemies, and their attempts against them. But if they are vigilant, and delight in their opposition unto those that are without, that visibly contend with them, and in the mean time *neglect* such as traitorously act within among themselves, betraying their councils, and weakening their strength, they will be undoubtedly ruined. Wise men do first take care of what is within, as knowing if they are there betrayed, all they do against their open enemies is to no purpose. In the warfare wherein we are engaged, we have enemies of all sorts that openly and visibly, in various temptations, fight against our souls. These it is our duty to *watch against*, to conflict with, and to seek a conquest over. But it is *this internal vanity of mind*, that endeavours, in all things, to betray us, to weaken us in all our graces, or to hinder their due operations; and to open the doors of our hearts unto our cursed enemies. If our principal endeavour be not to discover,

cover,

cover, suppress, and destroy this traitor, we shall not succeed in our spiritual warfare.

This, therefore, being the *original cause* of all that disability of mind as unto steadiness in holy thoughts and meditations, whereof you do complain, when you are affected therewith, turn unto the consideration of that from whence it doth proceed. Labour to be *humbled greatly*, and to walk humbly under a sense of the remainders of this vanity of mind. So some wholesome fruits may be taken from this bitter root, and meat may come out of this eater. If, when you cannot *abide in holy thoughts of God*, and your relation unto him, you reflect on this cause of it to your further humiliation and self-abasement, your good designs and purposes are not lost. Let such an one say, *I began to think of God, of his love and grace in Christ Jesus, of my duty towards him; and where now in a few minutes, do I find myself? I am got into the ends of the earth, into things useless and earthly; or am at such a loss as that I have no mind to proceed in the work wherein I was engaged. O wretched man that I am, what a cursed enemy have I within me! I am ashamed of myself, weary of myself, loathe myself; who shall deliver me of this body of death?* Such thoughts may be as useful unto him, as those which he first designed.

True it is, we can never be freed *absolutely* from all the effects of this vanity and instability of mind in this world. *Unchangeable cleaving unto God*, always, in all the powers and affections of our minds, is reserved for heaven. But yet *great degrees* may be attained in the conquest and expulsion of it, such as I fear few have experience of; yet ought all to labour after. If we apply ourselves as we ought, to the increase of *spiritual light and grace*; if we labour diligently to abide and abound *in thoughts of spiritual things*, and that in *love* to them, and delight in them; if we watch against the entertainment and approbation
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of such thoughts and things in our minds, as whereby this *vain frame* is pleased and confirmed; there is, though not an *absolute perfection*, yet a blessed degree of heavenly mindedness to be attained, and therein the nearest approach unto glory, that in this world we are capable of. If a man cannot attain an *athletic constitution of health*, or a strength like that of *Sampson*; yet, if he be wise, he will not omit the use of such means as may make him to be useful in the ordinary duties of life. And although we cannot attain perfection in this matter, which yet is our duty to be continually pressing after; yet, if we are wise, we will be endeavouring *such a cure of this spiritual distemper*, as we may be able to discharge all the duties of the *life of God*. But if men, in all other things, *feed the vanity of their own minds*, if they permit them to rove continually after things foolish, sensual, and earthly; if they wilfully *supply* them with objects unto that end, and labour not by all means for the mortification of this evil frame; in vain shall they desire or expect to bring them at any time, on any occasion, to be *steady in the thoughts of heavenly things*. If it be thus with any, as it is to be feared it is with many, it is their duty to mind the words of our Lord Jesus Christ in the first place, *Make the tree good, and then the fruit will be good*, and not before. When the power of sanctifying grace hath made the *mind habitually spiritual and heavenly*, thoughts of such things will be natural unto it, and accompanied with delight. But they will not be so until the *God of peace* have sanctified us in our whole spirits, souls and bodies, whereby we may be preserved blameless unto the coming of Jesus Christ.

2. Be always sensible of your own insufficiency to raise in your minds, or to manage spiritual thoughts, or thoughts of things spiritual and heavenly in a due manner. But in this case, men are apt to suppose, that as they *may*, so they *can* think of what they please.

Thoughts are their own, and therefore be they of what sort they will, they need no assistance for them. They cannot *think as they ought*, they can do nothing at all. And nothing will convince them of their folly, until they are burdened with experience of the contrary, as unto *spiritual things*. But the advice given is expressly laid down by the apostle, in the instance of himself. 2 Cor. iii. 5. *Not that we are sufficient of ourselves to think any thing as of ourselves, but our sufficiency is of God.* He speaks principally of *ministers of the gospel*, and that of such as were most *eminently furnished* with spiritual gifts and graces, as he declares, v. 6. And if it be so with them, and that with respect unto the work and duties of their calling, how much more is it so with others, who have not their graces nor their offices? Wherefore, if men without regard unto the present actual grace of God, and the supplies of his spirit, do suppose that they can, of themselves, exercise their minds in spiritual thoughts, and so only *fret at themselves* when they fall into disappointment, not knowing what is the matter with them, they will live in a lifeless, barren frame all their days.

By the strength of their *natural abilities*, men may *frame thoughts of God*, and heavenly things in their minds, according unto the knowledge they have of them. They may methodize them by rules of *art*, and express them elegantly unto others. But even while they do so, they may be far enough from being *spiritually minded*. For there may be in their thoughts no *actings of faith, love, or holy delight in God*, or any grace at all. But such alone are things which we inquire after, they are such only as wherein the graces of the Spirit are in their proper exercise. With respect unto them, we have no sufficiency in ourselves, *all our sufficiency must be of God*. There is no truth among persons of light and knowledge more generally granted in the notion of it than this, that of
ourselves

ourselves we can do nothing; and none more neglected in daily practice. Men profess they can *do nothing of themselves*, and yet go about their duties as if they *could do all things*.

3. Remember, that I have not at present treated of *solemn, stated meditation*. Concerning which, other rules and instructions ought to be given. By *solemn or stated meditation*, I intend the thoughts of some subject spiritual and divine, with the fixing, forcing, and ordering our thoughts about it, with a design to affect our own hearts and souls with the matter of it, or the things contained in it. By this design it is distinguished from the *study* of the word, wherein our principal aim is to learn the truth, or to declare it unto others. And so also from *prayer*, whereof God himself is the immediate object. But in *meditation* it is the affecting of our own hearts and minds, with *love, delight and humiliation*. At present, I have only shewed what it is to be *spiritually minded*, and that in this instance of our *thoughts*, as they proceed from the habitual frame of our hearts and affections; or of what sort the constant course of our thoughts ought to be, with respect unto all the occasions of the *life of God*. This persons may be in a readiness for, who are yet *unskilful* in, and unable for stated meditation. For there is required thereunto such an exercise of our natural faculties and abilities, as some, through their weakness and ignorance are incapable of. But as unto what we have hitherto insisted on, it is not unattainable by any in whom is the spirit of faith and love. For it is but the frequent actings of them that I intend. Wherefore do your hearts and affections lead you unto *many thoughts* of God and spiritual things? Do they *spring up in you*, as water in a well of living waters? Are you ready, on all occasions, to *entertain* such thoughts, and to be conversant with them, as opportunity doth offer itself? Do you *labour* to have in a readiness what is *useful* for you, with respect unto temptations and duties?

duties? Is *God in Christ*, and the things of the gospel, the ordinary *retreat* of your souls? Though you should not be able to carry on an orderly, stated meditation in your minds, yet you may be *spiritually minded*.

A man may not have a capacity and ability to carry on a great trade of merchandise in the world. The knowledge of all sorts of commodities and seasons of the world, and nations of it, with those contrivances and accounts which belong unto such *trade*, may be above his comprehension, and he may quickly ruin himself in undertaking such an employment. Yet may the abilities of this man serve him well enough to carry on a *retail trade* in a *private shop*, wherein perhaps he may thrive as well, and get as good an estate as any of those whose *greater capacities* lead them forth unto more *large* and hazardous employments. So it may be with some in this case. The natural faculties of their minds are not sufficient to enable them unto *stated meditation*. They cannot cast things into that *method* and order which is required thereunto; nor frame the *conceptions* of their minds into words significant and expressive; yet as unto *frequency of thoughts of God*, and a disposition of mind thereunto, they may *thrive* and be *skilful* beyond most others of greater natural abilities. Howbeit, because even *stated meditation* is a necessary duty; yea the principal way whereby our *spiritual thoughts* do profitably act themselves, I shall have regard thereunto in the following direction; wherefore,

4. Whatever *principle of grace we have in our minds*, we cannot attain unto a ready exercise of it in a way of *spiritual meditation or otherwise*, without great diligence, nor without great difficulty.

It was shewed at the entrance of this discourse, that there is a difference in *this grace*, between the *essence, substance*, or reality of it, which we would not exclude men from, under many failings or infirmities;

firmities; and the useful *degrees* of it, wherein it hath its principal exercise. As there is a difference in life natural, and its actings, in a weak, *diseased, sickly body*, and in that which is of a good constitution and in a vigorous health. Supposing the first, the reality of this grace, be wrought in us, or implanted in our minds by the holy ghost, as a principal part of that *new nature* which is the workmanship of God, created in Christ Jesus unto good works; yet unto the growth and improvement of it, as of all other graces, our own diligent care, watchfulness, and spiritual striving in all holy duties are required. Unless the most *fruitful* ground be manured, it will not bring forth an useful crop. Let not any think that this frame of a *spiritual mind*, wherein there is a disposition unto, and a readiness for all holy thoughts of God, of Christ, of spiritual and heavenly things, at all times and on all occasions, will befall him, and continue with him he knows not how. As good it is for a *poor* man to expect to be rich in this world without industry, or a weak man to be strong and healthy without food and exercise; as to be *spiritually minded* without an earnest endeavour after it. It may be inquired what is requisite thereunto? And we may name some of those things without which such an *holy frame* will not be attained. As,

1. A continual watch is to be kept in and on the soul against the *incursions* of vain thoughts and imaginations, especially in such seasons wherein they are apt to obtain advantage. If they are suffered to make an *inroad* into the mind, if we *accustom* ourselves to give them entertainment, if they are wont to lodge within, in vain shall we hope or desire to be spiritually minded. Herein consists a principal part of that duty which our Saviour so frequently, so *emphatically* chargeth on us all; namely, to *watch*, *Mark* iii. 37. Unless we keep a strict watch herein, we shall be betrayed into the hands of our spiritual enemies; for all

such *thoughts* are but making provision for the flesh to fulfil its desires in the lust thereof, however they may be disappointed as unto actual sin. This is the substance of the advice given us in charge, *Prov. iv. 23. Keep thy heart with all diligence, for out of it are the issues of life.*

2. Careful avoidance of all societies and businesses of this life, which are apt, under various pretences, to draw and seduce the mind unto an earthly or sensual frame. If men will venture on those things which they have found by *experience*, or may find by *observation*, that they seduce and draw off their minds from an heavenly frame unto that which is contrary thereunto, and will not *watch* unto their avoidance, they will be filled with the fruit of their own ways. Indeed the common converses of professors among themselves and others, walking, talking, and behaving themselves like other men, being as full of the world as the world is of itself, have lost the grace of being spiritually minded within, and stained the glory of profession without. The rule observed by *David* will manifest how careful we ought to be herein, *Psal. xxxix. 1, 2, 3. I said I will keep heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle while the wicked is before me. I was dumb with silence; I held my peace even from good, and my sorrow was stirred. My heart was hot within me, while I was musing, the fire burned; then spake I with my tongue:* which place was spoken unto before.

3. An *holy constraint* put on the mind to abide in the duty of spiritual thoughts and meditations; pressing it continually with the consideration of their necessity and usefulness. The mind will be apt of itself to start aside from duties *purely spiritual*, through the mixture of the flesh abiding in it. The more *inward* and *purely spiritual* any duty is, which hath no outward advantages, the more prone will the mind be to decline from it. It will be so, more from *private prayer*

prayer than public, more from *meditation* than prayer. And other things will be apt to draw it aside from objects without, and various stirrings of the affections within. An holy constraint is to be put upon it, with a sudden rejection of what rises up to its diversion or disturbance. Wherefore, we are to call in all *constraining motives*, such as the consideration of the *love of Christ*, 2 Cor. v. 14. to keep the mind steady unto its duty.

4. *Diligent use of means* to furnish the soul with that *light and knowledge* of heavenly things, which may administer continual *matter of holy thoughts and meditations* from within ourselves. This hath been spoken unto at large before. And the want hereof is that which keeps many from the least proficiency in these duties. As a man may have some skill or ability for a *trade*, yet if he have no materials to work upon, he must sit still and let his trade alone. And so must men do unto the work of *holy meditation*: whatever be the ability of the natural faculties, their *inventions* or *memories*, if they are not furnished with *knowledge of things spiritual and heavenly*, which are the subject matter of such meditations, they must let their work alone. Hence the apostle prays for the *Colossians*, that the word of God might *dwell in them richly in all wisdom*, Chap. iii. 16. That is, that they might abound in *the knowledge of the mind of Christ*, without which we shall be unfit for this duty.

5. *Unweariedness in our conflict with Satan*, who, by various artifices and the injection of *fiery darts*, labours continually to divert us from the duties. He is seldom or never wanting unto this occasion. He who is furnished in any measure with *spiritual wisdom and understanding*, may find him more sensibly at work in his craft and opposition with respect unto this duty, than any other way. When we stand thus before the Lord, he is *always at our right hand to re-*

fiſt us. And oftentimes his ſtrength is great. Hence, as was obſerved, oftentimes men deſign really to exerciſe themſelves in holy thoughts, but end in vain imaginations, and rather take up with trifles than continue in this duty. Steadineſs in the reſiſtance of him, on theſe occaſions, is one great part of our *ſpiritual warfare*. And we may know that he is at work, by his engines and methods. For they conſiſt in his ſuggeſtion of vain, fooliſh, or corrupt imaginations. When they begin to *riſe in our minds*, at ſuch times as we would engage them in ſpiritual meditations, we may know aſſuredly from whence they are.

6. *Continual watchful care, that no root of bitterneſs ſpring up and defile us, that no luſt or corruption be predominant in us.* When it is ſo, if perſons, in compliance with their convictions, do endeavour ſometimes to be exerciſed in theſe duties, they ſhall labour in the very fire, where all their endeavours will be immediately conſumed.

7. *Mortifications unto the world in our affections and deſires, with moderation in our endeavours after the needful things of it, are alſo neceſſary hereunto; yea to that degree, that without them no man can in any ſenſe be ſaid to be ſpiritually minded.* For otherwiſe our affections cannot be ſo preſerved under the power of grace, as that ſpiritual things may be always ſerviceable unto us.

Some, it may be, will ſay, that *if all theſe things are required thereunto, it will take up a man's whole life and time to be ſpiritually minded.* They hope they may attain it at an eaſier rate, and not forget all other advantages and ſweetneſſes of life, which a ſtrict obſervation of theſe things would caſt them upon.

I anſwer; that however it may prove an *hard ſaying* unto ſome, yet I muſt ſay it, and my heart would reproach me if I ſhould not ſay, that if the *principal part of our time* be not ſpent about theſe things; what~

whatever we suppose, we have indeed neither life nor peace. The first fruits of all were to be offered unto God; and in sacrifices he required the blood, and the fat of the inwards. If the *best be not his*, he will have nothing. It is so as to our time. Tell me, I pray you, how you can spend your *time* and your *lives* better, or to better purpose; and I shall say, Go on and prosper. I am sure some *spend so much of their time* so much worse, as it is a shame to see it. Do you think you came into this world to spend your whole time and strength in your employments, your trades, your pleasures, unto the satisfaction of the will of the flesh and of the mind? Have you time enough to eat, to drink, to sleep, to talk *unprofitably*, it may be *corruptly*, in all sorts of unnecessary societies, but have not enough *to live unto God*, in the very essentials of that life which consists in these things? Alas! you came into the world under the law; *it is appointed to all men once to die, and after that is the judgment*; and the end why your life here is granted unto you, is that you may be prepared for that judgment. If this be neglected, if the *principal part of your time* be not improved with respect unto this end, you will fall under the sentence of it unto eternity.

But men are apt to mistake in this matter. They may think that these things tend to take them off from their *lawful employments and recreations*, which they are generally afraid of, and unwilling to purchase any frame of mind at so dear a rate. They may suppose, that to have men *spiritually minded*, we would make them mopes, and to disregard all the lawful occasions of life. But let not any be mistaken; I am not upon a design that will be easily, or, it may be, honestly defeated. Men are able to defend themselves in their *callings and enjoyments*, and to satisfy their consciences against any persuasions to the contrary. Yet there is a season wherein we are obliged *to part with all we have,*

have, and give up ourselves wholly to follow Christ in all things. *Matth. xix. 21.* And if we neglect or refuse it *in that season*, it is an evidence that we are hypocrites. And there was a time when *superstition* had so much power on the minds of men, that multitudes were persuaded to forsake, to give up all their interest in *relations, callings, goods, possessions*, and betake themselves unto tedious pilgrimages, yea, hard services in war, to comply with that superstition; and it is not the glory of our profession, that we have so few instances of men parting with all, and giving up themselves unto heavenly retirement. But I am at present on no such design; I aim not to take men out of their lawful earthly occasions, but to bring spiritual affections and thoughts into the management of them all. The things mentioned will deprive you of *no time* you can lay a claim unto, but sanctify it all.

I confess, he must be a great *proficient in spirituality* who dares venture on an *absolute retirement*, and he must be well satisfied that he is not called unto an usefulness among men inconsistent *therewith*. Unto them it may prove a disadvantage. Yet this, also, is attainable, if other circumstances do concur. Men under the due exercise of grace, and the improvement of it, may attain unto that *fixedness in heavenly mindedness*, that inconcernment in all things here below, as to give themselves up entirely and continually unto heavenly meditation, and unto a blessed advancement of all grace, and a near approach unto glory. And I would hope it was so with many of them in ancient times, who renounced the world, with all circumstances of relations, state, inheritances, and betook themselves unto retirement in wildernesses, to abide always in divine contemplation. But afterwards, when *multitudes*, whose minds were not so prepared, by a real growth in all grace, and mortification unto the world, as they were, betook themselves under the same pretences unto a *monastical retirement*, the devil, the

the world, sensual lusts, superstition, and all manner of evils pursued them, found them out, possessed them, unto the unspeakable damage and scandal of religion.

This therefore is not that which I invite the *common sort of Believers* unto. Let them that are able and free, receive it. The generality of Christians have lawful callings, employments, and businesses, which ordinarily they ought to abide in. That they also may live unto God in their occasions, they may do well to consider two things.

1. Industry in men's callings is a thing in itself very commendable. If in nothing else, it hath an advantage herein, that it is a means to preserve men from *those excesses in lust and riot*, which otherwise they are apt to run into. And if you consider the two sorts of men, whereinto the generality of men are distributed, namely, of them *who are industrious in their affairs*, and those *who spend their time, as far as they are able, in idleness and pleasure*, the former sort are far more amiable and desirable. Howbeit, it is capable of being greatly abused. Earthly mindedness, covetousness, devouring things holy as to times and seasons of duty, uselessness, and the like pernicious vices, do invade and possess the minds of men. There is no *lawful calling* that doth absolutely exclude this grace of being *spiritually minded* in them that are engaged in it, nor any that doth include it. Men may be in the *meanest of lawful callings*, and be so, and men may be in the *best and highest*, and not be so. Consider the calling of the *ministry*: the work and duty of it calls on those that are employed in it, to have their minds and thoughts conversant about spiritual and heavenly things. They are to *study* about them, to *meditate* on them, to *commit them unto memory*, to speak them out unto others. It will be said, Surely such men must needs be spiritually minded. If they go no farther than what is mentioned,

I say they must needs be so, as *printers* must needs be *learned*, who are continually conversant about letters. A man may with great industry engage himself about these things, and yet his mind most remote from being *spiritual*. The event doth declare that it may be so, and the reasons of it are manifest. It requires as much, if not more watchfulness, more care, more humility, for a minister to be spiritually minded in the discharge of his calling, than to any sort of men in theirs: and that, as for other reasons, so because the commonness of the exercise of such thoughts, with their design upon others in their expression, will take off their power and efficacy. And he will have little benefit by his own *ministry*, who endeavours not, in the first place, an experience in his own heart of the power of the truths which he doth teach unto others. And there is evidently as great a failing herein among us, as among any other sort of Christians, as every occasion of trial doth demonstrate.

2. Although industry in any honest calling be allowable, yet unless men labour to be spiritually minded in the exercise of that industry, they have neither life nor peace. Hereunto all the things before mentioned are necessary; I know not how any of them can be abated, yea more is required than is expressed in them. If you burn this roll, another must be written, and many like things must be added unto it. And the objection from the expence of time in the observance of them, is of no force. For a man may do as much work whilst he is spiritually minded as whilst he is carnal. Spiritual thoughts will no more hinder you in your callings than those that are *vain* and earthly, which all sorts of men can find leisure for in the midst of their employments. If you have filled a vessel with chaff, yet you may pour into it a great deal of water, which will be contained in the same space and vessel. And if it be necessary that you should take in much of the chaff of the world

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into your minds, yet are they capable of such *measures of grace* as shall preserve them sincere unto God.

Fifthly, This frame will never be preserved, nor the duties mentioned be ever performed in a due manner, unless we *dedicate some part of our time peculiarly unto them*. I speak unto them only concerning whom I suppose that they do daily *set apart some portion of time* unto holy duties, as prayer and reading of the word, and they find, by experience, that it succeeds well with them. For the most part, if they lose their *seasons*, they lose their duties. For some have complained, that the urgency of business, and multiplicity of occasions driving them at first from the *fixed time* of their duties, hath brought them into a course of neglecting duty itself. Wherefore, it is our wisdom to *set apart* constantly some part of our time unto the exercise of our thoughts about spiritual things in the way of meditation. And I shall close this discourse with some directions in this particular, unto them who complain of their disability for the discharge of this duty.

(1.) Choose and separate a *fit time or season*, a time of freedom from other occasions and diversions. And because it is our duty to *redeem time* with respect unto holy duties, such a season may be the more useful, the more the *purchase of it* stands us in. We are not at any *time* to serve God with what *costs us nought*, nor with *any time* that comes within the same *rule*. If we will allow only the *refuse of our time* unto this duty, when we have nothing else to do, and it may be, through weariness of occasions, are *fit for nothing else*, we are not to expect any great success in it. This is one pregnant reason why men are so cold and formal, so lifeless in spiritual duties, namely, the times and seasons which they allot unto them. When the body is wearied with the labours and occasions of the day, and, it may be, the mind in its natural faculties indisposed, even by the means of necessary refreshment,
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men think themselves meet to *treat with God* about the great concernments of his glory, and their own souls. This is that which God condemneth by the prophet, *Mal. i. 8.* *And if you offer the blind for sacrifice, is it not evil? And if you offer the lame and sick, is it not evil? Offer it now unto thy governor, will he be pleased with thee, or accept thy person?* Both the law of nature, and all the laws of holy institutions, do require that we should serve God *with the best that we have*, as all the *fat of the inwards* was to be offered in sacrifice. And shall we think to offer that time unto God, wherein we are unmeet to appear before an earthly ruler? Yet such, in my account, are the seasons, especially the *evening seasons*, that most men choose for the duties of their holy worship. And you may do well to consider, that beyond the day and time which he hath taken unto himself by an everlasting law, how little of the choice of your time you have offered unto God as a free-will offering, that you may be excited to future diligence. If, therefore, you seriously intend this duty, choose the seasons for it wherein you are the most fit, when even the *natural vigour of your spirits* is most free and active. Possibly some will say, this may be such a time as when the occasions of the world do call most earnestly for your attendance unto them. I say that is the season I would recommend. And if you can conquer our minds to *redeem it* for God at that rate, your endeavours in it will be prosperous. However, trust not to times that will offer themselves. Take them not up at hazard. Let the time itself be a *free-will offering* to God, taken from the *top* of the heap, or the choicest part of your useful time.

(2.) *Preparation of mind unto a due reverence of God and spiritual things, is required previously hereunto.* When we go about this duty, if we rush into thoughts of heavenly things without a due reverential preparation, we shall quickly find ourselves at a loss.

lofs. See the rule, *Eccles. v. 1, 2. Grace to serve God with reverence and godly fear*, is required in all things wherein we have to do with him, as in this duty we have in an immediate and especial manner. Endeavour, therefore, in the first place, to get your hearts *deeply affected with an awful reverence of God*, and an holy regard unto the heavenly nature of the things you would meditate upon. Hereby your minds will be composed, and the roots of other thoughts, be they vain or earthly, which are apt to arise and divert you from this duty, will be cast out. The principles of these contrary thoughts are like *Jacob and Esau*, they struggle in the same womb, and oftentimes *Esau* will come first forth, and for a while seem to carry the birth-right. If various thoughts do conflict in our minds, some for this world, and some for another, those for this world may carry it for a season. But where a due reverence of God hath cast out the *bondwoman and her children*, the workings of the flesh in its vain thoughts and imaginations, the mind will be at liberty to exercise itself on spiritual things.

(3.) *Earnest desires after a renewed sense and spirit of spiritual things* are required hereunto. If we engage into this duty merely on a conviction of the necessity of it, or set ourselves about it because we think we ought to do so, and it will not be well done utterly to neglect it, we may not expect to be successful in it: but when the soul hath at any time *tasted that the Lord is gracious*; when its meditations on him *have been sweet*; when spiritual things have had a favour and relish in the mind and affections; and hereon it comes unto this duty with earnest desires to have the like tastes, the like experience, yea, to have them increased; then is it in the way of an hopeful progress. And this also will make us persevere in our endeavours to go through with what we undertake; namely, when we do know, by former experience, what

what is to be attained in it, if we dig and search for it as treasure.

If you shall think that the right discharge of this duty may be *otherwise attained*; if you suppose that it *deserves not* all this cost and charge about it; judge by what is past, whether it be not adviseable to give it over and let it alone. As good lie quietly on the ground, as continually attempt to rise, and never once effect it. Remember how many successful attempts you have made upon it, and all have come to nothing, or that which is as bad as nothing. I cannot say that in this way you shall always succeed; but I fear you will never have success in this duty, without such things as are of the same nature and use with it.

When, after this preparation, you find yourselves yet perplexed and entangled, not able comfortably to persist in spiritual thoughts, unto your refreshment, take these two directions for your relief.

1. *Cry and sigh to God for help and relief.* Bewail the darkness, weakness, and instability of your minds, so as to groan within yourselves for deliverance. And if your *designed meditations* do issue only in a renewed gracious sense of your own weakness and insufficiency, with application unto God for supplies of strength, they are by no means *lost as unto a spiritual account*. The thoughts of *Hezekiah*, in his meditations, did not seem to have any great order or consistency, when he so expressed them; *like a crane or a swallow, so did I chatter: I did mourn as a dove: mine eyes failed with looking upwards; O Lord, I am oppressed, undertake for me.* Isa. xxxviii. 14. When the soul labours sincerely for communion with God, but sinks into *broken, confused thoughts* under the weight of its own weakness, yet if he looks to God for relief, his *chattering and mourning* will be accepted with God, and profitable unto himself.

2. Supply

2. Supply *the brokenness of your thoughts with ejaculatory prayers*, according as either the matter of them, or your defect in the management of them doth require. So was it with *Hezekiah* in the instance before mentioned; where his own meditations were *weak and broken*, he cries out in the midst of them, *O Lord, I am oppressed, undertake for me.* And meditation is properly a *mixture of spiritual apprehension of God and heavenly things, in the thoughts and conceptions of the mind, with desires and supplications thereon.*

It is good and profitable to have some special designed subject of meditation in our thoughts. I have at large declared before what things are the *proper objects* of the thoughts of them that are *spiritually minded*. But they may be more peculiarly considered as the matter of designed meditation. And they may be taken out of some especial *spiritual experience* that we have lately had, or some *warnings* we have received of God, or something wherewith we have been *peculiarly affected* in the reading or preaching of the word, or what we find the *present posture* and frame of our minds and souls to require; or that which supplies all most frequently, *the person and grace of our Lord Jesus Christ.* If any thing of this nature be peculiarly designed, *antecedently unto this duty*, and a season be sought for it with respect thereunto, the mind will be fixed and kept from wandering after variety of subjects, wherein it is apt to lose itself, and brings nothing to perfection.

Lastly, be not discouraged with an apprehension, that all that you can attain unto in the discharge of this *duty is so little, so contemptible, as that it is to no purpose to persist in it.* Nor be wearied with the *difficulties you meet withal in its performance.* You have to do with him only in this matter, who will not break the bruised reed, nor quench the smoking flax; whose will it is, that none should *despise the day of small things.* And if there be in this duty a *ready mind,*

mind, it is accepted according to what a man hath, and not according to what he hath not. He that can bring into this treasure only *the mites of broken desires and ejaculatory prayers*, so they be his *best*, shall not come behind them who cast into it out of their great abundance in ability and skill. To faint and give out, because we cannot arise unto such a height as we aim at, is a fruit of pride and unbelief. He who finds himself to gain nothing by continual endeavours after holy, fixed meditations, but only a *living, active sense of his own vileness and unworthiness*, is a sufficient gainer by all his pains, cost, and charge. But ordinarily it shall not be so; constancy in the duty will give ability for it. Those who conscientiously abide in its performance, shall increase in light, wisdom, and experience, until they are able to manage it with great success. These few plain directions may possibly be of some use unto the weaker sort of Christians, when they find a disability in themselves unto the discharge of this duty, wherein those who are spiritually minded ought to be peculiarly exercised.

P A R T II.

C H A P. XI.

*The Seat of Spiritual Mindedness in the Affections.
The Nature and Use of them. The Ways and
Means used by God himself, to call the Affections of
Men from the World.*

IN the account given at the entrance of this discourse, of what it is to be *spiritually minded*, it was reduced unto three heads.

The *first* was the *habitual frame, disposition, and inclination of the mind in its affections*.

The *second* was the *usual exercise of the mind in its thoughts, meditations, and desires about heavenly things*.

Whereunto, *thirdly*, was added, the *complacency of mind in that relish and savour which it finds in spiritual things*, so thought and meditated on.

The *second* of these hath hitherto alone been spoken unto, as that which leads the way unto the others, and gives the most *sensible evidence* of the state inquired after. Therein consists the *stream*, which, rising in the *fountain* of our *affections*, runs into a holy rest and complacency of mind.

The *first* and *last* I shall now handle together, and therein comprehend the account of what it is to be *spiritually minded*.

Spiritual affections, whereby the soul adheres unto spiritual things, taking in such a savour and relish of them, as wherein it finds rest and satisfaction, is the peculiar spring and substance of our being spiritually minded. This is that which I shall now further explain and confirm.

The greatest contest of heaven and earth is about the *affections* of the poor worm, which we call man. That the *world* should contend for them, is no wonder.

der. It is the *best* that it can pretend unto. All things here below are capable of no higher ambition than to be *possessed of the affections of men*. And as they lie under the curse, it can do us no greater mischief than by prevailing in this design. But that the *holy God* should, as it were, engage in the contest, and strive for the affections of man, is an effect of *infinite condescension and grace*. This he doth expressly; *my son*, saith he, *give me thy heart*, Prov. xxiii. 26. It is our affections he asketh for, and comparatively nothing else; to be sure he will accept of nothing from us without them. The most fat and costly sacrifice will not be accepted, if it be without a heart. All the ways and methods of the dispensation of his will, by his word, all the designs of his effectual grace, are suited unto, and prepared for this end, namely, to recover the affections of man unto himself. So he expresseth himself concerning his word. *Deut. x. 12. And now, Israel, what doth the Lord thy God require of thee, but to fear the Lord thy God, to walk in all his ways, and to love, and to serve the Lord thy God, with all thy heart, and with all thy soul?* And as unto the word of his grace, he declares it unto the same purpose, *Deut. xxx. 6. And the Lord thy God will circumcise thy heart, and the heart of thy seed; to love the Lord thy God with all thy heart, and with all thy soul.*

And on the other side, all the *artifices* of the world, all the *paint* it puts on its face, all the great *promises* it makes, all the *false appearances* and *attires* it cloathes itself withal, by the help of Satan, have no other end but to *draw and keep the affections of men unto itself*. And if the world be preferred before God, in this address which is made unto us for our affections, we shall justly perish with the world unto eternity; and be rejected by him whom we have rejected. *Prov. i. 24, 25. 31.*

Our

Our affections are, upon the matter, our all. They are all we have to give or bestow; the only power of our souls, whereby, if we may give away ourselves from ourselves, and become another's. Other faculties of our souls, even the most noble of them, are suited to receive in unto our own advantage; by our affections we can give away *what we are, and have*. Hereby, we give our hearts unto God, as he requireth. Wherefore unto him we give our affections, unto whom we give our all, ourselves, and all that we have; and to whom we give them not, whatever we give, upon the matter, we give nothing at all.

In what we do unto, or for others; whatsoever is good, valuable, or praise-worthy in it, proceeds from the *affections* wherewith we do it. To do any thing for others without an *animating affection*, is but a contempt of them; for we judge them really unworthy, that we should do any thing for them: to give to the poor upon their importunity, without pity or compassion; to supply the wants of saints without love and kindness, with other actings and duties of the like nature, are things of no value, things that can commend us neither unto God nor men. It is so in general with God and the world. Whatever we do in the service of God, whatever duty we perform on his command, whatever we undergo, or suffer for his name-sake, if it proceeds not from the cleaving of our souls unto him by our *affections*, it is despised by him; he owns us not. *As if a man would give all the substance of his house for love, it would utterly be condemned. Cant. v.* So if a man would give to God all the *substance of his house* without love, it would in like manner be despised. And however, on the other hand, we may be diligent, industrious, and sedulous in and about the things of this world, yet, if it have not our *affections*, we are not of the world, we belong not unto it. *They are the seat of all sincerity,*
which

which is the jewel of divine and human conversation, the life and soul of every thing that is good and praise-worthy; whatever men pretend, as their affections are, so are they. *Hypocrisy* is a deceitful interposition of the mind, on various reasons and pretences, between men's *affections* and their *profession*, whereby a man appears to be what he is not. *Sincerity* is the open avowment of the reality of men's *affections*, which renders them good and useful.

Affections are in the soul as the *helm in the ship*; if it be laid hold on by a skilful hand, he turneth the whole vessel which way he pleaseth. If God hath the powerful *hand of his grace upon our affections*, he turns our soul unto a compliance with his institutions, instructions, in mercy, affections, trials, all sorts of providences, and holds them firm against all winds and storms of temptations, that they shall not hurry them on pernicious dangers. Such a soul alone is tractable and pliable unto all intimations of God's will.

All others are stubborn and obstinate, stout hearted, and far from righteousness. And when the world hath the hand on our affections, it turns the mind, with the whole industry of the soul, unto its interest and concerns. And it is in vain to contend with any thing that hath the *power of our affections* in its disposal, it will prevail at last.

On all these considerations, it is of the highest importance to consider aright how things are stated in our *affections*, and what is the prevailing bent of them. *Iron sharpeneth iron, so a man sharpeneth the countenance of his friend*, saith the wise man. *Prov. xxvii. 17.* Every man hath his edge, which may be sharpened by outward helps and advantages. The predominant inclination of a man's *affections* is his edge. According as that is set, so he cutteth and works; that way he is sharp and keen, but blunt unto all other things.

Now

Now because it must be, that our affections are either *spiritual* or *earthly* in a prevailing degree, that either *God* hath our hearts, or the *world*, that our edge is towards *heaven*, or towards *things here below*, before I come to give an account of the nature and operations of spiritual affections, I shall consider and propose some of these *arguments and motives* which God is pleased to make use of, to call off our affections from the desirable things of this world; for as they are weighty and cogent, such as cannot be neglected, without the greatest contempt of divine wisdom and goodness, so they serve to press and enforce those arguments and motives that are proposed unto us, to set our *affections on things that are above*, which is to be spiritually minded.

First. He hath, in all manner of instances, poured *contempt on the things of this world*, in comparison of things spiritual and heavenly. All things here below were at first made beautiful and in order, and were declared by God himself to be *exceeding good*, and that not only in their being and nature, but in the use whereunto they were designed. They were then desirable unto men, and the enjoyment of them would have been a blessing, without danger of temptation; for they were the *ordinance of God*, to lead us unto the knowledge of him, and love unto him: but since the entrance of sin, whereby the *world fell under the curse*, and into the power of Satan, the things of it in his management are become effectual means to draw off the heart and the affections from God: for it is the world and the things of it, as summed up by the apostle, 1 *Joh.* ii. 15, 16. that alone strive for our affections to be the object of them. Sin and Satan do but *woe for the world* to take them off from God: by them doth the God of this world *blind the eyes of them that believe not*; and the principal way whereby he worketh in them is by promises of satisfaction unto all the lusts of the minds of men, with a proposal of
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whatever is dreadful and terrible in the want of them. Being now in this state and condition, and used unto this end, through the *craft of Satan*, and the *folly of the minds of men*, God hath shewed, by various instances, that they are all *vain*, empty, unsatisfactory, and every way to be despised, in comparison of things eternal.

First. He did it most eminently and signally in the *life, death, and cross of Christ*. What can be seen or found in this world, after the Son of God hath spent his life in it, not having where to lay his head; and after he went out of it on the cross? Had there been ought of real worth here below, certainly he had enjoyed, if not crowns and *empires*, which were all in his power, yet such *goods* and *possessions* as men of sober reasonings, and moderate affections do esteem a competency. But things were quite otherwise disposed, to manifest that there is nothing of value or use in these things, but only to support nature unto the performance of service unto God, wherein they are serviceable unto eternity. He never attained, he never enjoyed more than *daily supplies of bread* out of the stores of Providence, and which alone he hath instructed us to pray for. *Matt. viii. 20.* In his cross the world proclaimed all its good qualities, and all its powers, and hath given unto them that believe its naked face to view and contemplate. Nor is it now one jot more comely than it was when it had gotten Christ on the cross. Hence is that inference and conclusion of the apostle (*Gal. vi. 14.*), *But God forbid that I should glory, save in the cross of our Lord Jesus Christ, whereby the world is crucified unto me, and I unto the world.* Since I have believed, since I have a sense of the power and virtue of the cross of Christ, I have done with all things in this world; it is a dead thing unto me, nor have I any affection for it. This is that which made the difference between the promises of the Old Covenant and the New: for they were

were many of them about temporal things, the good things of this world and this life; those of the New are mostly of things spiritual and eternal. God would not call off the church wholly from a regard unto these things, until he had given a demonstration of their emptiness, vanity, and insufficiency in the cross of Christ. 2 Cor. iv. 16, 17, 18.

Whither so fast, my friend? *What meaneth this rising so early, and going to bed late, eating the bread of carefulness?* Why this diligence? Why these contrivances? Why these savings and hoardings of riches and wealth? To what end is all this care and counsel? Alas! saith one, it is to get that *which is enough in and of this world* for me and my children, to prefer them, to raise an estate for them, which, if not so great as others, may yet be a competency, to give them some satisfaction in their lives, and some reputation in the world. Fair pretences! neither shall I ever discourage any from the exercise of industry in their lawful callings: but yet I know, that with many this is but a pretence and covering for a shameful engagement of their affections unto the world. Wherefore, in all these things, be persuaded sometimes to have an eye to *Jesus, the author and finisher of our faith*: behold how he is set before us in the gospel, poor, despised, reproached, persecuted, nailed to the cross, and all this by the world. Whatever be your designs and aims, let his cross continually interpose between your affections and this world. If you are believers, your hopes are within a few days to be with him for evermore. Unto him you must give an account of yourselves, and what you have done in this world: will it be accepted with him to declare what you have saved of this world; what you have gained; what you have preserved and embraced yourselves in; and what you have left behind you? Was this any part of his employment and business in this world? Hath he left us an example for any such course? Wherefore

fore no man can set his affections on things here below, who hath any regard unto the pattern of Christ, or is any measure influenced with the power and efficacy of his cross. *My love is crucified*, said an holy martyr of old; he whom his soul loved was so, and in him his love unto all things here below. Do you, therefore, find your affections ready to be engaged unto, or too much entangled with the things of this world? Are your desires of increasing them, your hopes of keeping them, your fears of losing them, your love unto them, and delight in them, operative in your minds, possessing your thoughts, and influencing your conversations? Turn aside a little, and by faith contemplate the life and death of the Son of God; a blessed glass will it be, where you may see what contemptible things they are which you perplex yourselves about. Oh! that any of us should love or esteem the things of this world, the power, riches, goods, or reputation of it, who have had a spiritual view of them in the cross of Christ!

It may be,* it will be said, that the circumstances mentioned were *necessary unto the Lord Christ*, with respect unto the especial *work* he had to do, as the Saviour and Redeemer of the church; and, therefore, it doth not thence follow that we ought to be poor, and want all things, as he did. I confess it doth not; and, therefore, do all along make an allowance for honest industry in our callings. But this follows unavoidably hereon, that what he did forego and trample on for our sake, that ought not to be the object of our affections; nor can such affections prevail in us, if he dwell in our hearts by faith.

Secondly. He hath done the same *in his dealings with the apostles*, and generally with all that have been most dear unto him, and instrumental unto the interest of his glory in the world, especially since life and immortality were brought to light by the gospel. He had great work to do by the apostles, and that of
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the greatest use unto his interest and kingdom. The laying of the foundations of the glorious kingdom of Christ in the world was committed unto them. Who would not think that he should provide for them, if not *principalities or popedom*s, yet at least *archbishopricks and bishopricks*, with other good ecclesiastical dignities and preferments? Hereby might they have been made meet *to converse with princes*, and had been freed from the contempt of the vulgar; but *Infinite Wisdom* did otherwise dispose of them and their concerns in this world: for as God was pleased to exercise them with the common afflictions and calamities of this life, which he makes use of to take off the sweetness of *present enjoyments*, so they lived and died in a condition of poverty, distress, persecution, and reproach. 'God set them forth as examples as unto other ends, namely, of *light, grace, zeal, and holiness* in their lives, so to manifest of how little concernment unto our own blessedness, or an interest in his love, *is the abundance of all things here below*, as also, that the want of them all may consist with the highest *participation* of his love and favour. 1 Cor. iv. 9. 11, 12, 13. *For I think that God hath set forth us the apostles last, as it were, appointed to death. For we are made a spectacle unto the world, and unto angels, and to men. Even unto this present hour we both hunger and thirst, and are naked, and are buffeted, and have no certain dwelling-place, and labour working with our own hands: being reviled, we bless; being persecuted, we suffer it; being defamed, we intreat: we are made as the filth of the world, and are the off-scouring of all things unto this day. And if the consideration hereof be not of weight with others, undoubtedly it ought to be so with them who are called to preach the gospel, and are the successors to the apostles.* There can be nothing more *uncouth, absurd, and shameful*, nothing more *opposite* unto the intimation

of the *wisdom and will of God*, in his dealings with those *first and most honourable dispensers of it*, than for such persons to seek and follow greedily after secular advantages, in *worldly powers, riches, wealth, and honour*. Hence there hath been, in former ages, an endeavour to separate such persons as were by any means dedicated unto the *ministry of the gospel*, from all *secular dignities, and revenues*. Yea, some maintained, that they were to enjoy nothing of their own, but were to live on *alms, or the free contributions of the people*. But this was quickly condemned as *heresy* in *Wickliff* and others. Yet another sort set up, that would pretend thereunto, as unto themselves, though they would not oblige all others unto the same rule. This produced some *swarms of begging friars*, whom they of the church, who were in possession of wealth and power, thought meet to laugh at and let alone; of late years, this *contest is at an end*. The *clergy* have happily gotten the victory, and esteem all due unto them, that they can by any ways obtain; nor is there any greater crime, than for a man to be otherwise minded. But these things are not our present concernment. *From the beginning it was not so*. And it is well if, in such a way, men are able to maintain the frame of mind inquired after, which is life and peace.

Thirdly, God continues to cast contempt on these things, by giving always incomparably the *greatest portion* of them unto the vilest men, and his own avowed enemies. This was a temptation under the *old covenant*, but is highly instructive under the *new*. None will judge those things to be of *real value*, which a wise man casts out daily unto swine, making little or no use of them in his family. Those monsters of men, *Nero and Heliogabalus*, had more interest in, and more power over, the things of this world, than ever had the best of men. *Such villains in nature, so pernicious*

rious unto human society, that their *not being* was the interest of mankind; but yet more of the world poured on them, than they knew either how to *enjoy, possess, use, or abuse*. Look on all the principal *treasures and powers of this world*, as in the hands of one of these *monsters*, and there disposed of by *Divine Providence*, and you may see at what rate God values them.

At this day, the greatest, most noble, wealthy, and fruitful parts of the earth, are given unto the *great Turk*, with some other *eastern potentates*, either *Mahometans or Pagans*, who are prepared for *eternal destruction*. And if we look nearer home, we may see in whose hands is the power of *the chiefest nations of Europe*, and unto what end it is used. The utmost of what some *Christian professors* among ourselves are intent and designing upon, as that which would render them wondrous happy in their own apprehensions, put hundreds of them together, and it would not answer the waste made by the forementioned beasts every day.

Doth not God proclaim herein, that the things of this *world* are not to be valued or esteemed? If they were so, and had a *real worth in themselves*, would the holy and righteous God make such a distribution of them? The most of those whom he loves, who enjoy his favour, not only comparatively have the meanest share of them, but are exercised with all the evils that the destitution and want of them can be accompanied withal. His *open and avowed enemies*, in the mean time, *have more than they know what to do withal*. Who would set his heart and affections on those things which God poureth into the *bosoms of the vilest men*, to be a snare unto them here, and an aggravation of *their condemnation for ever*? It seems, you may go and take the world, and take the curse, death and hell along with it; and what will it profit a man to gain the whole world and lose his own soul? What can any man do on the consideration hereof,

who will not forego all his hopes and expectations from God, but retreat unto the faith of things spiritual and eternal, as containing an excellency in them incomparably above all that may be enjoyed here below?

Fourthly, He doth continue to give perpetual instances of their uncertainty and unsatisfactoriness, in the utter disappointment of men that have had expectations from them. The ways hereof are various, and the instances so multiplied, as that most men in the world, unless they are like the fool in the *gospel*, who had his soul take its ease for many years, because his *barns* were full, live in perpetual fears and apprehensions, that they shall speedily lose whatever they enjoy; or are under the power of a stupid security. But as unto this consideration of them, there is such an account given by the *wise man*, as unto which nothing can be added, or which no reason or experience is able to contradict. *Eccl. ii.* By these and the like ways doth God *cast contempt on all things here below*; discovering the folly and falseness of the promises which the world makes use of to allure our affections unto itself. This, therefore, is to be laid as the foundation in all our considerations, unto what or whom we shall cleave by our affections, that God hath not only declared the insufficiency of these things, to give us that rest and happiness which we seek after, but also poured contempt upon them, in his holy, wise disposal of them in the world.

Secondly, God hath added unto their vanity, by shortening the lives of men, reducing their continuance in this world unto so short and uncertain a season, as it is impossible they should take any solid satisfaction in what they enjoy here below. So it is expressed by the *psalmist*. *Behold thou hast made my days as an hand-breadth, and my age is nothing before thee.* Hence he draws two conclusions.

First, That every man, at his best estate, is but vanity.

Secondly,

Secondly, That every man walks in a vain shew ; surely they are disquieted in vain ; he heapeth up riches, and knoweth not who shall gather them. Psal. xxxix. 5, 6. The uncertainty and shortness of the lives of men render all their endeavours and contrivances about earthly things both vain and foolish. When men lived eight or nine hundred years, they had an opportunity to suck out all the sweetness that was in creature comforts, to make large provisions of them, and to have long projections about them. But when they had so, they all issued in that violence, oppression, and wickedness, which brought the *flood on the world of ungodly men*. And it still so abides ; the more of, and the longer men enjoy these things, the more without the sovereign preservative of grace, will they abound in sin, and provocations of God. But God hath reduced the life of man unto the small pittance of *seventy years* ; casting what may fall out of a longer continuance into *travel and sorrow*. Besides, that space is shortened with the most, by various and innumerable incidences and occasions. Wherefore, in these *seventy years*, consider how long it is before men begin to have a taste or gust of the things of this life ; how many things fall in cross, to make us weary of them before the end of our days ; how few among us, *not one of a thousand, attain that age* ; what is the uncertainty of all men living, as to the continuance of their lives unto the next day ; and we shall see that the holy, wise God, hath left no such season for their enjoyment, as might put a value upon them. And when, on the other hand, it is remembered, that this man, who is of such short continuance in this world, is yet made for eternity, *eternal blessedness or misery*, which state depends wholly on his interest on things above, and setting his affections on them, they must forfeit all their reason, as well as bid defiance unto the grace of God, who gives them up unto things below.

Thirdly, God hath openly and fully declared the danger that is in these things, as unto their enjoyment and use; and what multitudes of souls miscarry, by an inordinate adherence unto them. For they are the matter of those temptations, whereby the souls of men are ruined for ever; the fuel that supplies the fire of their lusts until they are consumed by it.

Men, under the power of spiritual convictions, fall not into sin, fail not eternally, but by the means of temptation. That is the *mire wherein this rush doth grow*. For others who live and die in the madness and wildness of nature, without any restraint in their minds from the power of convictions, they need no external temptations, but only *opportunities* to exert their lusts. But for those who by any means are *convinced of sin, righteousness, and judgment*, so as to design the ordering of their lives, with respect unto the sense they have of them, they fall not into *actual sin*, but upon *temptations*. That, whatever it be, which causeth, occasioneth, and prevaileth on a *convinced person*, unto sin, that is temptation. Wherefore, this is the great means of the ruin of the *souls of men*.

Now, though there are many principles of *temptation*, many causes that actually concur in its *efficacy*, as *sin, Satan, and other men*, yet the *matter of almost all ruinous temptations is taken out of this world, and the things of it*. Thence doth Satan take all his darts; thence do evil men derive all the ways and means whereby they corrupt others, and from thence is all the fuel of sin and lust taken. And which adds unto this evil, all that is in the world contributes its utmost thereunto. *All that is in the world, is the lust of the flesh, the lust of the eyes, and the pride of life.* 1 Joh. ii. 16. It is not a direct formal enumeration of the things that are in the world, nor a distribution of them under several heads; but it is so of the principal lusts of the minds of men, whereunto
all

all things are subservient. Wherefore, not only the matter of all *temptations* is taken out of the world, but every thing that is in the world is apt and fit to be abused unto that end. For it were easy to shew, that there is nothing desirable or valuable in this whole world, but it is reducible unto a subserviency unto one or other of these lusts, and is applicable unto the interest and service of temptations and sins.

When men hear of these things, they are apt to say, *let the dream be unto them that are openly wicked, and the interpretation of it unto them that are profligate in sin.* Unto unclean persons, drunkards, oppressors, proud ambitious persons, it may be, it is so; but as unto them, they use the things of this world with a due moderation, *so as they are no snare unto them.* But to own they are used unto what end soever, if the affections of men are set upon them, one way or other, there is nothing in the world, but is thus a snare and temptation. However we should be very careful *how we adhere unto, or undervalue that which is the cause and means of the ruin of multitudes of souls.* By the warnings given us hercof, doth God design, as unto the use of means, to teach us the vanity and danger of fixing our affections on things below.

Fourthly, Things are so ordered in the holy, wise dispensation of God's providence, that it requires *much spiritual wisdom to distinguish between the use and the abuse of these things,* between a lawful care about them, and an inordinate cleaving unto them. Few distinguish aright here; and therefore, in these things, will many find their great mistake at the last day. The disappointments that they will fall under, as to what concerns their earthly enjoyments and the use of them, wherewith they were intrusted, see *Mat. xxv. 34.* to the end of the chapter.

It is granted that there is a lawful use of these things, a lawful care and industry about them. So it is also acknowledged, it cannot be denied, that

there is an abuse of them, springing from an inordinate love and cleaving unto them. But here men deceive themselves, taking their measures by the most crooked, uncertain rules. Some make their own inclinations the rule and measure of what is so lawful and allowable; some the example of others; some the course of the world; some their own real or pretended necessities. They confess that there is an inordinate love of those things and an abuse of them, in excesses of various sorts, which *the scripture plainly affirms*, and which *experience gives open testimony unto*. But as unto their state and circumstances, their care, love, and industry are all allowable. That which influenceth all these persons, is *self-love*, which inveterate, corrupt affections, and false reasonings, do make an application of unto these occasions.

Hence we may have men approving of themselves as just stewards of their enjoyments, whilst others judge them *hard, covetous, earthly minded*; no way laying out what they are entrusted withal unto the glory of God, in any due proportion. Others also think not amiss of themselves in this kind, who live in palpable excesses, either of *pride of life*, or sensual pleasures, vain apparel, and the like. So in particular, most men in their feasting and entertainments, walk in direct contempt of the rules which our Saviour gives in that case; *Luke xiv. 12, 13, 14.* and yet approve themselves therein.

But what if any of us should be *mistaken in our rule and application of it* unto our conditions? Men at sea may have a fair gale of wind wherewith they may sail freely and smoothly for a season, and yet, instead of being brought into a port, be cast by it at last on *destructive shelves or rocks*.

And what if that which we esteem *allowable love, care, and industry*, should prove to be the fruit of earthly affections, inordinate and predominant in us; what if we miss in our measures, and that which we
approve

approve of in ourselves *should be disapproved of God; we are cast for ever, we belong unto the world, and with the world we shall perish.*

It may be said, that if it be so difficult to distinguish between these things, namely, the *lawful use of things here below*, and their *abuse*, the allowable industry about them, and the inordinate love of them, on the knowledge whereof our eternal conditions depend, it is impossible but men must spend their time in solicitous anxiety of mind, as not knowing when they have aright discharged their duty.

Ans. (1.) I press these things at present no further, but only to shew *how dangerous a thing it is for any to incline in his affections unto the things of this world*, wherein an excess is ruinous, and hardly discoverable. Surely, no *wise man* will venture freely and frequently unto the edge of such a *precipice*. He will be jealous of his measures, lest they will not hold by the *rule of the word*. And a due sense hereof is the best preservative of the soul, from cleaving inordinately unto these things below. And when God, in any instance, by afflictions, or otherwise, shews unto believers their *transgression herein*, and how they have exceeded, *Job. xxxviii. 8, 9.* it makes them careful for the future. They will now or never be diligent, that they fall not under that peremptory rule.—
1 John ii. 14.

Secondly, Where the soul is upright and sincere, there is no need in this case of any more *solicitousness* or *anxiety of mind*, than there is unto or about other duties. But when it is biased and acted by self-love, and its more strong inclinations are unto things present, it is impossible men should enjoy solid peace, or be freed from severe reflexions on them by their own consciences, in such seasons wherein they are *awakened unto their duty, and the consideration of their state*; nor have I any thing to tender for their relief. With others it is not so; and therefore I shall so far digress

in this place, as to give some directions unto those who in sincerity would be satisfied in this *lawful use and enjoyment of earthly things*; so as not to adhere unto them with inordinate affections.

First, Remember always that you are not *proprietors*, nor *absolute possessors of these things*, but only stewards of them. With respect unto men, you are or may be *just proprietors* of what you enjoy; with respect unto him who is the *great possessor of heaven and earth*, you are but stewards. This stewardship we are to give an account of, as we are taught in the *parable*. Luke xvi. 1, 2. This rule always attended unto, will be a *blessed guide in all instances and occasions of duty*.

But if a man be left in trust with houses and large possessions, as a steward for the right lord, owner, and proprietor of them; if he fall into a pleasing dream, that they are all his own, and use them accordingly; it will be a woeful surprisal unto him, when he shall be called to account for all he hath received and laid out, whether he will or no; and when indeed he hath nothing to pay. It will scarce be otherwise with them at the great day, who forget the trust which is committed to them, and suppose they may do what they will, with what they call their own.

Secondly, There is nothing in the ways of *getting, enjoying, or using of these things*, but giveth its own evidence unto spiritual wisdom, *whether it be within the bounds of duty or no*. Men are not lightly deceived herein, but when they are evidently under the power of corrupt affections, or will not at all attend unto themselves, and the language of their own consciences. It is a man's own fault alone, if he know not wherein he doth exceed.

A due examination of ourselves in the sight of God, with respect unto these things, the frame and actings of our minds in them, will greatly give check
unto

unto our corrupt inclinations, and discover the folly of those reasonings, whereby we deceive ourselves into the love of earthly things, or justify ourselves therein, and bring to light the secret principle of self-love, which is the root of all this evil.

Thirdly, If you would be able to make a right judgment in this case, be sure that you have another object for your affections, which hath a predominant interest in your minds, and which will evidence itself so to have on all occasions. Let a man be never so observant of himself, as unto all outward duties required of him, with respect unto these earthly things; let him be liberal in the disposal of them on all occasions; let him be watchful against all intemperance and excesses in the use of them; yet if he hath not *another object* for his affections, which hath a prevailing influence upon them; if they are not *set upon the things that are above*, one way or other, it is the world that hath the possession of his heart. For the affections of our minds will, and must be placed in chief, on things below, or things above; there will be a predominant love in us; and therefore, although all our actions should testify another frame, yet if God, and the things of God, be not the *principal object* of our affections, by one way or other, unto the world we do belong; this is that which is taught us so expressly by our Saviour, *Luk. xvi. 9, 10, 11, 12, 13. And I say unto you, make to yourselves friends of the mammon of unrighteousness, that when you fail, they may receive you into everlasting habitations. He that is faithful in that which is least, is faithful also in much: and he that is unjust in the least, is unjust also in much. If, therefore, you have not been faithful in the unrighteous mammon, who will commit to your trust the true riches? And if you have not been faithful in that which is another man's, who shall give you that which is your own? No servant can serve two masters: for either he will hate the one, and love the other;*

or else he will hold to the one, and despise the other; ye cannot serve God and mammon.

Fourthly, Labour continually for the mortification of your affections unto the things of this world. They are in the state of corrupted nature, set and fixed on them; nor will any reasonings or considerations effectually divert them, or take them off in a due manner, unless they are mortified unto them by the cross of Christ. Whatever *change* be otherwise wrought in them, it will be of no advantage unto us. It is *mortification* alone, that will take them off from earthly things unto the glory of God. Hence the apostle having given us that charge, *set your affections on things above, and not on things below on the earth*, Col. iii. 2, adds this, as the only way and means whereby we may do so. *Mortify therefore your members that are on the earth*. v. 5. Let no man think that his affections will fall off from earthly things of their own accord. The keenness and sharpness of them, in many things, may be abated by the decay of their natural powers in age, and the like. They may be mated by frequent disappointments, by sickness, pains and affections, as we shall see immediately; or they may be willing unto a distribution of earthly enjoyments, to have the reputation of it, wherein they still cleave unto the world, but under another shape and appearance. They may be startled by convictions, so as to do many things gladly, that belong unto another frame. But on one pretence or other, under one appearance or other, they will for ever adhere and cleave unto earthly things, unless they are mortified unto them, through faith in the blood and cross of Christ. Gal. vi. 14. Whatever thoughts you may have of yourselves in this matter, unless you have the experience of a work of *mortification* on your affections, you can have no refreshing ground of assurance, that you are in any thing spiritually minded.

Fifthly,

Fifthly, In all instances of duty belonging unto your *stewardship* of early things, attend diligently unto the rule of the word; without this, the grace exhorted unto may be abused. So of old, under a pretence of a relinquishment *of the things of this world*, because of the danger in adhering unto them, their own superstition, and the craft of other men prevailed with many, to part with all they had unto the service of others, not better, it may be, not so good as themselves. This evil wholly arose from want of *attendance unto the rule of truth*, which gives no such direction in ordinary cases. But there is not much seen, in these days, of an excess in that kind. But on the other hand, in all instances of duties of this nature, most men's minds are habitually influenced with pretences, reasonings, and considerations, that turn the *scales* as unto what they ought to do in proportion, in this duty, on the side of the world. If you would be safe, you must in all instances of duty, as in works of charity, piety, and compassion, give authority in and over your souls, unto the rule of the word. Let neither self nor unbelief, nor the custom and example of others be heard to speak; but let the *rule alone* be attended unto, and to what that speaks, yeild obedience.

Unless these things are found in us, none of us, no man living, if it be not so with him, can have any *refreshing evidence* or *assurance*, that he is not under the power of an inordinate, yea, and predominant love unto this world.

And indeed to add a little farther on the occasion of this *digression*, it is a sad thing to have this exception made against the *state of any man*, on just grounds; yea, *but he loves the world*. He is sober and industrious, he is constant in duties of Religion, it may be, an earnest preacher of them, a man of sound principles, and blameless as unto the excesses of life; *but he loves the world*. The question is, how doth this appear?

pear? It may be, what you say, is but one of those evil surmises which all things are filled withal. Wherefore, I speak it not at all to give countenance unto the rash judging of others, which none are more prone unto, than those who one way or other are eminently guilty themselves. But I would have every man judge himself, that we be none of us condemned of the Lord. If notwithstanding the things mentioned, any of us do center in self, which is supplied and filled with the world; if we prefer *self* above all other things, do aim at the *satisfaction of self* in what we do well or ill, are useless unto the only good and blessed ends of these earthly things, in supplying the wants of others; according unto the proportions wherewith we are intrusted; it is to be feared, that the world, and the things that are in it, have the principal interest in our affections.

And the danger is yet greater with them who divert on the other extreme. Such are they who, in *pride of life, vanity in apparel, excess in drinking, pampering the flesh every day*, tread close on the heels of the world, if they do not also fully keep company with it. Altogether in vain is it for such persons to countenance themselves with an appearance of other graces in them, or the sedulous performance of other duties. This one rule will eternally prevail against them; *if any man love the world, the love of the Father is not in him*. And by the way, let men take heed how they walk in any instance against the known judgment and practice of the wiser, or more experienced sort of christians, to their regret and sorrow, if not unto their offence and scandal, or in any way whereunto they win the consent of their own light and conscience, by such reasonings and considerations, as will not hold weight in the balance of the sanctuary. Yet thus, and no otherwise is it with all them who, under a profession of religion, do indulge unto any excesses wherein they are conformed unto the world.

Fifthly,

Fifthly, God makes a *hedge* against the excesses of the *affections* of men, rational and any way enlightened, unto the things of this world, by suffering the generality of men to *carry the use of them*, and to *be carried by the abuse of them*, into actings so filthy, so abominable, so ridiculous as reason itself cannot but abhor. Men by them transform themselves into beasts and monsters, as might be manifested by all sorts of instances; hence the *wise man* prayed against riches, lest he should not be able to manage the temptations wherewith they are accompanied. *Prov.* xxx. 8, 9.

Lastly, to close this matter, and to shew us what we are to expect, in case we set our affections on things here below, and they have thereby a predominant interest in our hearts, God hath positively determined and declared, that if it be so, he will have nothing to do with us, nor will accept of those affections which, we pretend, we can and do spare for him, and spiritual things. If we abstain from open sins, if we abhor the lewdness and uncleanness of men in the world, if we are constant in religious duties, and give ourselves up to walk after the *most strict sort in religion*, like *Paul* in his *Pharisaism*, may we not, will some say or think, find acceptance with God, though our hearts cleave inordinately unto the things of this world? I say, God hath preremptorily determined the contrary; and if other arguments will not prevail with us, he leaves us at last unto this, *go love the world and the things of it, but know assuredly you do it unto the eternal loss of your souls.* 1 John ii. 15. Jam. 4. These few instances have I given of the arguments and motives whereby God is pleased to deter us from fixing *our affections on things here below*. And they are most of them such only as he maketh use of in the administration of his providence. There are two other heads of things, that offer themselves unto our consideration.

First,

First, The *ways, means, arguings, and enticements*, which the world makes use of, to draw, keep, and secure the affections of men unto itself.

Secondly, The *secret, powerful efficacy of grace*, in taking off the heart from these things, turning and drawing it unto God, with the arguments and motives that the holy spirit maketh use of, in and by the word, unto this end; and wherein we must shew what is the act of conquering grace, wherein the heart is finally prevailed on to choose and adhere unto God in love immutable. But these things cannot be handled in any measure, according to their nature and importance, without such length of discourse, as I cannot here divert unto. I shall therefore proceed unto that which is the proper and peculiar subject before us.

C H A P. XII.

What is required in, and unto our Affections, that they may be spiritual. A threefold Work on the Affections described.

TO declare the interest of our affections in this frame of being *spiritually minded*, and what they contribute thereunto, I shall do these three things.

First, Declare *what is required hereunto, that our affections may be spiritual*, wherein lies the foundation of the whole duty.

Secondly, What are their actings when they are so spiritual.

Thirdly, What are the means whereby they may be kept and preserved in that frame, with sundry other things of the like nature. How our affections are concerned in, or do belong unto the frame of mind inquired after, hath been before declared. Without spiritual affections, we cannot be spiritually minded. And that they may be of this use, three things are required.

First,

First, Their principle.

Secondly, Their object.

Thirdly, The way and manner of their application unto their proper object, by virtue of that principle.

First, As unto the principle acting in them, that our affections may be spiritual, and the spring of our being spiritually minded, it is required that they be *changed, renewed, and in-laid with grace, spiritual and supernatural*. To clear the sense hereof, we must a little consider, what is their state *by nature*, and then, by what means they may be wrought upon, as unto a *change*, or a renovation. For they are like unto some things, which in themselves, and their own nature, are poisonous; but being corrected, and receiving a due temperament, from a mixture of other ingredients, become *medicinal*, and of excellent *use*.

First, By nature, our affections all of them are depraved and corrupted. Nothing in the whole nature of man, no power or faculty of the soul is fallen under greater disorder and depravation by the entrance of sin, than our affections are. In and by them is the heart wholly gone and turned off from God. *Tit. iii. 3.* It were a long work to set forth this depravation of our affections, nor doth it belong unto our present design. Some few things I shall briefly observe concerning it, to make way unto what is proposed concerning their change.

First, This is the only corruption and depravation of our nature, by the fall evident in and unto reason, or the light of nature itself. Those who were wise among the *heathen*, both saw it and complained of it. They found a weakness in the mind, but saw nothing of its darkness and depravation *as unto things spiritual*. But they were sensible enough of this disorder and tumult of the affections in things moral, which renders the minds of men like a troubled sea, whose waters cast up mire and dirt. This greatly aggravates the neglect of them who are not sensible of it in themselves, seeing it is discernible in the light of nature.

Secondly,

Secondly, They are as depraved, the seat and subject of all lusts, both of the flesh and of the spirit. Yea, lust or evil concupiscence is nothing but the irregular motion and acting of our affections, as depraved, defiled, corrupted. *Rom. vii. 9.* Hence, no one sin can be mortified without a change wrought in the affections.

Thirdly, They are the spring, root, and cause of all actual sin in the world. *Mat. xv. 19.* The evil heart in the scripture is the corrupt affections of it, with the imaginations of the mind whereby they are excited and acted. *Gen. vi. 5.* These are they, which at this time fill the whole world with wickedness, darkness, confusion, and terror. And we may learn what is their force and efficacy from these effects. So the nature of the plague is most evident, when we see thousands dying of it every week.

Fourthly, They are the way and means whereby the soul applies itself unto all sinful objects and actings. Hence are they called our members, our earthly members; because, as the body applies itself unto its operations by its members, so doth the soul apply itself unto what belongs unto it, by its affections. *Rom. vi. 13. Col. iii. 5.*

Fifthly, They will not be under the conduct of the mind, its light, or convictions. *Rebellion against the light of the mind* is the very form whereby their corruption acts itself. *Job. xxiv. 13.* Let the apprehensions of the mind, and its notions of good and evil be what they will, they reject them, and lead the soul in pursuit of their inclinations. Hence no natural man whatsoever doth in any measure answer the light of his mind, or the convictions of his understanding; but he sees and approves of better things, following those that are worse. And there is no greater spiritual judgment, than for men to be given up unto themselves, and their own evil affections. *Rom. i. 26.*

Many other instances might be given of the greatness of that depravation which our *affections are fallen under*

under by sin; these may suffice as unto our present purpose.

In general, this *depravation* of our *affections* by nature may be reduced unto two heads.

First, An utter *aversion* from God and all *spiritual things*. In this lies the spring of all that *dislike of God and his ways*, that the hearts of men are filled withal. Yea, they do not only produce an *aversion from them*, and *dislike of them*, but they fill the mind with an *enmity against them*. Therefore, *men say in their hearts unto God, depart from us, for we desire not the knowledge of thy ways; what is the Almighty, that we should serve him? Or what profit should we have, if we pray unto him?* Job. xxi. 14, 15. See Rom. i. 28. Chap. viii. 7, 8.

Secondly, An *inordinate cleaving unto things vain, earthly, and sensual*; causing the soul to engage into the pursuit of them, as the horse rushes into the battle.

Whilst our *affections* are in this state and condition, we are far enough from being *spiritually minded*; nor is it possible to engage them into an *adherence* unto, or *delight in spiritual things*.

In this state, they may be two ways wrought upon, and yet not so renewed, as to be serviceable unto this end.

First, There may be various *temporary impressions* made on them, sometimes there are so by the *preaching of the word*. Hereon men may hear it with joy, and do many things gladly. Sometimes it is so by *judgments, dangers, sickness, apprehensions of the approach of death*. Psal. xxxiv. 78. xxxv. 37. These things take men off for a season from their greedy delight in earthly things, and the pursuit of the interest of lust, in making *provision for the flesh*. On many other occasions, by great variety of causes, there may be *temporary impressions* made on the *affections*, that shall seem, for a season, to have turned the stream of them. And thereon we have many, who every day will be wholly, as it were,
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for God, resolved to forsake sin, and all the pleasures of it; but the next, return unto all their former excesses. For this is the effect of those *impressions*, that whereas men ordinarily are predominantly acted by *love, desire, and delight*, which lead them to act according unto the true natural principles of the soul: now they are for a season acted by *fear and dread*, which put a kind of force on all their inclinations. Hereon they have other thoughts of *good and evil*, of *things eternal and temporal*, of *God*, and their *own duty* for a season. And hereon, some of them may, and do persuade themselves, that there is a change in their hearts and affections, which there is not; like a man who persuades himself that he hath *lost his ague*, because his present fit is over. The next trial of temptation carries them away again *unto the world and sin*.

There are sometimes sudden *impressions* made on *spiritual affections*, which are always of great advantage to the soul, renewing its engagements unto God and duty. So was it with *Jacob*. Gen. xxviii. 16, 17, 18, 19, 20. So is it often with believers in *hearing the word*, and other *occasions*. On all of them they *renew their cleavings unto God with love and delight*. But the effect of these *impressions* on *unrenewed affections* is neither *spiritual* nor *durable*. Yea, for the most part, they are but checks given in the providence of God unto the raging of their lusts. *Psal. ix. 20*.

Secondly, They are liable to an *habitual change*. This the experience of all ages gives *testimony* to. There may be an *habitual change wrought in the passions and affections of the mind*, as unto the inordinate and violent pursuit of their inclinations, without any *gracious renovation of them*. Education, philosophy, or reason, long afflictions, spiritual light and gifts have wrought this change. So *Saul*, upon his call to be King, became *another man*. Hereby persons, naturally

passionate

passionate and furious, have been made *sedate and moderate*; and those who have been *sensual*, have become *temperate*; yea, *and haters of religion*, to be *professors of it*. All these things, and many more of the like nature, have proceeded from a change wrought upon the affections only; whilst the mind, will, and conscience, have been totally un sanctified.

By this change, where it is alone, no man ever became *spiritually minded*. For whereas there are two parts of the *depravation of our affections*; that whereby they are *turned off from God*, and that whereby they *inordinately cleave unto other things*; their change principally, if not only, respects the latter. They are brought into some order with respect unto present things. The mind is not continually tossed up and down by them, as the *waves of the sea*, that are troubled, and cast up *mire and dirt*. They do not carry those in whom they are, into vicious, sensual actions, but they allow them to make *virtue in moderation, sobriety, temperance, fidelity, and usefulness* in several ways, to be their design. And it is admirable to think what degrees of eminency in all sorts of *moral virtues*, upon this one principle of moderating the affections, even many among the *heathens* attained unto. But as unto their *aversion from God and spiritual things*, in the true *spiritual notion* of them, they are not cured by this change. At least this change may be, and yet this latter not be wrought.

Again, this alteration doth but *turn the course or stream of men's affections*, it doth not change the nature of them. They are the same in their spring and fountain as ever they were, only they are *habituated unto another course* than what of themselves they are inclined unto. You may take a *young whelp* of the most fierce and savage creatures, as of a *tyger*, or a *wolf*, and by custom or usage, make it as tame and harmless as any *domestic creature*, a *dog*, or the like.

But

But although it may be turned unto quite another way or course of acting than what it was of itself inclined unto, yet its nature is not changed. And, therefore, frequently, on occasion, opportunity, or provocation, it will fall into its own savage inclination; and having tasted of the blood of creatures, it will never be reclaimed. So is it with the *depraved affections* of men with respect unto their change; their *streams are turned*, they are *habituated* unto a new course, their nature is not altered, at least not from rational unto spiritual, from earthly unto heavenly. Yet this is that which was most beautiful and desirable in nature, the glory of it, and the utmost of its attainments. He who has by any means *proceeded unto such a moderation of his affections* as to render him kind, benign, patient, useful, preferring public good before private; *inordinate*, and temperate in all things, *will rise up in judgment against those who, professing themselves to be under the conduct of the light of grace, do yet, by being morose, angry, selfish, worldly, manifest that their affections are not subdued by the power of that grace.* Wherefore, that we may be *spiritually minded*, there is yet another work upon our *affections* required, which is their *internal renovation*, whereby not only the *course of their actions* is changed, but their nature is altered, and spiritually renewed. I intend that which is expressed in that great evangelical promise, *Isa. xvii. 6, 7, 8, 9. The wolf shall dwell with the lamb, the leopard shall lie down with the kid, and the calf, and the young lion and the fatlings together, and a little child shall lead them; and the cow and the bear shall feed, their young ones shall lie down together, and the lion shall eat straw like the ox; and the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice's den. They shall not hurt nor destroy in all my holy mountain.* A change and alteration is promised in the natures, principles,

principles, and first inclinations of the worst and most savage sinners who pass under the power of gospel grace.

This is that which is required of us in a way of duty. *Ephes. iv. 13. And be ye renewed in the spirit of your minds.* There is a renovation of the mind itself, by the communication of spiritual saving light and understanding thereunto, whereof I have treated elsewhere at large; see *Rom. xii. 2. Ephes. i. 17, 18.* But the spirit of the mind, that whereby it is enlivened, led, and disposed unto its actings, that is to be renewed also. The spirit of the mind is in this place opposed unto the old man, which is corrupt according to deceitful lust, or depraved affections (*v. 22.*). These, therefore, are that spirit of the mind which incline, bend, and lead it to act suitably unto its inclinations, which is to be renewed. And when our *affections* are inclined by the saving grace of the Holy Spirit, then are they renewed, and not else; no other change will give them a spiritual renovation. Hereby, those things which are only *natural affections* in themselves, in them that believe become fruits of the spirit: *Gal. v. 22. The fruit of the spirit is love, joy, peace, &c.* They continue the same as they were in their *essence, substance, and natural powers*, but are changed in their *properties, qualities, inclinations*, whenever a new nature is given unto them. So the *waters at Marah* were the same waters still, before and after their cure: but of themselves, and in their own nature, they were bitter, so as that the people could not drink them—in the casting of a tree into them, they were made sweet and useful. *Exod. xv. 25, 26.* So was it with the *waters of Jericho*, which were cured by casting salt into them. *2 Kings x. 20, 21.* Our affections continue the same as they were in their *nature and essence*, but they are so cured by grace, as that their *properties, qualities, and inclinations* are all cleansed or renewed. The *tree or salt* that is cast into these waters, whereby the cure is wrought, is the love of God above all, proceeding from faith in him by Christ Jesus.

C H A P. XIII.

The Work of the Renovation of our Affections. How differenced from any other Impression on, or Change wrought in them, and how it is evidenced so to be. The first Instance in the Universality accompanying of Affections spiritually renewed. The Order of the Exercise of our Affections with respect unto their Objects.

THAT which is our concernment herein, is to inquire of what nature *that work is which hath been on our own affections, or in them*, and how it differs from those which, whatever they do or effect, yet will not render us nor themselves spiritual.

And we ought to use the best of our diligence herein; because the great means whereby multitudes delude and deceive their own souls, persuading themselves that there has been an effectual work of the grace of the gospel in them, is the change that they find in their *affections*, which may be, on many occasions, without any spiritual renovation.

First. As unto the *temporary and occasional impressions* in the *affections* before-mentioned, whether from the word, or any other divine warning, by afflictions or mercies, they are common to all sorts of persons. Some there are, whose *consciences are scared with a hot iron* (1 Tim. iv. 2.), who thereon being past feeling (senseless of all calls, warnings, and rebukes), *do give themselves over unto lasciviousness, to work all uncleanness with greediness.* Eph. iv. 19. Such persons having hardened themselves in a long course of sin, and being given up unto a *reprobate mind, or vile affections* in a way of judgment, have, it may be, no such impressions on their affections on any occasion, as to move them with a sense of things spiritual and eternal. They may be *terrified with danger,*

danger, sudden judgments, and other revelations of the wrath of God from heaven against the ungodliness of men; but they are *not drawn* to take shelter in thoughts of spiritual things. Nothing but *hell* will awaken them unto a due consideration of themselves and things eternal.

It is otherwise with the generality of men who are not profligate and impudent in sinning: for, although they are in a natural condition, and a course of sin, in the neglect of known duties, yet by one means or other, most frequently by the preaching of the word, their *affections are stirred towards heavenly things*.

Sometimes they are afraid, sometimes they have hopes and desires about them. These put them on resolutions, and some temporary endeavours *to change their lives*, to abstain from sin, and to perform holy duties. But, as the prophet complains, *their goodness is as the morning cloud, and as the early dew so passeth it away*. Yet by means hereof do many poor ignorant souls deceive themselves, and cry Peace, Peace, when there is no peace. And they will sometimes so express how they are affected with complaints of themselves as unto their long neglect of spiritual things, that others may entertain good hopes concerning them; but all comes to nothing in the trial.

There is no difficulty unto *spiritual light* to distinguish between these *occasional impressions* on the affections, and that spiritual renovation of them which we inquire after. This alone is sufficient to do it, that they are all of them *temporary* and evanid. *They abide for a while only*, as our Saviour speaks, and every occasion defeats all their efficacy. They may be frequently renewed, but they never abide. Some of them immediately pass away, and are utterly lost between the place where they hear the word and their own habitations, and in vain shall they inquire after them again, they are gone for ever. Some have a larger continuance, endure longer in the mind, and

produce some outward effects; none of them will hold any trial, or shock of temptation.

Yet I have somewhat to say unto those who have such *impressions on their affections*, and warning by them.

(1.) *Despise them not*, for God is in them. Although he may not be in them in a *way of saving grace*, yet he is in them in that which may be preparatory thereto. They are not common human accidents, but especial divine warnings.

(2.) *Labour to retain them*, or a sense of them, upon your hearts and consciences. You have got nothing by losing so many of them already; and if you proceed in their neglect, after a while you will hear of them no more.

(3.) *Put no more in them than belongs unto them*. Do not presently conclude that your state is good, because you have been affected at the hearing of the word, or under a sickness, or in a danger. Hereon many think that now all is well with them, where-with they please themselves, until they are wholly immersed in their former security.

Secondly. We may consider the difference that is between the *habitual change* of the affections before described, and that *renovation by grace* which renders them *spiritual*; and this is of great concernment unto us all to inquire into it with diligence. Multitudes are herein deceived, and that unto their ruin; for they resolve their present peace into, and build their hopes of eternal life on, such a *change* in themselves as will not abide the trial. This difference, therefore, is to be examined by scripture light, and the experience of them that do believe. And,

1. There is a *double universality* with respect unto the *spiritual renovation of our actions*.

(1.) That which is *subjective* with respect unto the affections themselves: and

(2.) That which is *objective* with respect unto spiritual things.

First.

First. Sanctification extends itself unto the *whole spirit, soul, and body.* 1 Thes. v. 23. When we say that we are *sanctified in part* only, we do not say that any part, power, or faculty of the soul is unsanctified, but only that the work is not absolutely perfect in any of them. All sin may retain power in some one affection, as *anger, fear, or love*, as unto actual irruptions and effects, more than in all the rest. As one affection may be more eminently sanctified in some than in others. For it may have advantages unto this end from *men's natural tempers*, and various outward circumstances. Hence some find little difficulty in the *mortification of all other lusts* or corruptions, in comparison of what they meet withal in some one *inordinate affection* or corruption. This, it may be, *David* had regard unto, *Psal.* xviii. 23. I have known persons shining exemplarily in all other graces, who have been scarce free from giving great *scandal* by the excess of their passions, and easy provocations thereunto. And yet they have known that the setting themselves unto the sincere vigorous mortification of that disorder, is the most eminent pledge of their sincerity in other things. For the trial of our self-denial lies in the things that our natural *inclinations* lie strongest towards. Howbeit, as was said, *there is no affection where there is this work of renovation*, but it is sanctified and renewed; none of them is left absolutely unto the service of sin and Satan. And, therefore, whereas by reason of the advantages mentioned, sin doth greatly contend to use some of them unto its interest and service in a peculiar manner, yet are they enabled unto, and made meet for *gracious actings*, and do in their proper seasons put forth themselves accordingly. There is no affection of the mind from whence the soul and conscience hath received the greatest damage, that was, as it were, the *field wherein the contest is managed between sin and grace*, but hath its spiritual use and exercise, when the mind is renewed.

There are some so inordinately subject to *anger* and passion therein, as if they were absolutely under the power and dominion of it; yet do they also know how to be angry, and sin not in being angry at sin in themselves and others. *Yea, what indignation; yea what revenge.* 2 Cor. vii. 7. Yea, God is pleased sometimes to leave somewhat more than ordinary of the power of corruption in one *affection*, that it may be an occasion of the continual exercise of grace in the other affections. Yet are they all sanctified in their degree—that which is *relieved*, as well as that which doth *relieve*: and, therefore, as the remainder of sin in them that believe is *called the old man, which is to be crucified in all the members of it*, because of its adherence unto the whole person in all its powers and faculties, so the grace implanted in our natures is *called the new man*, there being nothing in us that is not seasoned and affected with it. As nothing in our natures *escaped the taint of sin*, so nothing in our natures *is accepted from the renovation that is by grace*. He in whom any one *affection* is utterly unrenewed, hath no one graciously renewed in him. Let men take heed how they indulge to any *depraved affection*, for it will be an unavoidable impeachment of their sincerity. Think not to say with *Naaman, God be merciful unto me in this thing, in all others I will be for him*.

He requires the whole heart, and will have it, or more. The chief work of a Christian is to make *all his affections*, in all their operations, subservient unto the *life of God*. Rom. vi. 17. And he who is wise will keep a continual watch over those wherein he finds the greatest reluctancy thereunto. And every affection is originally sanctified, according unto the use it is to be of, in the life of holiness and obedience.

To be entire for God, to follow him wholly, to cleave unto him with purpose of heart, to have the heart *circumcised* to love him, is to have all our *affections* renewed and sanctified, without which we can
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do none of them. When it is otherwise, there is a double heart, an heart, and a heart which he abhors; *Their heart is divided, now shall they be found faulty.* Hosea x. 2.

So it is in the other change mentioned. Whatever is or may be wrought upon our affections when they are not spiritually renewed; *that very change, as unto the degree of it, is not universal*; it doth not affect the whole mind in all its powers and affections: until a vital prevailing principle and habit of grace is implanted ~~in the~~ soul, sin will not only radically adhere unto all the faculties, powers, and affections, but it will, under any change that may befall them, refer the rule and dominion in some of them unto itself. So was it with the *young man* that came unto our Lord Jesus Christ, to know what he should do to obtain eternal life. *Mark* x. 17, 18, 19, 20, 21, 22.

Thus there are many who in other things are reduced unto *moderation, sobriety, and temperance*, yet there remaineth in them the *love of money* in a predominant degree, which to them *is the root of all evil*, as the apostle speaks; some seem to be religious, but they *bridle* not their tongues; through anger, envy, hatred, and the like, their religion is in vain.

The most of men, in their several ways of profession, pretend not only unto religion, but unto zeal in it, yet set no bounds unto their affections unto earthly enjoyments. Some of old, who had most eminently in all other things subdued their passions and affections, were the greatest enemies unto, and persecutors of the gospel.

Some who seem to have had a mighty change wrought in them by a *superstitious devotion*, do yet walk in the *spirit of Cain* towards all the disciples of Christ, as it is with the principal *devotionists* in the *church of Rome*; and elsewhere we may see some go soberly about the persecution and destruction of other Christians. Some will cherish one *secret lust* or other, which

which they cannot but know to be pernicious unto their souls. Some love the praise of men, which will never permit them to be truly spiritually minded; so our Saviour testifieth of some, that they could *not believe, because they loved the praise of men*. This was the known vice of all the ancient *philosophers*: they had many of them, on the principles of reason, and by severe exercise, subdued their affections unto great moderation about *temporary* things; but, in the mean time, were all of them *slaves to vain glory*, and the praise of men, until by the public observation of it, and some contradictions in their lives unto their pretences unto virtue, they lost that also among wise and considerative men. And generally, if men, *not spiritually renewed*, were able to search themselves, they would find that some of their affections are so far from having any change wrought in them, as that they are a quiet habitation for sin, where it exerciseth its rule and dominion.

Secondly. There is an *universality* that is *objective in spiritual things*, with respect unto the renovation of our affections; that is, affections spiritually renewed do fix themselves upon, and cleave unto, *all spiritual things* in their proper places, and unto their proper ends. For the ground and reason of our adherence unto any one of them are the same with respect unto them all. That is their relation unto God in Christ. Wherefore, when our affections are renewed, we make no *choice in spiritual things*, cleaving unto some, and refusing others, making use of *Naaman's* restraint; but our adherence is the same unto them all in their proper places and degrees. And if, by reason of darkness and ignorance, we know not any of them to be from God, as, for instance, the observation of the Lord's day, it is of unspeakable disadvantage unto us. An equal respect is required in us unto all God's commands: yet there are various *distinctions* in spiritual things: and thereon a man may and ought to value one

one above another, as unto the degrees of his love and esteem, although they are to be *sincere*, with respect unto them all.

First. God himself, that is, as revealed in and by Christ, is in the first and chiefest place the proper and adequate object of our affections, as they are renewed: He is so for himself, or his own sake alone. This is the spring, the centre, and chief object of our *love*. He that loves not God for himself, *that is, for what he is in himself*, and what from himself alone, *he is, and will be unto us in Christ*, which considerations are inseparable, he hath no true affection for any spiritual thing whatever. And not a few do here deceive themselves, or are deceived, which should make us the more strict and diligent in the examination of ourselves. They suppose that they love *heaven and heavenly things*, and the duties of divine worship, which persuasion may befall them on many grounds and occasions, which will not endure the trial. But as unto *God himself*, they can give no evidence that they have any love to him, either on the account of the *glorious excellencies of his nature*, with their natural relation unto him, and dependance on him, nor on the account of the *manifestation of himself in Christ*, and the exercise of his grace therein. But whatever be pretended, there is no love unto God, whereof these things are not the formal reason, that proceed not from these springs. And because that all men pretend that they *love God*, and defy them that think them so vile as not so to do, though they live in open enmity against him, and hatred of him, it becomes us strictly to examine ourselves on what grounds we pretend so to do. It is because, indeed, we see an excellency, a beauty, a desirableness, in the glorious properties of his nature, such as our souls are refreshed and satisfied with the thoughts of by faith, and in whose enjoyment our blessedness will consist, so that we always *rejoice at the remembrance*

of his holiness : It is our great joy and satisfaction that God is what he is ; is it from the glorious manifestation that he hath made of himself and all his holy excellencies in Christ, with the communication of himself unto us in him and by him ? If it be so indeed, then is our Lord generous and gracious, from the renovation of our affections. But if we say we love God, yet truly know not why, or upon principles of education, because it is esteemed the height of wickedness to do otherwise, we shall be at a loss when we are called unto our trial. This is the first object of our affections.

Secondly. In other spiritual things, *renewed affections* do cleave unto them, according as *God is in them*. God alone is loved for himself, all other things for him, in the measure and degree of his presence in them. This alone gives them *pre-eminence* in renewed affections ; for instance, God is in Christ, in the human nature of the man Christ Jesus, in a way and manner singular, *in concern alike, incomprehensible*, so as he is in the same kind in nothing else. Therefore is the *Lord Christ*, even as unto his human nature, the object of our love and affections, in such a way and degree as no other thing, spiritual or eternal, but God himself is or ought to be ; all other spiritual things become so from the presence of God in them ; and from the *degree of that presence* have they their nature and use. Accordingly are they, or ought to be the object of our affections, as unto the degree of their exercise. Evidence of the presence of God in things and persons, are the only attractives of renewed affections.

Thirdly. In those things which seem to *stand in an equality* as unto what is of God in them, yet on some especial occasions and reasons, our love may go forth eminently unto one more than another. Some *particular truth*, with the grace communicated by it, may have been the means of our conversion unto God,
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of our edification in an especial manner, of our consolation in distress; it cannot be, but that the mind will have a peculiar respect unto, and valuation of such truths, and the grace administered by them. And so it is as unto duties. We may have found such a lively intercourse and communion with God in some of them, as may give us a peculiar delight in them.

But notwithstanding these differences, affections, spiritually renewed, do cleave unto all spiritual things, as *such*. For the true formal reason of their so doing, is the same in them all, namely, *God in them*; only they have several ways of acting themselves towards them, whereof I shall give one instance.

Our Saviour distributes *spiritual things* into *those that are heavenly, and those that are earthly*, that is, comparatively so. *John iii. 12. If I have told you earthly things, and you believe not, how shall ye believe if I tell you heavenly things.*

The heavenly things are the deep and mysterious councils of the will of God. These renewed affections cleave unto with *holy admiration* and satisfactory submission, captivating the understanding unto what it cannot comprehend. So the apostle declares it, *Rom. xi. 33, 34, 35, 36. O the depth of the riches both of the wisdom and knowledge of God! How unsearchable are his judgments, and his ways past finding out! for who hath known the mind of the Lord, or who hath been his counsellor? Or who hath first given to him, and it shall be recompensed to him again? For of him, and through him, and to him are all things, to whom be glory for ever. Amen.* What the mind cannot comprehend, the heart doth admire and adore, delighting in God, and giving glory unto him in all.

The earthly things intended by our Saviour in that place, is the *work of God upon the souls of men in their regeneration*, wrought here in the earth. Towards these the affections act themselves with delight, and

with great *thanksgiving*. The experience of the grace of God in and upon believers is sweet unto their souls. But one way or other they cleave unto them all, they have not a prevailing averfation unto any of them. They have a regard unto all God's precepts, a delight in all his counfels, a love to himself and all his ways.

Whatever other change is wrought on the affections, if they be not spiritually renewed, it is not so with them. For as they do not cleave unto any spiritual things, in their own true, proper nature, in a due manner, because of the evidences of the prefence of God in them, so there are always some of them, whereunto those whose affections are not renewed, do maintain an averfation and an enmity. And although this frame doth not instantly discover itself, yet it will do so upon any especial trial. So was it with the *bearers of our Saviour, John vi.* There was a great impreffion made on their affections, by what he taught them *concerning the bread of God*, that came down from heaven, and gave life unto the world. For they cried thereon, *Lord, evermore give us of this bread*, v. 34. But when the myftery of it was further explained unto them, they liked it not, but cried, *This is a hard faying, who can bear it?* v. 60; and thereon fell off both from him and his doctrine, although they had followed him so long as to be esteemed his disciples, v. 66.

I fay, therefore, whensoever men's affections are not renewed, whatever other change may have been wrought upon them, as they have no true delight in any spiritual things, or truths, for themselves, and in their own nature, so there are some instances, wherein they will maintain *their natural enmity and averfation unto them*. This is the first difference between affections spiritually renewed, and those, which, from any other causes, may have some kind of change wrought in them.

C H A P. XIV.

The Second Difference between Affections spiritually renewed, and those which have been only changed by Light and Conviction. Grounds and Reasons of Men's Delight in Duties of Divine Worship, and of their Diligence in their Performance, whose Minds are not spiritually minded.

THE second difference lieth herein, That *there may be a change in the affections, wherein men may have delight in the duties of religious worship, and diligence in their observance; but it is the spiritual renovation of the affections that gives delight in God through Christ, in any duty of religious worship whatever.*

Where the truth of the gospel is known and publicly professed; there is great variety in the minds, ways, and practices of men, about the duties of religious worship. Many are *profane* in their minds and lives, who, *practically at least*, despise, or wholly neglect, the observance of them. These are stout-hearted and far from righteousness. *Tit. i. 16.* Some attend unto them *formally* and *cursorily*, from the principles of their education, and, it may be, out of some convictions they have of their necessity. But many there are, who, in the *way they choose* and are pleased withal, are diligent in their observance, and that with great delight, who yet give no evidence of the spiritual renovation of their minds. Yea, the way whereby some express their devotion in them, being *superstitious* and *idolatrous*, is inconsistent with that or any other saving grace. This therefore we must diligently inquire into, or search into the *grounds and reasons of men's delight in divine worship*, according unto their convictions of the way of it, and yet continue in their minds altogether unrenewed. And,

(1.) Men

(1.) Men may be greatly affected with the *outward part of divine worship*, and the manner of the performance thereof, who have no delight in what is internal, real and spiritual therein. *John v. 35. He was a burning and a shining light; and ye were willing for a season to rejoice in this light.* So, many were delighted in the preaching of *Ezekiel*, because of his eloquence and elegancy of his *parables*, chap. xxxiii. 31, 32. This gave them both delight and diligence in hearing, whereon they call themselves the people of God, though they continued to live in sin; *their hearts went after covetousness.* The same may befall many at present, with reference unto the *spiritual gifts* of those by whom the word is dispensed. I deny not but that men may be more delighted, more satisfied with the gifts, the preaching of one than another, and yet be sincere in their delight in the dispensation of the word; for they may find more *spiritual advantage thereby*, than by the gifts of others, and things so prepared as to be suited unto their edification more than elsewhere. But that which at present we insist on, hath respect only unto some outward circumstances pleasing the minds of men. *2 Tim. ii. 3, 4.*

This was principally evident under the Old Testament, whilst they had carnal ordinances and a worldly sanctuary. Ofttimes under that dispensation, the people were given up unto all sorts of *idolatry and superstition.* And when they were not so, yet were the body of them carnal and unholy, as is evident from the whole tract of God's dealings with them by his prophets, and in his providences. Yet had they great delight in the outward solemnities of their worship, placing all their trust of acceptance with God therein. They who did truly and really believe, looked through them all unto Christ, whom they did fore signify; without which, the things were a yoke unto them, and a burthen almost insupportable. *Acts xv.* But those who were carnal, delighted in the things themselves,
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and for their sakes *rejected him* who was the life and substance of them all. And this proved the great means of the apostacy of the christian church also. For to maintain some appearance of spiritual affections, men introduced carnal incitations of them into *evangelical worship*, such as *singing with music, and pompous ceremonies*. For they find such things needful to reconcile the worship of God unto their minds and affections; and through them they appear to have great delight therein. Could some men but in their thoughts separate divine service from *that outward order, those methods of variety, shew, and melody*, wherewith they are *affected*, they would have no delight in it, but look upon it as a thing that must be endured. How can it be otherwise conceived of among the *Papists*? they will with much earnestness, many evidences of devotion, sometimes with difficulty and danger, repair unto their solemn worship. And yet, when they are present, understand not one word, whereby their minds might be excited unto the real actings of faith, love, and delight in God. Only order, ceremony, music, and other incentives of *carnal affections*, make great impression on them. Affections spiritually renewed, are not concerned in these things. Yea, if those in whom they are, should be engaged in the use of them, they would find them means of *diverting their minds* from the proper work of divine worship, rather than an advantage therein. It will appear so unto themselves, unless they are content to lose their spiritual affections, acting themselves in faith and love, embracing in their stead a carnal, *imaginary devotion*. Hence, two persons may at the same time attend unto the same ordinances of divine worship, with *equal delight*, on very *distinct principles*, as if two men should come into the same garden planted and adorned with all variety of herbs and flowers; one ignorant of the nature of them, the other a skilful *herbalist*. Both may be equally delighted, the one
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with the colours and smell of the flowers, the other with the consideration of their various natures, their uses in *physical* remedies, or the like. So it may be in the hearing of the word. For instance, one may be delighted with the outward administration, another with its spiritual efficacy at the same time. Hence, *Austin* tells us, that singing in the church was laid aside by *Athanasius* at *Alexandria*; not the people's singing of psalms, but a kind of singing in the reading of the scripture and some offices of worship which began then to be introduced in the church. And the reason he gave why he did it, was, that the modulation of the voice and *musical tune*, might not divert the minds of men from that spiritual affection which is required of them in sacred duties. What there is of *real order* in the worship of God, as there is that order which is an effect of divine wisdom, it is suited and useful unto spiritual affections, because proceeding from the same spirit, whereby they are internally renewed. *Beholding your order. Col. ii. 5.* Every thing of God's appointment is both helpful and delightful unto them. None can say with higher raptures of admiration, how amiable are thy tabernacles, O Lord! *Psal. lxxxiv. 1, 2.* than they, whose *affections* are renewed. Yet is not their delight terminated on them, as we shall see immediately.

Secondly, *Men may be delighted in the performance of outward duties of divine worship, because in them they comply with, and give some kind of satisfaction unto, their convictions.* When conscience is awakened unto a sense of the necessities of such duties, namely, of those wherein divine worship doth consist, it will give the mind no rest or peace in the neglect of them. Let them be attended unto in the seasons which light, conviction, and custom call for, it will be so far satisfied, as that the mind shall find *present ease and refreshment* in it. And when the soul is wonted unto this relief, it will not only be diligent in the performance of such duties,

duties, it will not only not omit them, but it will delight in them, as those which bring them in great advantage. Hence many will not *omit the duty of prayer every morning*, who upon the matter are resolved to live in sin all the day long. And there are but few who sedulously endeavour to *live and walk* in the frame of their hearts and ways answerable unto their own prayers; yet all that is in our prayers beyond our endeavours to answer it in a conformity of heart and life, is but the exercise of gifts in answer to conviction. Others find them an allay of troubles in them, like that which sick persons may find by drinking cold water in a fever, whose flames are assuaged for a season by it. They make them as an *antidote* against the poison and sting of sin, which allayeth its rage, but cannot expel its venom.

Or these duties are unto them, like the *sacrifices for sin under the law*. They gave a guilty person present ease. But as the apostle speaks, they made not men perfect. They took not away utterly a *conscience condemning for sin*. Presently, on the first *omission* of duty, a sense of sin again returned on them, and that not only as the *fact*, but as the *person* himself was condemned by the law. Then were the sacrifices to be repeated for a renewed propitiation. This gave that *carnal people* such delight and satisfaction in those sacrifices, that they trusted unto them for righteousness, life and salvation. So it is with persons who are constant in spiritual duties merely from conviction. The performance of those duties gives them a *present relief* and ease; though it heal not their wounds, it assuageth their pain, and dispelleth their present fears. Hence are they frequent in them, and that oftentimes, not without delight; because they find ease thereby. And their condition is somewhat dangerous, who, upon the sense of the guilt of any sin, do betake themselves for relief unto their prayers; which having discharged, they are much at ease in their minds and consciences, although

although they have obtained no real sense of the pardon of sin, nor any strength against it.

It will be said, Do not all men, the best of men, perform all *spiritual duties out of a conviction of their necessity*? Do they not know it would be their sin to omit them, and so find satisfaction in their minds upon their performance? I say they do; but it is one thing to perform a duty out of conviction of a necessity, as it is God's ordinance, which conviction respects only the duty itself; another thing to perform it, to give satisfaction unto convictions of other sins, or to quiet conscience under its trouble about them, which latter we speak unto. This begins and ends in self; self-satisfaction is the sole design of it. By it men aim at some rest and quietness in their own minds, which otherwise they cannot attain. But in the performance of duties in faith, from a conviction of their necessity as God's ordinance, and their use in the way of his grace, the soul begins and ends in God. It seeks no satisfaction in them, nor finds it *from them*, but in and from God alone *by them*.

Thirdly, The principal reason why men, whose affections are only changed, not spiritually renewed, do delight in holy duties of divine worship, is, because *they place their righteousness before God in them*, whereon they hope to be accepted with him. They know not, they seek not after any other righteousness but what is of their own working out. Whatever notions they may have of the *righteousness of faith*, of the *righteousness of Christ*, that which they practically trust unto is their *own*; and it discovers itself so to be in their own consciences on every trial that befalls them. Yea, when they cry unto the Lord, and pretend unto faith in Christ, they quickly make it evident that their principal trust is resolved in themselves. Now in all that they can plead in a way of duties or obedience, nothing carrieth a fairer pretence unto a righteousness, than what they *do in the worship of God*,
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and the exercise of the acts of religion towards him. This is that which he *expects at their hands*, what is *due unto him*, in the light of their consciences, the best that they can do to please him ; which therefore they must put their trust in or nothing. They secretly suppose, not only that there is a righteousness in these things, which will *answer for itself*, but such also as will make *compensation* in some measure for their sins ; and therefore, whereas they cannot but frequently fall into sin, they relieve themselves from the reflection of their consciences by a *multiplication of duties*, and renewed diligence in them.

It is inconceivable what delight and satisfaction men will take in any thing that seems to contribute so much unto a *righteousness of their own*. For it is suitable unto, and pleaseth all the principles of nature as corrupt, after it is brought under the power of a conviction concerning *sin, righteousness and judgment*.

This made the Jews of old so pertinaciously adhere unto the ceremonies and sacrifices of the law, and to prefer them above the gospel, the kingdom of God, and the righteousness thereof. *Rom. x. 3, 4.* They looked and sought for righteousness by them. Those who for many generations were kept up with great difficulty unto any *tolerable observance* of them, when they had learned to place *all their hopes of a righteousness in them*, would, and did adhere unto them, unto their temporal and eternal ruin. *Rom. ix. 31, 32, 33.* And when men were persuaded that righteousness was to be attained by works of *munificence* and supposed *charity*, in the dedication of their substance unto the *use of the church* ; they who otherwise were covetous, and greedy, and oppressing, would *lavish gold out of the bag*, and give up their whole patrimony with all their ill-gotten goods to attain it, so powerful an influence hath the desire of self-righteousness upon the minds of men. It is the best fortification of the soul against Christ and the gospel, the last reserve whereby it maintains

maintains the interest of self against the grace of God.

Hence I say, those that place their righteousness, or that which is the principal part of it, in the *duties of religious worship*, will not only be diligent in them, but oftentimes abound in a multiplication of them. Especially will they do so, if they may be performed in such a way and manner, as pleaseth their affections with a shew of *humility and devotion*, requiring nothing of the exercise of faith, or sincere divine love therein. So is it with many in all kinds of religion, whether the way of their worship be true or false, whether it be appointed of God, or rejected by him. And the declaration hereof is the subject of the discourse of the prophet *Isaiab* i. 11, 12, 13, 14, 15, 16, 17, 18, 19. Also, *Micb.* vi. 7, 8.

Fourthly, The *reputation of devotion in religious duties*, may insensibly affect the unrenewed minds of men with great diligence and delight in their performance. However men are divided in their *apprehension* and *practice* about religion; however different from and contrary unto each other, their *ways of divine worship* are; yet it is amongst all sorts of men, yea, in the secret thoughts of them who outwardly condemn these things, a *matter of reputation* to be devout, to be diligent, to be *strict* in and about those duties of religion, which, according to their own light and persuasion, they judge incumbent on them. This greatly affects the minds of men, whilst pride is secretly predominant in them, and they love the *praise of men more than the praise of God*.

Especially will this consideration prevail on them, when they suppose that the *credit and honour of the way which they profess*, in competition with others, depends much on their *reputation* as to their strictness in duties of devotion. For then will they not only be *diligent* in themselves, but *zealous* in drawing others unto the same observances. These two principles, their

their own *reputation*, and that of their *sect*, constituted the life and soul of pharisaism of old. According as the minds of men are influenced with these apprehensions, so will a love unto, and a delight in those duties whereby their reputation is attained, thrive and grow in them.

I am far from apprehending that any men are (at least I speak not of them who are) such *vile hypocrites*, as to do all that they do in religion to be *seen and praised of men*, being influenced in all public duties thereby, which some among the *Pharisees* were given up unto. But I speak of them, who, being under the convictions and motives before-mentioned, do also yet give admittance unto this *corrupt end of desire of reputation*, or the praise of men. For every such end being admitted and prevalent in the mind, will universally influence the affections unto a delight in those duties, whereby that end may be attained, until the person with whom it is so, be habituated unto them with great satisfaction.

Fifthly. I should, in the last place, insist on *superstition*. As this is an undue fear of the divine nature, will, and operations, built on false notions and apprehensions of them, it may befall the minds of men in all *religions, true and false*. It is an *internal vice of the mind*. As it respects the *outward way and means of religious service*, and consists in the devout performance of such duties, as God indeed accepts not, but forbids ; so it belongs only to religion, as it is false and corrupt. How in both respects it will engage the minds of men into the performance of religious duties, and for the most part with the most scrupulous diligence, and sometimes with prodigious attempts to exceed the measures of human nature in what they do design, is too long a work here to be declared. It may suffice to have mentioned it among the causes and reasons why men, whose affections are not spiritually renewed, may yet greatly delight in the diligent performance

formance of the outward duties of religion. Our design in these things is the discovery of the true nature of this grace and duty of being *spiritually minded*. Hereunto we have declared that it is necessary that our affections be *spiritually and supernaturally renewed*. And because there may be a great change wrought on the affections of men, with respect unto spiritual things, where there is nothing of this *supernatural renovation*; our present inquiry is, what are the differences that are between the actings of the affections, of the one sort and of the other; whether *spiritually renewed*, or *occasionally changed*. And wherein the great exercise of them consists in the duties of religious worship; I have declared what are the grounds and reasons, whence men of *unrenewed minds* do delight oftentimes in the *duties of divine worship*, and are diligent in the performance of them.

From these and the like considerations, it may be made manifest that the greatest part of the *devotion* that is in the world, doth not spring from the spiritual renovation of the minds of men, without which it is not accepted with God. That which remains to give in *instance*, farther evidence unto the discovery we are in the pursuit of, is, what are the *grounds and reasons* whereon those, whose minds and affections are *spiritually renewed*, do delight in the institutions of *divine worship*; and attend unto their observance with great heed and diligence. And because this is an inquiry of great importance, and is of great use to be stated in other cases, as well as that before us; I shall treat of it by itself in the ensuing chapter, that the *reader* may the more distinctly comprehend it, both in the nature of the *doctrine concerning it*, and in the place it holds in our present discourse.

C H A P. XV.

Delight of Believers in the holy Institutions of divine Worship. The Grounds and Reasons thereof. The Evidence of being spiritually minded thereby, &c.

THAT all true believers, whose minds are spiritually renewed, have a singular delight in all the institutions and ordinances of divine worship, is fully evident both in the *examples* of the saints in the scripture, and their own experience, which they will never forego. For this hath been the greatest cause of their suffering persecution, and *martyrdom* itself, in all ages. If the *primitive christians* under the power of the pagan Emperors, or the *witnesses for Christ* under the *antichristian apostacy*, would, or could have omitted the observance of them (according to the advice and practice of the *gnosticks*), they might have escaped the rage of their adversaries. But they *loved not their lives*, in comparison unto that delight which they had in the observance of the commands of Christ, as unto the duties of evangelical worship. *David* gives us frequently an instance hereof in himself. *Psal. xlii. 1, 2, 3, 4. As the heart panteth after the water-brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God: When shall I come and appear before God? My tears have been my meat day and night, while they continually say unto me, where is thy God? When I remember these things, I pour out my soul in me; for I had gone with the multitude; I went with them to the house of God; with the voice of joy and praise, with a multitude that kept holy-day. Psal. lxiii. 1, 2, 3, 4, 5. O God, thou art my God, early will I seek thee, my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is: To see thy power and thy glory, so as I have seen thee in thy sanctuary. Because thy loving kindness is better than life:*

life: my lips shall praise thee. Thus will I bless thee while I live. I will lift up my hands in thy name. My soul shall be satisfied as with marrow and fatness, and my mouth shall praise thee with joyful lips. Psal. lxxxiv. 1, 2, 3, 4. How amiable are thy tabernacles, O Lord of hosts! My soul longeth, yea even fainteth for the courts of the Lord: my heart cryeth out for the living God. Yea, the sparrow hath found an house, and the swallow a nest for herself, where she may lay her young, even thy altars, O Lord of hosts, my King and my God. Blessed are they that dwell in thy house: they will be still praising thee. Selah.

But a greater than David is here. Our Lord Jesus Christ himself did upon all occasions declare his *delight* in, and *zeal* for, all the ordinances of divine worship, which were then in force by virtue of divine institution and command. For although he severely reprov'd and reject'd whatever men had added thereunto, under the pretence of a *supererogating strictness* or outward order, laying it all under that dreadful sentence; *every plant which my heavenly Father hath not planted shall be plucked up, and so cast into the fire*; yet as unto what was of *divine appointment*, his delight therein was singular, and exemplary unto all his disciples. With respect hereunto was it said of him, *that the zeal of God's house had eaten him up*, by reason of the affliction which he had in his spirit, to see the worship of it neglected, polluted, and despised. This caused him to *cleanse the temple*, the seat of divine worship, from the pollutors and pollutions of it, not long before his sufferings, in the face and unto the high provocation of all his adversaries. So with earnest desire he longed for the celebration of his last passover. *Luke xxii. 15. With desire have I desired to eat this passover with you before I suffer.* And it is a sufficient evidence of the frame of spirit and practice of his disciples afterwards. In reference to the duties of *evangelical worship* by his appointment; that
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the apostle gives it as an assured token of an unsound condition, and that which tendeth to final cursed apostacy, when any *fall into a neglect of them*. Heb. x. 25, 26, 27.

These things are manifest and unquestionable. But our present inquiry is only, *what it is* which believers do so delight in, in the ordinances and institutions of divine gospel worship, and what it is that engageth their hearts and minds into a diligent observance of them; as also how and wherein they do exercise their love and delight. And I say, in general, that their delight in all ordinances of divine worship, as is evident in the testimonies before produced, is *in Christ himself, or God in Christ*. This alone is that which they seek after, cleave unto, and are satisfied withal. They make use of the *streams*, but only as means of communication from the spring. When men are really *renewed in the spirit of their minds*, it is so. Their regard unto ordinances and duties of divine worship, is as they are appointed of God, a blessed means of *communion and intercourse* between himself in Christ, and their souls. By them doth Christ *communicate of his love and grace* unto us; in and by them do we *act faith and love on him*. It is the *treasure* hid in the field, which, when a *man hath found*, he *purchaseth the whole field*; but it is that he may enjoy the *treasure* which is hid therein. *Mat. xiii. 14.* This *field* is the *gospel*, and all the ordinances of it. This men do purchase sometimes at a dear rate, even with the loss of all they enjoy. But yet if they obtain nothing but the field, they will have little cause to rejoice in their bargain. It is *Christ the treasure alone, that pearl of price* that will certainly enrich the soul. The field is to be used only, as to find and dig up the *treasure* that is in it. It is, I say, Christ alone that in the preaching of the gospel, renewed affections do cleave unto as the *treasure*, and unto all other things, according as their relation is unto him, or they have a

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participation of him. Wherefore, in all duties of religion, in all ordinances of worship, their inquiry is after him whom their souls do love. *Cant. i. 7.*

But yet we must treat more particularly and distinctly of these things. Those whose affections are spiritually renewed, *do love, adhere unto, and delight in ordinances of divine service, and duties of worship*; on the grounds and reasons ensuing.

First. In general they do so, as they find *faith* and *love*, and delight in God through Christ, excited and acted in and by them. This is their first and immediate end in their institution. It is a pernicious mistake to suppose that any *external duties of worship*, as hearing the word, prayer, or the sacraments, are appointed for themselves, or accepted for themselves.

Such thoughts the *Jews of old* had concerning *their sacrifices*; namely, that they were appointed for their *own sakes*, and were acceptable service unto God, merely on their own account. Wherefore God, to deliver them from their pernicious mistake, affirms oftentimes, that he never appointed them at all; that is, for any such end. *Jer. vii. 22, 23. Isa. i. 12, 13, 14, &c.* And now under the gospel; sundry things destructive to the souls of men, have proceeded from such a supposition. Some hereon have always satisfied and contented themselves with the *external observance of them*, without desiring or endeavouring any holy communion with God in them, or by them. This constitutes the state and condition mentioned, *Rev. iii. 1.* And by following this track, the generality of christians do wander out of the way; they cannot leave them, nor do know how to use them unto their advantage until they come wholly unto that woful state. *Isa. xxix. 13.* And some, to establish this *deceit*, have taught that there is much more in the *outward work of these duties*, than ever God put into them, and that they are sanctified merely by virtue of the *work wrought*.

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But all the duties of the second commandment, as are all instituted ordinances of worship, are but means to express and exercise those of the first, as *faith, love, fear, trust, and delight in God*. The end of them all is, that through them, and by them, we may act those graces on God in Christ. Where this is not attended unto, when the souls of men do not apply themselves unto this exercise of grace in them, let them be never so solemn as to their outward performance, be attended unto with *diligence*, be performed with earnestness and delight, they are neither acceptable unto God, nor beneficial unto themselves. *Isa. i. 11.* This therefore is the first general spring of the love of believers, of them, whose affections are *spiritually renewed*, under the *ordinances of divine worship*, and their delight in them. They have experience, that in and by them, their *faith and love* are excited unto a gracious exercise of themselves on God in Christ. And when they find it otherwise with them, they can have no rest in their souls. For this end are they ordained, sanctified and blessed of God, and therefore, are effectual means of it, when their efficacy is not defeated by unbelief.

And those who have no experience hereof in their attendance unto them, do, as hath been said, fall into pernicious extremes. Some continue their observance with little regard unto God, in *curst formality*. So they make them a means of their ruin by countenancing of them in their security.

Others utterly reject them, at least the most solemn of them, and therein both the wisdom, and grace, and authority of God, by whom they are appointed. Because, through the power of their own unbelief, they find nothing in them.

This being the immediate end of all divine institutions, this being the only way whereby we may give glory unto God in their observance, which is *their ultimate end* in this world; and this being the *design* in general

general of believers in that obedience, they yield unto the Lord Christ in their diligent observation of them; we may consider how, in what way, and by what means those whose affections are *spiritually* renewed, do and ought to apply their minds and souls unto their observance. And we may consider herein: first, What they do *design*, and then what they endeavour to be found in the exercise and *practice of*, in their use and enjoyment.

First. They come unto them with this *desire, design, and expectation*, namely, to be enabled, directed, and excited by them unto the *exercise of divine faith and love*. When it is not so with any, where there is not this design, they do, in various degrees, take the name of God in vain, in their observance. These are *approximationes Dei*, the ways of drawing nigh unto God, as they are everywhere called in scripture. To suppose that a drawing nigh unto God may consist merely in the *outward performance* of duty, whatever be its *solemnity*, is to reject all due *reverence* of him. *Forasmuch*, saith the Lord, *as this people draw near to me with their mouths, and with their lips do honour me, but have removed their hearts far from me, therefore I will proceed against them. Isaiah xxix. 13.* The *mouth* and *lips* are put by a *synecdoche*, for all the means of outward worship and honour. These men may use, diligently attend unto, whilst *their hearts are far from God*, that is, when they do not draw nigh to him by faith and love. But all this worship is rejected of God with the highest tokens of his displeasure and indignation against it.

First. Our souls then have no way of approach unto God in duties of worship, *but by faith*; no way of adherence or cleaving unto him, *but by love*; no way of abiding in him, but by *fear, reverence, and delight*. Whenever these are not in *exercise, outward duties* of worship are so far from being a means of such an *approach unto him*, as that they set us at a
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greater distance from him than we were before, at least are utterly useless and fruitless unto us. So indeed they are unto the most who come unto them, *they know not why*, and behave themselves under them, *they care not how*: nor is there any evil in the hearts and ways of men, whereof God complaineth more in his word, as that which is accompanied with the highest contempt of him. And because these ordinances of divine worship are means which the wisdom and grace of God have appointed unto this end, namely, the exercise and increase of divine faith and love, and therefore do sanctify and bless them thereunto. I do not believe that they have *any delight in the exercise of these graces*, nor do design growth in them, by whom these great means of them are *despised* or neglected.

And although I have seen those vallies of *public worship forsaken*, either on pretences of *higher attainments in faith*, light and love, than to stand in need of them any more, or on a *foolish opinion*, that they cease upon the *dispensation of the spirit*, which is given unto us to make them useful and effectual, or on some *provocations* that have been given unto some men, or which they have taken unto themselves, which they have thought they could revenge by a neglect of public ministrations, or through slavish peace and negligence in times of difficulty, as is the manner of some, who forsake the assemblies of the saints. *Heb. vi. 25.* Yet, I never saw, but it issued in a great decay, if not in an *utter loss of all exercise of faith and love*, and sometimes in open profaneness. For such persons condemn the ways and means, which God in his infinite wisdom and goodness hath appointed for their exercise and increase; and this shall not prosper. We may therefore do well to consider, that the principal way whereby we may *sanctify the name of God*, in all duties of his worship, and obtain the benefit of them to our own souls, is by a conscientious approach unto them with an *holy desire and design* to be found in the exercise

cise of faith and love on God in Christ, and to be helped and guided therein by them.

To be under an efficacious influence from this *design*, is the best preparation for any duty. So *David* expresseth his delight in the worship of God. *How amiable are thy tabernacles, O Lord of hosts! My soul longeth, yea, even fainteth for the courts of the Lord: my heart and my flesh cry out for the living God.* Psal. lxxxiv. 1, 2. He longed for the tabernacle, and the courts of it, but it was the enjoyment of God himself, the living God, that he desired and sought after. This was that which made him so fervent in his desires after those ordinances of God. So he expresseth it. *Psal. lxiii. 2. To see thy power and thy glory, so as I have seen thee in the sanctuary.* David had had great communion with and delight in God by *faith and love* in the solemn duties of his worship. And this was that which inflamed him with desires after renewed opportunities unto the same end.

Secondly. This design is not *general, unactive, useless, and slothful*. But such persons *diligently endeavour*, in the *use* of these ordinances, and attendance unto them, to be found in the *exercise of these graces*. They have not only an *antecedent design* to be so, but a diligent actual endeavour after it, not suffering their minds by any thing to be diverted from the pursuit of that design. *Ecc. v. 1.* Whatever is not quickened and enlivened hereby, they esteem utterly lost. Neither *outward administrations* nor order will give them satisfaction, when these things are wanting in themselves. Without the *internal actings of the life of faith*, external administrations of ordinances of worship are but dead things. Nor can any believer obtain real satisfaction in them, or refreshment by them, without an *inward experience* of faith and love in them, and by them. And it is that, which, if we are wise, we shall continually attend unto the consideration of. A watchful christian will be careful
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lest he lose any one duty, by taking up the carcase of it. And the danger of so doing is not small. *Our affections* are renewed but in part. And as they are still liable to be diverted, and seduced from *spirituality in duty*, even by things earthly and carnal, through the corruption that remaineth in them; so there is a *disposition abiding* in them, to be pleased with those *external things in religious duties*, which others, as we have shewed before, who are no way *graciously renewed*, do satisfy themselves withal. The *grace and oratory* of the speaker in preaching of the word; especially in these days wherein the *foppery of fine language*, even in sacred things, is so much extolled; the *order and circumstances* of other duties, with inclination and love *unto a party*, are apt to insinuate themselves with great complacency in our affections, so far as they are unrenewed. And these things discover the true grounds, whence it is that the ordinances of divine worship are so *useless* as they are to many who seem to attend unto them with diligence. They may be referred unto these three heads.

(1.) They do not come unto them, as the means appointed of God, *for the exercise of faith and love unto Christ*, so as to make it their design in their approaches to them, without which, all that is spoken of advantage in and by other duties is utterly lost.

(2.) They do not in and under them labour to *stir up faith and love* unto their due exercise.

(3.) They suffer their minds to be diverted *from* the exercise of these graces, partly by occasional temptations, partly by attendance unto what is *outward only* in the ordinances *themselves*.

Spiritual affections find no place of rest in any of these things; such proposals of God in Christ, of his will, and their own duty, as may draw out their faith, love, godly fear, and delight into their due exercise, is that which they inquire after, and acquiesce in.

Two things alone doth faith regard in all duties of worship as unto the outward administration of it. The one *absolutely*, the other *comparatively*; both with respect unto the *end* mentioned, or the exercise, growth, and increase of grace in us. The first is, that they may be of divine appointment. Where their *original* and *observance* are resolved into divine authority, there and there alone will they have a divine efficacy. In all these things, faith hath regard to nothing but divine precepts and promises. Whatever hath regard to any thing else, is not faith, but fancy. And therefore these uncommanded duties in religion, which so abound in the *papal church*, as that if not the whole, yet all the principal parts of their worship consist in them, are such as in whose discharge it is impossible *faith* should be in a due exercise. That which it hath *comparative respect* unto, is the *spiritual gifts* of them unto whom the administration of the ordinances of the gospel, in the public worship of the church, is committed. With respect unto them, believers may have more delight and satisfaction in the *ministry* of one than of another, as was touched before. But this is not because one is more learned than another, or more *elegant* than another, hath more *ability of speech* than another, or fervency in utterance than another, is more fervent or earnest in his delivery; but because they find the *gifts of one* more suited, and more *effectual to stir up faith and love* unto an holy exercise in their minds and hearts, than what they find in some others. Hence they have a peculiar value for and delight in the *ministry of such persons*, especially when they can enjoy it in due order, and without the offence of others. And ministers that are wise, will, in holy administrations, neglect all other things, and attend unto this alone, how they may be *helpful unto the faith, and love, and joy of believers*, so far as they are the object of their ministry.

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This is the first reason and ground whereon *affections spiritually renewed* cleave unto ordinances of divine worship with delight and satisfaction; namely, because they are the means appointed and blessed of God for the exercise and increase of faith and love, with an experience of their efficacy unto that end.

Secondly. The second is, *Because they are the means of the communication of a sense of divine love, and supplies of divine grace unto the souls of them that do believe.* So far as our affections are renewed, this is the most principal attractive to cleave unto them with *delight and complacency*.

They are, as was observed before, the ways of our approaching unto God. Now we do not draw nigh to God, as himself speaks, as a *dry heath, or a barren wilderness*, where no refreshment is to be obtained. To make a pretence of *coming unto God*, and not with expectation of receiving good and great things from him, is to despise God himself, to overthrow the nature of the duty, and deprive our own souls of all benefit thereby; and want hereof is that which renders the worship of the most, useless and fruitless unto themselves. We are always to *come unto God*, as unto an eternal spring of goodness, grace, and mercy, of all that our souls do stand in need of, of all that we can desire in order to our everlasting blessedness; and all these things, as unto believers, may be reduced unto the two heads beforementioned.

First. They come for a *communication of a sense of his love in Jesus Christ.* Hence do all our *peace, consolation, and joy*, all our encouragement to do and suffer according to the will of God, all our supportments under our sufferings solely depend; in these things do our souls live, and without them we are of all men the most miserable.

It is the Holy Spirit who is the immediate efficient cause of all these things in us. *He sheds abroad the love of God in our hearts.* Rom. v. 5. *He witnesseth*

our adoption unto us (*Chap. viii. 15, 16.*), and thereby an interest in the love of the Father, in God, as he is love. But the *outward way* and means whereby he communicates these things unto us, and effects them in us, is by the *dispensation of the gospel*, or the preaching of it ordinarily. He doth the same work, also, in *prayer*, and oftentimes in other holy administrations. For this end, for a participation of this grace, of these mercies, do believers come unto God by them. They use them as means to draw *water from the well of salvation*, and to receive in that spiritual sense of divine love, which God by them will communicate.

So Christ, by his word, *knocks at the door of the heart*; if it be opened by faith, *he cometh in, and sup-peth with men*, giving them a gracious refreshment, by the testimony of his own love, and the love of the Father. *Rev. iii. 23. John xiv. 3.* This believers look for *in*, and this they do, in various measures, receive *by*, the ordinances of divine worship. And although some, through their fears and temptations, are not sensible hereof, yet do they secretly receive those blessed gracious supplies, whereby their souls are held in life, without which they would pine away and perish. So he dealeth with them. *Cant. iv. 5, 6.* These are the gardens and *galleries* of Christ, wherein he *gives us of his love*. *Cant. vii. 12.* Those who are humble and sincere, know how often their souls have been refreshed in them, and how long sometimes the impressions they have received of divine grace and love have continued with them, unto their unspeakable consolation. They remember what they have received in the opening and application of *the exceeding great and precious promises* that are given unto them, whereby they are gradually more and more made *partakers of the divine nature*; how many a time they have received *light* in darkness, *refreshment* under despondencies, *relief* in their conflicts with dangers

dangers and temptations, in and by them. For this cause do affections that are spiritually renewed cleave unto them. Who can but love and delight in that which he hath found, by experience, to be the way and means of communicating unto him the most *invaluable mercy*, the most inestimable benefit, whereof in this life he can be made partaker? He who hath found an *hidden treasure*, although he should at once take away the whole of it, yet will esteem the place where he found it; but if it be of that nature, that no more can be found or taken of it at once but what is sufficient for the present occasion, yet is so full and boundless, as that whenever he comes again to seek for it, he shall be sure to obtain present supply, he will always value it, and constantly apply himself unto it. And such is the treasure of grace and divine love, that is in the ordinances of divine worship.

If we are strangers unto these things, if we have never received *efficacious intimations of divine love* unto our souls, in and by the duties of divine *worship*, we cannot love them and delight in them as we ought. What do men come to hear the word of God for? What do they pray for? What do they expect to receive from him? Do they come unto God as the *eternal fountain of living waters*? as the God of all grace, peace, and consolation? Or do they come unto his worship without any design, as unto a dry and empty shew? Do they fight uncertainly with these things, as men beating the air? Or do they think they bring something unto God, but *receive* nothing from him? That the best of their business is to please him in doing what he commands; but to receive any thing from him, they expect not, nor do ever examine themselves whether they have done so or no? It is not for persons who *walk in such* ways ever to attain a due delight in the ordinances of divine worship.

Believers have other designs herein; and, among the rest, this in the first place, that they may be *afresh made partakers of refreshing, comforting pledges of the love of God in Christ*, and thereby of their adoption, of the pardon of their sins, and acceptance of their persons. According as they meet with these things in the duties of holy worship, public or private, so will they love, value, and adhere unto them. Some men are full of *other thoughts* and affections, so as that these things are not their principal design or desire, or are contented with that measure of them which they suppose themselves to have attained; or, at least, are not sensible of the need they stand in to have fresh communications of them made unto their souls; supposing that they can do well enough without a renewed sense of divine love every day; some are so *ignorant* of what they ought to design, to look after, in the duties of gospel worship, as that it is impossible they should have any real design in them. Many of the better sort of professors are too negligent in this matter: they do not long and pant in the inward man after renewed pledges of the love of God; they do not consider how much they have need of them, that they may be encouraged and strengthened unto all other duties of obedience; they do not prepare their minds for the reception of them, nor come with *expectation* of their communication unto them; they do not rightly fix their faith on this truth, namely, that these holy administrations and duties are appointed of God, in the first place, as the ways and means of conveying his love, and a sense of it, unto our souls. From hence spring that *lukewarmness*, coldness, and indifferency in and unto the duties of holy worship that are growing among us: for if men have lost the *principal design* of faith in them, and disesteem the *chiefest benefit* which is to be obtained by them, whence should zeal for them, delight in them, or diligence in attendance unto them arise?

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Let not any please themselves under the power of such decays; they are indications of their inward frame, and those infallible. Such persons will grow *cold, careless, and negligent* as unto the duties of public worship; they will put themselves neither to charge nor trouble about them; every occasion of life diverts them, and finds ready entertainment in their minds; and when they do attend upon them, it is with great indifferency and unconcernedness. Yet would they have it thought that all is still well within as ever it was—they have as good a respect unto religion as any. But these things openly discover an ulcerous disease in the very souls of men, as evidently as if it were written on their foreheads; whatever they pretend unto the contrary, they are under the power of *woeful decays* from all due regard unto spiritual and eternal things. And I would avoid the society of such persons as those who carry an infectious disease about them, unless it were to help on their cure.

Secondly. They come for supplies of internal, sanctifying, strengthening grace. This is the second great design of believers in their approaches unto God in his worship. The want hereof, as unto measures and degrees, they find in themselves, and are sensible of it. Yea, therein lies the great burden of the souls of believers in this world. All that we do in the life of God may be referred unto two heads.

First. The observance of all duties of obedience. And,

Secondly. The conflict with, and conquest over, temptations. About these things are we continually exercised. Hence the great thing which we desire, labour for, and pant after, is spiritual strength and ability for the discharge of ourselves in a due manner with respect unto these things. This is that which every true believer groaneth after in the inward man, and which he preferreth infinitely above all earthly things.

things. So he may have grace sufficient in any competent measure for these ends, let what will befall him, he desireth no more in this world. God in Christ is the only fountain of all this grace. There is not one drachm of it to be obtained but from him alone. And as he doth communicate it unto us of his own sovereign goodness and pleasure, so the ordinary way and means whereby he will do it are the duties of his worship. *Isaiah xl. 28, 29, 30, 31. Hast thou not known, hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? There is no searching of his understanding. He giveth power to the faint, and to them that have no might he increaseth strength. Even the youth shall faint and be weary, and the young men shall utterly fail. But they that wait upon the Lord shall renew their strength: they shall mount up with wings, as eagles; they shall run, and not be weary; they shall walk, and not faint.*

All grace and spiritual strength is originally seated in the nature of God (v. 28.); but what relief can that afford unto us who are weak, feeble, fainting? He will act suitably unto his nature in the communication of this grace and power (v. 29.); but how shall we have an interest in this grace, in these operations?—Wait on him in the ordinances of his worship (v. 31.). The word, as preached, is the food of our souls, whereby God administereth growth and strength unto them (*John xvii. 17.—I Pet ii. 23.*). *Desire, saith he, the sincere milk of the word, that ye may grow thereby.* But what encouragement have we thereunto, if so be, saith he, *you have tasted that the Lord is gracious?* If, in and by the dispensation of this word, you have had experience of the grace, the goodness, the kindness of God unto your souls, you cannot but desire and delight in it; and otherwise you will not do so. When men have sat some good while under the dispensation of the word, and in the enjoyment

enjoyment of other ordinances, without tasting in and by them that the Lord is gracious, they will grow weary of it and them. Wherefore prayer is the way of his *appointment* for the application of our souls unto him, to obtain a participation of all needful grace, which, therefore, he has proposed unto us in the promises of the covenant, that we may know what to ask, and how to plead for it. In the *sacraments* the same promises are sealed unto us, and the grace represented in them effectually exhibited. *Meditation* confirms our souls in the exercise of faith about it, and is the especial opening of the heart unto the *reception* of it. By these means, I say, doth God communicate all supplies of renewing, strengthening, and sanctifying grace unto us, that we may live unto him in all *holy obedience*, and be able to get the *victory over our temptations*. Under this apprehension do believers approach unto God in the ordinances of his worship: they come unto him as the means of God's *communication* unto their souls; hence they cleave unto them with *delight*, so far as their affections are renewed. So the spouse testifieth of herself—I sat down under his shadow with great delight. *Cant. ii. 3.* In these ordinances is the protecting, refreshing presence of Christ. This she *rested in with great delight*.

As they come unto them with these designs and expectations, so they have experience of the spiritual benefits and advantages which they receive by them, which more and more engageth them unto them in their affections and delights. All these things, those who have a change wrought in their affections, but not a spiritual renovation, are strangers unto. They neither have the design beforementioned in coming to them, nor the experience of this efficacy now proposed in their attendance on them. But these benefits are great; as, for instance, when men find the worth and effect of the *word preached* on their souls, in its enlightening, refreshing, strengthening, transforming

forming power; when they find their *hearts* warmed, their *graces* excited and strengthened, the *love of God* improved, their *desponding spirits* under trials and temptations relieved, their whole souls gradually more and more conformed unto Christ; when they find themselves by it *extricated* out of snares, doubts, fears, temptations, and brought unto satisfaction and rest, they cannot but delight in the dispensation of it, and rejoice in it as the *food of their souls*. And it is a great hindrance unto the increase of spiritual life, and obstruction unto fruitfulness, thankfulness, and consolation, when we are negligent in our meditation about the *benefits* that we receive by the word, and the advantages which we have thereby. For whilst it is so with us, we can neither *value the grace of God*, in granting us this inestimable privilege, nor perform any duty with respect unto it, in a right manner. This renders it an especial object of our affections as spiritually renewed. That secret love unto, and heavenly delight in the statutes and testimonies of God, which *David* expresseth (*Psal.* cxix.), arose from the spiritual benefit and advantage which he received by them, as he constantly declares. And the sole reason, on the one hand, why men grow so *careless, negligent, and cold* in their attendance unto the preaching of the word, is because they have no experience of any spiritual benefit or advantage by it. They have been brought unto it by one means or another, mostly by conviction of their duty. Their minds have been variously affected with it, unto a joy in the hearing of it, and readiness unto sundry duties of obedience: but after a while, when a sense of those *temporary impressions* is worn off, finding no real *spiritual benefit* by it, they lose all delight in it, and become very indifferent as unto its enjoyment. The frame which such persons at length arrive unto is described, *Mal.* i. 13. and iii. 14. And none can give any greater evidence of the decay of all manner of grace
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in them, or of their being destitute of all *saving grace* than when they apostatize from some degree of zeal for, and delight in, the dispensation of the *word* of God, with such a cursed indifferency, as many are overtaken withal. It cannot be otherwise. For seeing this is a way and means of the *exercise of all grace*, it will not be neglected, but where there is a *decay of all grace*; however men may please themselves with other pretences. And when they are thus ensnared, every foolish prejudice, every provocation, every wanton opinion and imagination will confirm them in, and increase their *gradual backsliding*.

And as it is with *believers*, as unto the hearing of the *word in general*, so it is as unto the *degrees of advantage* which they find by it. When men have enjoyed the dispensation of the *word* in a peculiar manner, *spiritual* and *effectual*; if they can be content to forego it, for that which is more *cold and lifeless*, provided it possesseth the same time, and outward form with the other, it is no great evidence that their souls do prosper. It is therefore those alone, who, having a sense of the efficacy of the *word* on their souls and consciences unto all the holy ends of it, who cleave unto it with spiritual love and delight. They continually remember what holy impressions it hath made on them, what engagements it hath brought their souls into, what encouragements unto faith and obedience it hath furnished them withal, and long after renewed sense of its enjoyments. When we do not find in ourselves this foundation of spiritual delight in the dispensation of the gospel, we can have no great evidence that our affections are renewed.

So also it is in the duties of *prayer and meditation*. When the soul of a believer hath had experience of the communion which it hath had with God in them, or either of them; of the spiritual refreshment which it hath had from them; of the benefits and mercies which are obtained by them, in recovery from temptations,

tations, snares, despondencies, in victory over sin and satan, in spiritual impressions, working it unto an holy watchful frame, which hath abode with it in other ways and occasions, with the like advantages wherewith fervent and *effectual prayer*, and sincere *heavenly meditation* are accompanied, it cannot but have love unto them, and delight in them; but if, indeed, we have no *experience* of these things, if we find not these *advantages* in and by these duties, they cannot but be a burden unto us, nor do serve unto any other end but to satisfy convictions. He who had the benefit of a serene and wholesome air, in a recovery from many diseases and distempers, with the preservation of his health so obtained, will love it and prize it; and so will he these duties, who hath been partaker of any of these saving mercies and privileges, wherewith they are accompanied. Some have been delivered from the *worst of temptations*, and the nearest approach of their prevalency (as to destroy themselves), by a sudden remembrance of the frame of their souls, and the imitations of God's love, in such, or such a prayer, at such a time. Some have had the same deliverance from *temptations unto sin*; when they had been carried away under the power of their corruptions, and all circumstances have concurred under the apprehensions of it, a *sudden thought* of such a prayer or meditation, with the engagement they made of themselves therein unto God, hath caused all the weapons of sin to fall out of its hands, and all the beauties of its allurements to disappear.

When others have been under the power of such despondencies and disconsolations, as that no present tenders of relief can approach unto them, they have been suddenly raised and refreshed by the remembrance of the intimate love and kindness between Christ and their souls, that have evidenced itself in former duties. Multitudes in fears, distresses and temptations, have found relief unto their spirits, and encouragement

encouragement unto their faith, in the remembrance of the returns they have had unto former supplications in the like distresses. These are grounds of spiritual delight in these duties.

Heartless, lifeless, wordy prayer, the fruit of convictions and gifts, or of custom and outward occasions, however *multiplied*, and whatever devotion they seem to be accompanied withal, will never engage spiritual affections unto them. When these things are absent, when the soul hath not experience of them, prayer is but a lifeless form, a dead carcase, which it would be a torment unto a soul spiritually alive to be tied unto. There may be a season indeed, when God will seem to hide himself from believers in their prayers, so as they shall neither find that life in themselves which they have done formerly, nor be sensible of any gracious communications from him, but this is done only for a time, and principally to stir them up unto that fervency and perseverance in prayer, as may recover them into their former, or a better estate than yet they have attained unto. The like may be said concerning all other duties of religion, or ordinances of *divine worship*.

Fourthly. Believers, whose affections are spiritually renewed, do delight greatly in the duties of *divine worship*, because they are the great instituted way whereby they may give glory unto God. This is the first and principal end of all *duties of religion* as they respect divine appointment, namely, to *ascribe and give unto God the glory that is his due*. For in them all, acknowledgment is made of all the glorious excellencies of the divine nature, our dependance on him, and relation unto him. And this is that which, in the *first place*, believers design in all the *duties* of divine worship. And the pattern set us by our blessed Saviour, in the *prayer he taught his disciples*, directs us thereunto. All the first requests of it concern immediately the glory of God, and the advancement thereof.

thereof. For therein also all the blessedness and safety of the church is included. Those who fail in this design, do err in all that they do, they never tend unto the mark proposed unto them. But this is that which principally *animates* the souls of them that believe in all their *duties*; this, their universal relation unto him, and love in that relation, makes necessary. Wherefore, that way and means whereby they may directly and solemnly ascribe and give glory unto God, is precious and delightful unto them. And such as are all the duties of divine worship. These are some of the things wherein the respect of affections *spiritually renewed*, unto *ordinances* and *duties* of divine worship, doth differ from the actings of affection towards the same object, which are not so sanctified and renewed.

There are yet other things accompanied with the *same evidence* of the difference between affections *spiritually renewed*, and those which have only a *general change* wrought in them by convictions, and some outward occasions, which must, in one or two instances more be insisted on, with the consideration of such cases as derive from them. For my design herein is not only to declare when our minds are *spiritually renewed*, but also what is the nature and operation of our affections, whereby we are constituted and denominated *spiritually minded*, which is the subject of our whole inquiry. Herein then we shall proceed.

C H A P. XVI.

Assimilation unto Things heavenly and spiritual in Affections spiritually renewed. This Assimilation the Work of Faith. How, and whereby. Reasons of the Want of Growth in our spiritual Affections, as unto this Assimilation.

WHEN affections are *spiritually renewed*, in their exercise, or fixing of themselves on spiritual things; *there is an assimilation wrought in them, and in the whole soul, unto those spiritual and heavenly things by faith.* But when there is a *change* in them only, from other causes and occasions, and not from renewing grace, there is an *assimilation effected of spiritual and heavenly things unto themselves, unto those affections, by imagination.*

This must somewhat at large be spoken unto, as that which gives the most eminent distinction between the frames of mind, whose difference we inquire into. And to that end we shall cast our consideration of it into the ensuing observations.

First, *affections spiritually renewed are, in all their aētings, in the whole exercise, under the guidance and conduct of faith.* It is faith, which, in its spiritual light, hath the leading of the soul in the whole life of God; we live here by *faith*, as we do hereafter by *light*. If our affections deviate or decline in the least from the *guidance of the faith*, they degenerate from their spirituality, and give up themselves unto the service of superstition. Next unto *corrupt, secular interest*, in the management of crafty, selfish seducers, this hath been the great in-let of all superstition and false worship into the world. *Blind affection* groping in the dark after *spiritual things*, having not the saving light of faith to conduct them; have seduced the minds of men into all manner of superstitions, imaginations,

nations, and practices, continuing to do so at this day. And wherever they will lead the way, when *faith* goeth not before them to discover both way and end, they that lead, and the mind that is led, must fall into one snare and pit or another.

Wherefore, affections that are *spiritually renewed*, move not, act not, but as *faith* discovers their object, and directs them unto it. It is faith that works by love; we can *love nothing sincerely* with divine love, but *what we believe savingly* with divine faith. Let our affections unto any spiritual things be never so vehement, if they spring not from faith, if they are not guided by it, they are neither accepted with God, nor will promote the interest of spirituality and holiness in our own souls. *Heb. xi. 6. Mat. vi. 22, 23.* And this is the reason whence we oftentimes see great and plausible appearances of spiritual affections, which yet endure *only for a season*. They have been awakened, excited, acted by one means or another, outward or inward; but not having the *light* of faith to guide them unto their proper object, they either wither and die, as unto any appearing of spiritual motions, or else keep the mind *tossed up and down* in perpetual disquietment, without rest or peace. *The foolish man wearieth himself, because he cannot find the way to the city.* So was it with them, who, on account of their attendance unto the doctrine of Christ, are called his disciples. *John vi.* Having preached unto them about the *bread which came down from heaven*, and giveth life unto them that feed, they were greatly affected with it, and cried out, *Lord, evermore give us of this bread*, v. 34. But when he proceeded to declare the mystery of it, they having not faith to discern and apprehend it, their affections immediately decayed, and they forsook both him and his doctrine, ver. 66.

We may consider one especial instance of this nature. Persons every day fall under great and *effectual convictions*

convictions of sin, and of their danger or certain misery thereby. This stirs up and acts all their affections, especially their *fears, hopes, desires, sorrow, self-revenge*, according as their condition calls for them. Hence sometimes they grow restless in their complaints, and turn themselves every way for relief, like men that are out of the way, and bewildered in the night. But in this state and condition, tell them of the only *proper ways and means* of their relief, which, let the world say what it will, is *Christ and his righteousness alone*, with the grace of God in him, and they quickly discover that they are strange things unto them, such as they do not understand, nor indeed approve. They cannot see them, they cannot discern them, nor any beauty in them, for which they should be desired.

Wherefore after their affections have been tossed up and down for a season, under the power and torment of this conviction, they come unto one or other of these issues with them. For either they utterly decay, and the mind loseth all sense of any *impressions* from them, so as that they wonder in themselves, whence they were so *foolish* as to be tossed and troubled with such *melancholy fancies*, and so commonly prove as bad a sort of men as live upon the earth; or they take up in a formal legal profession, wherein they never attain to be *spiritually minded*. This is the best end that our affections towards spiritual things not guided by the light of faith, do come unto.

Secondly, *faith hath a clear prospect into, and apprehension of spiritual things, as they are in themselves, and in their own nature*. It is true, the light of it cannot *fully comprehend* the nature of all those things which are the objects of its affections. For they are infinite and incomprehensible, such as are the nature of God, and the person of Christ; and some of them, as future glory, are not yet clearly revealed: But it discerns them all in a due manner, so as that they may
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in themselves, and not in any corrupt representation, or imagination of them, be the object of our affections. They are, as the Apostle speaks, *spiritually discerned*, 1 Cor. ii. 14. which is the reason why the natural man cannot receive them, namely, because he hath not ability spiritually to discern them. And this is the principal end of the renovation of our minds, the principal quality and effect of faith, namely, the communication unto our minds, and the acting in us, of a spiritual saving light, whereby we may see and discern spiritual things as they are in their own nature, kind, and proper use, see Eph. i. 17, 18, 19. *That the God of our Lord Jesus Christ, the Father of Glory, may give unto you the spirit of wisdom and revelation in the knowledge of him. The eyes of your understanding being enlightened; that ye know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, and what is the exceeding greatness of his power to us-ward, who believe according to the working of his mighty power.* 2 Cor. iv. 6. *God shines in our hearts, to give the light of the knowledge of his glory in the face of Jesus Christ.* The end God designs, is to draw our hearts and affections unto himself. And unto this end, he gives unto us a glorious internal light, whereby we may be enabled to discern the true nature of the things that we are to cleave unto with love and delight. Without this we have nothing but *false images* of spiritual things in our minds; not always as unto the *truth* or *doctrine* concerning them, but as unto their *reality*, power, and efficacy. This is one of the principal effects of faith, as it is the principal part of the renovation of our minds, namely, to discover in the soul, and represent unto the affections, things *spiritual and heavenly*, in their nature, beauty, and genuine excellency. This attracts them, if they are spiritually renewed, and causeth them to cleave with delight unto what is so proposed unto them. He that believes in Christ in
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a due manner, who thereon discovers the *excellency of his person*, and the *glory of his mediation*, will both love him, and on his believing, *rejoice with joy unspeakable, and full of glory*. So is it in all other instances; the more steady is our view by faith of spiritual things, the more firm and constant will our affections be in cleaving unto them. And wherever the mind is darkened about them, by temptation or seduction from the truth, there the affections will be quickly weakened and impaired. Wherefore,

Thirdly, *Affections thus led unto, and fixed on spiritual and heavenly things under the light and conduct of faith, are more and more renewed, or made in themselves more spiritual and heavenly*. They are, in their cleaving unto them, and delight in them, *continually changed and assimilated* unto the things themselves; becoming more and more to be what they are, namely, spiritual and heavenly.

This *transformation* is wrought by faith, and is one of the most excellent faculties and operations, see 2 Cor. iii. 18. And the means whereby it works herein, are our affections. In them, as we are carnal, we are conformed unto this world: and by them, as sanctified, *are we transformed in the renewing of our minds*, Rom. xii. 2. And this transformation is the introduction of a *new form or nature* into our souls, diverse from that wherewith we were before endued. So is it described, *Isaiah xi. 6, 7, 8, 9*. A spiritual nature they were changed into. And it is two-fold.

First, original and radical as to the substance or essence of it, which is the effect of the first act of divine grace upon our souls, when we are made *new creatures*. Herein our affections are *passive*, they do not transform us but are transformed.

Secondly, gradual as unto its increase; and therein faith works in and by the affections.

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Whenever the affections do cleave intensely unto any object, they receive an impression from it, as the wax doth from the seal when applied unto it, which changeth them into its own likeness. So the apostle affirms of sensual unclean persons ; they *have eyes full of adultery*, 2 Peter ii. 14. Their affections are so wholly possessed and filled with their lustful objects, as that they have brought forth their own likeness upon their imaginations. That blots out all others, and leaves them no inclinations but what they stir up in them. When men are filled with the *love of this world*, which carries along with it all their other affections, their hopes, fears, and desires, unto a constant exercise about the same object, they become *earthly minded*. Their minds are so changed into *the image of the things* themselves, by the effectual working of the corrupt principles of sin, self love and lust, as if they were made up of the *earth*, and therefore have no favour of any thing else.

In like manner, when by faith men come to embrace heavenly things, through the effectual working of a principle of spiritual life and grace in them, they are every day more and more made heavenly. The inward man *is renewed day by day*. Love is more sincere and ardent, delight is more ravishing and sensible, desires are more enlarged and intense, and by all a taste and relish of heavenly things is heightened into refreshing experience, see *Rom. v. 2, 3, 4, 5*.

This is the way whereby one grace is added unto another, 2 *Pet. i. 5, 6*. in degrees. Great is the assimilation between renewed affections and their spiritual objects, that by this means may be attained.

The mind hereby becomes the *temple of God*, wherein he dwells by the spirit ; Christ also dwelleth in believers, and they in him. *God is love*, and he that *dwelleth in love, dwelleth in God, and God in him*, 1 John iv. 16.

Love

Love in its proper exercise, gives a mutual inhabitation unto God and believers. In brief, he whose affections are set upon heavenly things in a due manner, will be *heavenly minded*. And in the due exercise of them, will that heavenly mindedness be increased. The transformation and assimilation that is wrought, is not in the *object* or *spiritual things* themselves, they are not changed neither in themselves, nor in the representation made of them unto our minds; but the change is in our *affections* which are made like unto them.

Two cases deriving from this principle and consideration, may be here spoken unto, and shall be so; the first in this, and the other in the following chapter. The one is concerning the *slowness and imperceptibility* of the growth of our affections in their *assimilation* unto heavenly things, with the causes and reasons of it. The other is, the *decays* that frequently befall men in their affections unto spiritual things instead of growing and thriving in them, with the reasons and causes thereof.

First, this progress and growth of our affections into spirituality and heavenliness, into conformity unto the things they are set upon, is oftentimes very *slow, and some times imperceptible*. Yea, for the most part, it is a hard thing to find it satisfactorily in ourselves or others. Our affections stand like *shrubs in the wilderness*, which see not when good cometh, and are not like plants in a garden enclosed, which is watered every day. But it is not so without our folly and our sin.

The folly that keeps many in this condition, consists herein; *The generality of christians are contented with their present measures, and design little more, than not to lose the ground they have gained*. And a *pernicious folly* it is that both ruins the glory of religion, and deprives the souls of men, of peace, and consolation. But so it is, men have some grounds of per-

suasion, or *at least* they hope, and suppose they have such grounds, that they are passed *from death unto life*, that they are in a state of grace and acceptance with God. This state they will endeavour to preserve by a diligent *performance* of the duties it requireth, and the *avoidance* of such sins, whereby they might make a forfeiture of it. But as for earnest watchful endeavours and diligence, *to thrive in this state*, to grow in grace, to be changed from glory to glory into the image of Christ, to press forwards towards the mark of the high calling, and after perfection to lay hold upon eternal life, to be more holy, more humble, more righteous, more spiritually minded, to have their affections more and more *transformed* into the likeness of things above; they are but *few*, that sincerely and diligently apply themselves unto it, or unto the means of these things. The *Measures* which they have attained unto give satisfaction unto the church, and reputation in the world, that they are professors, and some so speak peace unto their own souls. To be more holy and heavenly, to have their affections more taken up with the things above, they suppose somewhat inconsistent with their present occasions and affairs. By this means hath religion lost much of its glory, and the souls of men have been deprived of the principal advantages of it in this world.

Such persons are like unto men who live in a country wherein they are not only *pressed with poverty*, and all sorts of misery; but are also obnoxious unto grievous punishments, and death itself, if they are taken in it. In this condition they are told and assured of another country, wherein so soon as they are arrived, they shall be freed from all *fear of danger of punishment*, and if they pass further into it, they shall meet with riches, plenty, and a fair inheritance provided for them. Hereon they betake themselves unto their *voyage* to obtain an entrance into it, and possession of it. But no sooner do they come within the *borders*, and so are
free

free from *danger*, or fear of punishment and death, but they sit down and will go no further, to enjoy the *good things of the country* wherunto they are come. And it falls out with many of them, that through their sloth, negligence, and ignorance, they take up *short of the true bounds* and limits of the country of liberty and peace which they aimed at, whereby danger and death surprise them unawares. This ruin could not have befallen them, had they industriously endeavoured to enter into the *heart of the country*, and have possessed the good things thereof. At best, being only in the *borders*, they lead a poor life all their days, exposed to wants and danger.

So it is in this case. Men falling under the *power of convictions*, and those restless fears wherewith they are accompanied, will stir up themselves, and inquire how they may *fly from the wrath to come*, how they may be delivered from the state of sin, and the eternal misery which will ensue thereon.

In the *gospel*, not only *mercy and pardon* are proposed unto them, on their believing, which is the first entrance into the heavenly country; but *peace*, and *joy*, and *spiritual strength*, upon their admission into it, and a progress made in it by faith and obedience. But many, when they have attained so far, as that they have *some hopes of pardon and freedom from the curse*, so as to deliver them from their tormenting fears, will endeavour to preserve those hopes, and keep that state; but will not pass on to a full enjoyment of the *precious things of the gospel*, by growth in grace and spiritual affections. But how many of them fall under woful mistakes. For supposing themselves to be in a *gospel state*, it proves in the issue, that they never entered into it. They were not, it may be *far from the kingdom of heaven*, in the same sense as it was spoken of him who never came thither. There is no way to secure an interest in the gospel, as to pardon and mercy, safety and deliverance, but by a growth in grace, holiness, and spirituality, which

gives an entrance into the *choicest* mercies and privileges of it.

This *folly of men*, in *taking up with their measures*, endeavouring only to maintain that state and condition which they hope they have attained, is the great reason why their affections do not daily grow up into spirituality, through an *assimilation* unto heavenly things. And a *folly* it is, attended with innumerable aggravations. As for instance.

First, It is contrary and destructive unto the *genuine and principle property of gospel grace*. For it is every where compared by our Saviour unto things which, from *small seeds and beginnings*, do grow up by a continual increase unto large measures, as to a *grain of mustard seed*, a *little leaven*, and the like.

That grace in whose nature it is not to thrive and grow, may justly be suspected, and ought diligently to be examined by them who take care of their own souls and would not be eternally deceived.

Secondly, It is contrary unto the most excellent or invariable *evangelical promises* recorded in the Old Testament and the New; and which are amongst the principal supportments of the faith, hope, and comfort of believers. God hath given them unto us, to encourage us into an expectation of such supplies of grace, as shall cause us to *thrive and grow* against all opposition, unto the utmost of our continuation in this world. And they are so multiplied as that there is no need to mention any of them in particular; God evidencing thereby how great is the grace, and how precious, which he so often promiseth, and of what consideration it is of unto ourselves, see *Psal.* xcii. 13, 14, 15. *Ijai.* xl. 28, 29, 30, 31. Wherefore the folly of taking up with present measures of grace, holiness, and spirituality, is attended with two unspeakable evils.

First, A *signal contempt* of the love, grace, faithfulness, and wisdom of God, in giving of us such *mises of grace*, to make us increase, thrive, and grow

grow. How can it be done more effectually, than by such a neglect of his promised grace?

Secondly. An *evidence* that such persons love not, care not for grace or holiness for their own souls, but merely to serve their turn at present, as they suppose, nor do desire the least of grace or privilege by Christ, without which they can have no hopes to get to heaven. This sufficiently discovers men to be wholly under the power of *self love*, and to center therein; for if they may have so much grace and mercy as may save them, they care for no more.

Thirdly. It is repugnant unto the *honour of gospel grace*, as though it would carry us so far, and no farther, in the way to glory. For it must be known, that this sort of persons who sit down in their present measures and attainments, either really have no grace at all, or that which is of the lowest, meanest, and most imperceptible size and degree. For if any one hath attained any *considerable growth* in faith and love, in the mortification of sin, in heavenly mindedness, it is utterly impossible but that ordinarily he will be pressing forward towards farther attainments, and farther degrees of spiritual strength in the life of God. So the Apostle declares it in his own example.—*Phil. iii. 10, 11, 12, 13, 14.* What thoughts can these persons have concerning the glory, power, and efficacy of gospel grace which they suppose they have received? If they measure them by the effects which they find in themselves, either as unto the mortification of sin, or strength unto, and delight in, duties of holiness, or as unto spiritual consolation, they can see no excellency nor beauty in them: for they do not manifest themselves but in their *success*, as they transform the soul daily into the image of Christ.

Fourthly. It is that which hath lost the reputation and glory of religion in the world, and therein the honour of the gospel itself. For the most of professors do take up with such lustre upon it, as give no com-

mendation unto the religion they profess; for their measures allow them such a conformity unto the world, in their ways, words, and actions, in their gestures, apparel, and attire, as that they are no way visibly to be distinguished from it. Yea, the ground and reason why the most do *rest in their present measures* is, because they will not be further differenced from the world. This hath greatly lost the glory, honour, and reputation of religion amongst us: And, on the other side, if all visible professors would endeavour continually to grow and thrive in spirituality of mind, and heavenliness of affections, with fruits suitable thereunto, it would bring a conviction on the world, that there is a *secret invisible power* accompanying the religion they profess, transforming them daily into the image and likeness of God.

Fifthly. Whatever is pretended unto the contrary, it is *inconsistent* with all solid peace of conscience; for no such thing is promised unto any who live in such a contempt of divine promises; nor is it attainable, but by the diligent exercise of all those graces which lie neglected under this frame. Few men are able to judge whether they have real, eternal, abiding peace, or no, unless it be in case of trials and temptations. At other seasons, general hopes and confidences do or may supply the want of it in their minds: but when any fear, danger, trial, or word of conviction befalls them, they cannot but inquire and examine how it is with them. And if they find their affections cold, dead, earthly, carnal, withering, not spiritual or heavenly, there will be an end of their supposed peace, and they will fall into woful disquietments; and they will then find that the root of all this evil lies in this frame and disposition. They have been so far satisfied with their present measures or attainments in religion, as that the utmost of their endeavours have been but to preserve their station, or not to forfeit it by open sins, to keep their souls alive from

from the severe reflections of the word, and their reputation fair in the church of God. *Spiritually to thrive, to prosper in their souls, to wax fat and flourishing in the inward man, to bring forth more fruit as age increaseth, to press towards perfection, are things they have not designed nor pursued.*

Hence it is that so many among us are visibly at an *unthrifty stand* in the world; that where they were one year, there they are another, like *shrubs in the wilderness*, not like the plants in the garden of God, not *as vines planted in a very fruitful hill*. Yea, though many are sensible themselves that they are *cold, lifeless, and fruitless*, yet will they not be convinced that there is a necessity of making a daily progress in spirituality and heavenly mindedness, whereby the inward man may be renewed day by day, and grace augmented with the increase of God. This is a work, as they suppose, for them who have nothing else to do; not consistent with their *business, callings, and occasions*; not necessary, as they hope, unto their salvation, nor, it may be, to be attained by them if they should set themselves about it. This apprehension or imagination, upon the beginning of the declension and decay of Christian religion in the many, cast off all holiness and devotion unto a sort of men who undertook to retire themselves utterly out of the world; amongst whom also the substance of religion was quickly lost, and a cloud, or *meteor of superstition*, embraced in the room of it. But this folly is ominous unto the souls of men.

Those who have made the *greatest progress* in the conformity of their affections unto things spiritual and heavenly, know most of its necessity, excellency, and desirableness; yea, without some progress in it, these things will not be known. Such will testify, that the more they attain herein, the more they see is yet to be attained, and the more they do desire to attain

what is behind. *Forgetting those things which are behind, they reach forth unto the things that are yet before them; like men running in a race, whose prize and reward is yet before them.* Phil. iii. 13, 14. It is a comely thing to see a Christian weaned from the world, minding heavenly things, green and flourishing in spiritual affection. And it is the more lovely because it is so rare. The generality of them take up with those measures which neither glorify God, nor bring in durable peace into their own souls.

That which men pretend and complain of herein, is the *difficulty of the work*. They can, as they suppose, preserve their present station; but to press forward, to grow in grace, to thrive in their affections, this is too hard for them. But this *complaint* is unequal and *unjust*, and adds unto the guilt of their sloth. It reflects upon the words of our Saviour, that his *yoke is easy, and his burden light*, that his commandments are not grievous. It expresseth unbelief in the promises of God, tendering such supplies of grace, as to render all the ways of wisdom easy, yea, mercy and peace. It is contrary unto the experience of all who have, with any sincerity and diligence, engaged in the ways of gospel obedience; and the whole cause of the pretended difficulty lies in themselves alone, which may be reduced unto these two heads:

First. *A desire to retain some thing, or things, that is, or are, inconsistent with such a progress*: for unless the heart be ready on all occasions to esteem every thing as *less and dung* so as we may win Christ, the work will be accompanied with insuperable difficulties. This is the first principle of religion, of gospel obedience, that all things are to be *despised for Christ*. But this difficulty ariseth not from the thing itself, but from our indisposition unto it, and unfitness for it. That which is an *easy, pleasant walk* unto a sound and healthy man, is a toilsome journey to him that is diseased

eased and infirm. In particular, whilst men will retain an *inordinate respect* unto the world, the vanities, the pleasures, the profits, the contentments of it; whilst *self-love*, putting an undue valuation on our persons, our relations, our enjoyments, our reputations, doth cleave unto us, we shall labour in the fire when we engage in this duty, or, rather, we shall not at all sincerely engage in it; wherefore the apostle tells us that, in this case, we must *cast off every weight, and the sin that doth so easily beset us*, if we intend to run with joy the race that is set before us. *Heb. xii. 1.*

Secondly. *It is because men dwell continually upon the entrances of religion, in the first and lowest exercise of grace*, some are always beginning at religion, and the beginning of things are always difficult. They design not to be *complete in the whole will of God*, nor to give all graces their perfect work. They do not, with use, habituate grace unto a readiness in all the actings of it, which the apostle commends in them that are perfect and complete. *Heb. v. 14.* Hence he calls such persons *babes* and *carnal*, comparatively unto them that are strong men and spiritual. Such persons do not oblige themselves unto the whole work, and all the duties of religion, but only what they judge *necessary unto them* in their present circumstances. In particular, they do not attempt a thorough work in the mortification of any sin, but are *hewing and hacking* at it, as their convictions are urgent, or abate the wounds whereof in the body of sin, are quickly healed. They give not any grace its *perfect work*, but are always making essays, and so give over.

Whilst it is thus with any, they shall always be deluded with the apprehensions of insuperable difficulties, as to the growth of their affections in spirituality and heavenliness. Remove these things out of the way, as they ought to be removed, and we shall find all the paths wherein we are to walk towards God to be *pleasantness and peace*.

This is the first cause whence it is, that there may be affections truly spiritual and graciously renewed in some persons, who yet do not thrive *in an assimilation and conformity unto heavenly things*. Men take up with their present measures, and thereon pretend either necessary occasion, or discouragement from difficulties, in attempting spiritual growth in the inward man. But they may thank themselves, if, as they bring no honour unto Christ, so they have no solid peace in their own souls.

Secondly. As the evil proceedeth from *folly*, so it is always the consequent *of sin*, of *many sins* of various sorts. Let us not dwell on heartless complaints, that we do not find our affections lively and heavenly, that we do not find the inward man to thrive or grow. Let us not hearken after this or that relief or comfort, under this consideration, as many things are usually insisted on unto that purpose. They may be of use when persons are under temptations, and not able to make a right judgment of themselves, but in the course of our *ordinary walking with God* they are not to be attended or retired unto. The general reason of this evil state is our own *sinful carelessness*, negligence, and sloth, with, perhaps, an indulgence unto some known lust or corruption. And we do in vain seek after *refreshing cordials*, as though we were only spiritually faint, when we stand in need of lancings and burnings, as nigh unto a lethargy: it would be too long to give instances of these sins, which fail not effectually to obstruct the *thriving of spiritual affections*. But in general, when men are careless as unto that continual *watch* which they ought to keep over their hearts—whilst they are *negligent* in holy duties, either as unto the seasons of them, or in the manner of their performance—when they are *strangers* unto holy meditation and self-examination—whilst they *inordinately pursue* the things of the world, or are so *tender and delicate* as that they will not undergo the hardship of an heavenly life,
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either as unto the *inward* or *outward* man—much more when they are *vain* in their conversation, *corrupt* in their communication, especially if under the *predominant influence* of any particular lust, it is in vain to think of thriving in spiritual affections. And yet thus it is with all who ordinarily, and in their constant course, are thriftless herein.

C H A P. XVII.

Decays in Spiritual Affections, with the Causes and Danger of them. Advice unto them who are sensible of the Evil of Spiritual Decays.

IT must be acknowledged, that there is yet that which is worse than what we have yet insisted on, and more opposite unto the growth of affections, in conformity unto heavenly things, which is the proper character of those that are spiritually renewed. And this is their spiritual decay, manifesting itself in sensible and visible effects.

Some there are, yea, many, who, upon the beginning of a profession of their *conversion* unto God, have made a great appearance of vigorous, active, spiritual affections; yea, it is so with most, it may be, all who are really so converted. *God takes notice of the love of the youth in his people*, of the love of their *espousals*.

In some, this vigour of spiritual *affections* is from the real power of grace, exerting its efficacy on their hearts and in their minds. In others, it is from other causes, as for instance, relief from *conviction*, by spiritual illumination, will produce this effect. And this falls out unto their advantage of such persons that generally a change is wrought in their *younger days*. For then their *affections*, in their natural powers, are active, and bear great sway in the whole soul. Wherefore

Wherefore, the change that is made, most eminent in them, be it what it will. But as men increase in age, and thereon grow up in *carnal wisdom*, and a great valuation of earthly things, with their care about them, and converse in them, they abate and decay in their spiritual affections every day. They will abide in their profession, but have *lost their first love*.

It is a shame and folly unutterable, that it should be so with any who make profession of that religion, wherein there are so many *incomparable excellencies* to endear and engage them to it more and more; but why should we hide what experience makes manifest in the sight of the sun; and what multitudes proclaim concerning themselves? Wherefore, I look upon it as a great evidence, if not absolutely of the sincerity of grace, yet of the life and growth of it, when men, as they grow up in age, do grow in an *undervaluation* of present things, in contempt of the world, in duties of charity and bounty, and decay not in any of them. But I say, it is usual that the *entrances* of men's profession of religion and conversation unto God, are attended with *vigorous active affections* towards spiritual things. Of them, who really and sincerely believed, it is said, that on *their believing, they rejoiced with joy unspeakable, and full of glory*. And of those who only had a work of conviction on them, improved by temporary faith, that they *received the word with joy, and did many things gladly*.

In this state do many abide and thrive, until their affections be wholly transformed into the image and likeness of things above. But with many of all sorts it is not so; they fall into woful decays as unto their affections about spiritual things, and consequently in their whole profession and conversation, their moisture becomes as the drought in summer. They have no *experience* of the life and actings of
them

them in themselves, nor any comfort, or refreshment from them; they honour not the gospel with any fruits of love, zeal, or delight, nor are *useful* any way unto others by their example. Some of them have had *seeming recoveries*, and are yet again taken into a lifeless frame: warnings, afflictions, licknesses, the word have awakened them, but they are fallen again into a *dead sleep*; so as that they seem to be *trees whose fruit withereth, without fruit, twice dead, plucked up by the roots*.

Some things must be spoken unto this woful condition in general, as that which is directly opposite unto the grace and duty of being spiritually minded; and contrary unto, and obstructive of the *growth of spiritual affections in an assimilation unto heavenly things*. And what shall be spoken, may be applied unto all the degrees of these decays, though all of them are not alike dangerous or perilous.

First, There may be *a time of temptation*, wherein a soul may apprehend in itself not only a *decay* in, but an utter loss of all spiritual affections, when yet it is not so. As believers may apprehend and judge, that the *Lord hath forsaken and forgotten them, when he hath not done so*, Isaiah xlix. 14, 15. So they may under their temptations apprehend, that they have *forsaken God*, when they have not done so: As a man in the *night* may apprehend he hath lost his way, and be in great distress, when he is in his proper road. For temptation brings darkness and amazement, and leads into mistakes and a false judgment in all things. They find not, it may be, grace working in love, joy, and delight, as formerly, nor that activity of heart and mind in holy duties, which spiritual affections gave unto them. But yet it may be, the same *grace works in godly sorrow* by mourning, humiliation, and self-abasement, no less effectually, nor less acceptably unto God. Such as these I separate from the present consideration.

Secondly,

Secondly, There may be a *decay in affections themselves*, as unto their actings towards any objects whatever; at least as unto the outward *symptoms* and effects of them, and on this ground, their operations towards spiritual things may be less sensible. So men in their younger days may be more ready to express their sorrow by tears, and their joy by sensible exaltation and *motion* of their spirits, than in riper years. And this may be so, when there is no decay of grace in the *affections* as renewed. But,

(1.) When it is so, it is a *burthen* unto them in whom it is. They cannot but mourn and have a *godly jealousy* over themselves, lest the decays they find, should not be in the *outward*, but in the *inward*, not in the natural, but the spiritual man. And they will labour, that in all duties, and at all times, it may be with them, as in days of old, although they cannot attain strength in them, that vigour of spirit, that life, joy, peace, and comfort, which any have had experience of.

Secondly, There will be in such persons, no *decays in holiness* of life, nor as unto diligence in all religious duties. If the decay be really of grace in the affections, it will be accompanied with a proportionable decay in all other things, wherein the life of God is concerned. But if it be only as unto the sensible actings of natural affections, no such decay will ensue.

Thirdly, Grace will, in this case, more vigorously act itself in the other faculties and powers of the soul, as the *judgment* and the *will* in their approbation of, and firm adherence unto spiritual things. But,

Fourthly, When men find, or may find their affections yet quick, active, and intent on other things, as the lawful enjoyments and comforts of this life, it is in *vain for them* to relieve themselves, that the decays they find, are in their affections as natural, and not as they ought to be gracious. If we see a man
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in his old age grow more in love with the things of this world, and less in love with the things of God, it is not through the weakness of nature, but through the strength of sin.

On these, and it may be, some other the like occasions, there may be an *apprehension* of a decay in spiritual *affections*, when it may not be so, at least not unto the *degree* that is apprehended. But when it is so *really*, as it is evidently with many, I had almost said with the most in these days, it is a woful frame of heart, and never enough to be lamented. It is that which lies in direct *contradiction* unto that Spiritual Mindedness which is life and peace. It is a *consumption* of the soul which threatens it with death every day.

It belongs not unto my design to treat of it in particular; yet I cannot let it pass without some remarks upon it, it being an evil almost *epidemical* among professors, and prevalent in some unto such a degree, as that they seem to be utterly forsaken of all powers of spiritual life.

Now, besides all that *folly and sin*, which we before discovered as the causes of the *want of the growth of our affections* in spirituality and heavenliness, which in this case of their *decay* are more abominable, there is a multiplication of evils wherewith this state of heart and mind is accompanied. For,

First, It is that which of all things, the Lord Christ is most displeased with in *churches* or professors. He pities them in their temptations, he *suffers* with them in their persecution, he *intercedes* for them on their surprisal, but threatens them under their *spiritual decays*, Rev. ii. 4, 5. chap. iii. 2. This he cannot bear with, as that which both reflects *dishonour* upon himself, and which he knows to be *ruinous* unto those in whom it is. He will longer bear with them who are utterly dead, than with those who abide under these decays, Rev. iii. 15, 16. This is the only case wherein

wherein he threatens to reject and cast off a *professing church*, to take away his *candlestick* from it, unless it be that of *false worship and Idolatry*. He that spake thus unto the churches of old, speaks now the same unto us; for he lives for ever, *and is always* the same, and his word is living and unchangeable. There is not one of us who are under this frame, but the Lord Christ, by his word and spirit, testifieth his displeasure against us; and if he be against us, who shall plead for us. Consider what he says in this case, *Rev. ii. 5. chapter iii. 3.* O who can stand before these dreadful intimations of his displeasure! the Lord help us to mind it, lest he in whom we profess to place our only trust, be in our trial found our greatest enemy. Take heed of such sins as Christ himself, our only advocate, hath put a mark upon, as those which he will not save us in.

Secondly, It is that wherewith above all things the *holy spirit is grieved*. His work it is to grace an increase and progress in our souls. He begins it, and carries it on. And there can be no greater grief unto a wise and gracious work, than to have his work *decay* and go backward under his hand. This is the occasion of those *complaints* of God which we find in the scripture, of the unprofitableness and backsliding of men after the use of means and remedies for their fruitfulness and cure. *What, saith he, could I have done more for my Vineyard than I have done? Why then when I looked for grapes, did it bring forth wild grapes.* Can any thing be apprehended to be such a just matter of grief and complaint unto the holy Spirit, to see and find those whom he had once raised up unto holy and heavenly affections, so as that their delights were in, and their thoughts much upon, the things that are above, to become earthly or sensual, to have no sensible actings of any of his graces in them, which is the state of them who are under the power of spiritual decays. And this is the only cause
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wherein God speaks unto men in the way of complaint and exhortation; and useth all sorts of arguments to convince them of their folly herein.

Wherein a wise, tender, and careful parent, hath been diligent in the use of all means for the *education of his child*, and he for some time hath given *good hopes of himself*, finds him to slacken in his diligence, to be careless in his calling, to delight in evil company, how solicitous is his heart about him, how much is he grieved, and affected with his miscarriage. The heart of the spirit of God is infinitely more tender towards us, than that of the most affectionate parent can be towards an only child. And when he with cost and care hath nourished, and brought us up unto some growth and progress in spiritual affections, wherein all his concerns in us do lie, for us to grow cold, dull, earthly minded, to cleave unto the pleasures, or lusts of this world, how is he grieved, how is he provoked! It may be this consideration of *grieving the holy spirit*, is of no great weight with some; they should have little concernment herein, if they could well free themselves in other respects; but let such persons know, it is impossible for them to give a greater evidence of a profligate hardness in sin.

Thirdly, This is that which in a especial manner provoketh the *judgments of God against any church*, as *was intimated before*: When in the order of profession and worship, any church hath a *name to live*, but as to the power of grace acting *in the affections*, is *dead*: when it is not so cold as to forsake the *external institutions* of worship, nor so *hot* as to enliven their duties with spiritual affections, the Lord Christ will not long bear with them; yea, *judgment* will suddenly break out *towards such an house of God*.

Fourthly, It is absolutely inconsistent with all *comfortable assurance of the love of God*. Whatever persons under the power of such a frame, pretend unto of that kind, it is sinful security, not gracious assurance
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or peace; and constantly as professors grow old and decay in their spiritual affections, stupidity of conscience, and security of mind do grow also upon them. It is so, I say, unless they are sometimes surpris'd or overtaken with some *greater sin*, which reflects severely on their consciences, and casts them for a time under troubles and distresses. But that *peace with God*, and a *comfortable assurance of salvation*, should be *consistent* with an habitual decay in grace, especially in those graces which should act themselves in our affections, is contrary to the whole tenor and testimony of the scripture; and the supposition of it would be the bane and poison of religion. I do not say that our assurance and peace with God, do arise wholly from the actings of grace in us; there are other causes of them, whereunto they are principally resolv'd: But this I say, under an habitual declension, or decay of Grace in the spirituality of our affections, no man can keep or maintain a *gracious sense of the love of God*, or of peace with him. And therefore there is no duty more severely to be press'd on all at this day, than a diligent examination and trial of the grounds of their peace; lest it should be with any of them as it was with *Laodicea*, who was satisfied in her good state and condition, when it was most miserable, and almost *desperate*. Yea, I must say, that it is impossible that many professors, whom we see and converse withal, should have any solid peace with God. Do men *gather figs from thorns, or grapes from thistles*? It is a fruit that will not grow on a vain, earthly, selfish frame of mind and conversation. And therefore such persons whatever they pretend, are either asleep in a sinful security, or live on most uncertain hopes, which probably may deceive them. Nothing can be so ruinous unto our profession as once to suppose it is an *easy matter*, a thing of course, to maintain our peace with God. God forbid but that our utmost diligence, and continued endeavours to thrive in every

every grace should be required thereunto. The whole beauty and glory of our religion depends hereon. *To be spiritually minded is life and peace.*

Fifthly, Such a decay as that described, is a dangerous symptom of an *evil state and condition*, and that those in whom it is, will at last be found to be but *hypocrites*. I know such persons will, or may have, pretended evidences unto the contrary, and that are well enough satisfied of, and with their own sincerity, in many things; so as that it is impossible to fix upon them the sense and conviction of being but *hypocrites*. But this apprehension ariseth from a false notion of hypocrisy. No man they suppose is an *hypocrite*, but he that generally, or universally pretends himself in religion to be what he is not, and what he knows himself not to be, or at least, might easily do so. And it is *true*, that this is the broadest notion of *Pharisaical hypocrisy*. But take an hypocrite for him, who under light, profession, gifts, duties, doth habitually and willingly fail in any point of sincerity, he is no less a perishing hypocrite than the former, and it may alter the case with them. I do not say that every one in whom there is this prevalent decay in spiritual affections, is an hypocrite; God forbid: I only say, that where it continues without remedy, it is such a *symptom* of hypocrisy, as that he who is wise, and hath a care of his soul, will not rest until he hath searched it unto the bottom. For it seems as if it were thus with such persons, they have had a false or imperfect work in that *conversion unto God* which they have professed. Conviction of sin, communication of spiritual light and gifts, alteration upon the affections, change of society and conversation, have made it up. Now it is the nature of such a *work* greatly to flourish for a season, in all the principal parts and duties of profession. But it is in its nature also *gradually to decay*, until it be quite withered away: In some it is lost by the power of some *vigorous temptations*, and particular

particular lusts indulged unto, ending in worldliness and sensuality; but in the most it *decays gradually*, until it hath lost all its favor and sap, see *Job. xv. 3.* Wherefore, whilst men find this decay in themselves, unless they are fallen under the power of a destructive security, unless they are *hardened through the deceitfulness of sin*, they cannot but think it their duty to examine how things stand with them, whether they ever effectually closed with Christ, and had the faith of God's elect, which works by love; seeing it is with them, as though they had only a work of another nature. For a saving work in its own nature, and in the diligent use of means, thrives, and groweth, as the whole scripture testifieth; but it is this false and imperfect working, that hath no root, and is thus subject to withering.

Sixthly, persons in such an estate are apt to deceive themselves with false *hopes and notions*, whereby the *deceitfulness of sin* doth put forth its power, to harden them unto their ruin. Two ways there are whereby this pernicious effect is produced. The one by the prevalency of a particular *lust* or sin, the other by a neglect of *spiritual duties*, and a vain conversation in the world, under which the soul pines away and consumes.

As unto the first of these, there are *three false notions*, whereby the *deceitfulness of sin*, deludes the souls of men.

The first is, that it is that *one sin alone* wherein they would be indulged. Let them be spared in this *one thing*, and in all other they will be exact enough. This is the composition that *Naaman* would have made in the matters of religion, 2 *Kings. v. 18.* And it is that which many trust unto. Hence it hath by the event been made to appear, that some persons have lived long in the practise of some gross sins, and yet all the while used a *semblance of great diligence* in other duties of religion. This is a false notion whereby

whereby poor sinners delude their own souls. For suppose it possible that a man should give himself up unto any lust, or be under the power of it, and yet be observant of all other duties, yet this would give him *no relief* as unto the eternal condition of his soul. The rule is peremptory unto this purpose. *Jam. ii. 10, 11.* One sin willingly lived in is as able to *destroy a man's soul* as a thousand. Besides, it is practically false. There is no man that lives in any one known sin, but he really lives in more, though that only bears the chiefest sway. With some such persons, these sins appear unto others, who observe their frame and spirit, though they appear not to themselves: in some they are manifest in themselves, although they are hidden from others. *1 Tim. v. 24.* But let no man *relieve himself* with thoughts that it is but *one sin*, whilst that one sin keeps him in a constant neglect of God. Hence,

Secondly, They deceive themselves hereby; for they judge, that although they cannot as yet *shake off their sin*, yet they will continue still to love God, and abound in the duties of his worship. They will not become haters of God and his ways, and persecutors for all the world, and therefore hope that, notwithstanding this one *Zoar*, this *lesser sin*, which their constitution and their circumstances *engage them in*, that it may be well with them at the last. This, also, is a *false notion*, a mere instrument in the hand of sin to act its deceit by: for no man that *willingly liveth in any sin* can love God at all, as is evident in that rule, *1 John ii. 15.* It is but a false *pretence of love* to God that any man hath, who liveth in any known sin. Where God is not loved above all, he is not loved at all: and he is not so where men will not part with one cursed lust for his sake. Let not your light deceive you, nor your gifts, nor your duties, nor your profession; if you live in sin, you love not God.

Thirdly. They determine, that at such *or such a season* or time, after such satisfaction given unto their
lusts

lusts or pleasures, they will utterly give over, so as that iniquity shall not be their ruin. But this is a false notion also, an effectual instrument of the deceitfulness of sin. He that will not now give over, who will not immediately upon the discovery of the prevalency of any sin, and warning about it, endeavour sincerely and constantly its relinquishment, say what he will, and pretend what he will, he never intends to give over; nor is it probable in an ordinary way that ever he will do so. When men's decays are from the prevalency of particular sins, by these and the like false notions do they harden themselves unto ruin.

For those who are *pinning away under a heetical consumption, a general decay of the vital spirits* of religion, they have also false notions whereby they deceive themselves. As,

First. That although they have some cause to *mistrust themselves*, yet indeed their condition is not so bad as *some may apprehend it*, or as they are warned it is. And this ariseth from hence, that they have not as yet been overtaken with any *enormous sin*, which hath filled their consciences with terror and disquietment. But this is a *false notion also*; for every decay is dangerous, especially such as the mind is ready to plead for, and to countenance itself in.

Secondly. They are prone to suppose that this decay doth not arise from themselves, and the evil of their own hearts, but from their circumstances, business, present occasion, and state of life, which, when they are freed from, they will at least return unto their former love and delight in spiritual things. But this is a false notion also, by virtue of that rule (*Heb. iii. 12*). Let men's circumstances and occasions of life be what they will, all their departures from God are from an evil heart of unbelief.

Thirdly. They judge it no hard matter to retrieve themselves out of this state, but that which they can easily do, when there is an absolute necessity of it.

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But this is a *false notion also*. Recovery from backsliding is the hardest task in the Christian religion, and which few make either comfortable or honourable work of.

In this state, I say, men are apt by such false reasonings to deceive themselves unto their eternal ruin, which makes the consideration of it the more necessary.

Wherefore I say, lastly, upon the whole, that who-so find themselves under the power of this *wretched frame*, who are sensible in themselves, or, at least, make it evident unto others, that they are under a decay in their spiritual condition, if they rest in that state, without groaning, labouring, endeavouring for deliverance from it, they can have no well-grounded hopes in themselves of life and immortality; yea, they are in those *paths which go down unto the chambers of death*.

I cannot let this pass without something of advice unto them who find themselves under such decays, are sensible of them, and would be delivered from them, and I shall give it in a few words.

First. *Remember former things*, call to mind how it was with you in the *spring and vigour of your affections*, and compare your present state, enjoyment, peace, and quiet with what they were then. This will be a great principle of return to God. *Hos. ii. 7*. And to put a little weight upon it, we may consider,

First, God himself makes it, *on his part*, a ground and reason of his return unto us in a way of mercy, and of the continuance of his love. *Jer. ii. 2*. Even when a people are under *manifold decays*, whilst yet they are within the bounds of God's covenant and mercy, he will remember their first love with the fruits and actings of it in trials and temptations, which moves his compassion towards them. And the way to have God thus remember it is, for us to remember

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with delight and longing of soul, that it were with us as in those days of old, when we had the *love of espousals of God in Christ*, Jer. xxxi. 18, 19, 20.

Secondly, It is the way whereby the saints of old have refreshed and encouraged themselves under their greatest despondencies. So doth the *Psalmist* in many places, as for instance *Psal. xlii. 6. O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites from the hill Missar.* David, in the time of his persecution by Saul, when he wandered up and down in deserts, wildernesses and solitudes, had under his fears, distresses, and exercise, great, holy, spiritual communion with God, as many of his *Psalms* composed on such occasions do testify. And the greater his distresses were, the more fervent were his affections in all his addresses unto God. And he was never in greater than when he escaped out of the cave at *Adullam*, and went thence unto *Mizpheb* of *Moab*, to get shelter for his parents, 1 *Sam. xxii. 13.* Then was he in the land of the *Hermonites*, the hill *Hermon* being the boundary eastward of the *Israelites'* possession, next to *Moab*, *Deut. iii. 8, 9.* There, no doubt, *David* had a blessed exercise of his faith, and of all his affections towards God, wherein his soul found great refreshment. Being now in great distress and disconsolation of spirit, among other things, under a sense that God had forgotten him, *ver. 9.* He calls to mind the blessed experience he had of communion with God in the land of the *Hermonites*, wherein he now found support and refreshment. So at other times he called to remembrance *the days of old*, and in them his *song in the night*, or the sweet refreshment he had in spiritual converse with God in former times. I have known one in the depth of distress and darkness of mind, who, going through temptation to destroy himself, was relieved and delivered in the instant of ruin,

ruin, by a sudden remembrance that at such a time, and in such a place, he had prayed fervently with the engagement of all his affections unto God.

Wherefore, you that are sensible of these decays, or ought so to be, take the advice of our Saviour, *Remember whence you are fallen*; call to mind the former days; consider if it were not better with you than now; when in your lying down, and your rising up, you had many thoughts of God, and of the things of God, and they were sweet and precious unto your souls? When you rejoiced at the *remembrance of his holiness*? When you had zeal for his glory, delight in his worship, and were glad when they said, *Let us go to the house of God together*? When you poured forth your souls with freedom, and enlarged affections before him, and were sensible of the visits and refreshments of his love? *Remember what peace*, what tranquillity of mind, what joy you had whilst it was so with you. And consider what you have gotten since you have forsaken God, in any measure or degree. Dare to deal plainly with yourselves. Is not all wherein you have to do with God, either from, custom, and selfishness, or attended with trouble, disquietment, and fears? Do you truly know either how to live, or how to die? Are you not sometimes a terror unto yourselves? It must be so, unless you are hardened through the deceitfulness of sin. What have all your lovers done for you, that you have entertained in the room of God in Christ, and spiritual things? Speak plainly, have they not defiled you, wounded you, weakened you, and brought you into that condition, that you know not what you are, nor *to whom ye do belong*? What are your thoughts when you are most awake, when you are most yourselves? Do you not sometimes pant within yourselves, and say, *O that it were with us as in former days*.

And if you can be no way affected with the *remembrance of former things*; then one of these two

great evils you are certainly under. For either, (1.) you never had a true and *real work on your souls*, whatever you professed; and so never had true and real communion with God in any duties. You had only a temporary work, which excited your affections for a season, which now it is worn off, leaves no sweet remembrance of itself upon your minds. Had *your faith and love* been sincere in what you did, it were impossible but that the *remembrance* of their actings in some especial instances, should be sweet and refreshing unto you. Or else,

(2.) You are *hardened through the deceitfulness of sin*, and there is no way left to give a sense or impression of spiritual things upon your minds. You have truly nothing left in religion, but the fear of hell, and trouble of duties. I speak not to such at present.

As unto those unto whom *this frame is a burden*; there is no more effectual means to stir them unto endeavours for deliverance, than a *continual remembrance* of former things, and experiences they have had of holy intercourse and communion with God. This will revive, quicken, and strengthen the things *that are ready to die*, and beget a self-aborrancy in them, in consideration of that woful frame and temper of mind, which, by their sins and negligence they have brought themselves into.

2dly. Consider, that as there are many things dreadfully pronounced in the Scripture against *backsliding and backsliders in heart*, as it is with you, yet also there are especial calls and promises given and promised unto those in your condition. And know assuredly, that upon your compliance or *non-compliance* with them, depends your everlasting blessedness or woe.

Consider both call and promise in that word of God's grace, Jer. iii. 12, 13, 14, *Go and proclaim these words towards the north, and say, return thou backsliding Israel, saith the Lord, and I will not cause mine*

mine anger to fall upon you : for I am merciful, saith the Lord, and I will not keep anger for ever. Only acknowledge thine iniquity that thou hast transgressed against the Lord thy God, and hast scattered thy ways to the strangers under every green tree, and ye have not obeyed my voice, saith the Lord. Turn, O backsliding children, saith the Lord, for I am married unto you : and I will take you one of a city, and two of a family, and I will bring you to Zion. Add thereunto this blessed promise, *Hosea xiv. 14*, I will heal their backslidings, I will love them freely : for mine anger is turned away from them. If you design to live and not die, it must be by yielding obedience unto this call, and pleading this promise before God, mixing it with faith. Your return must be by the word, *Isa. lvii. 18, 19*. Here lies your great encouragement and direction, herein lieth your only relief. As you value your souls, defer not the duty you are called unto one moment. You know not how soon you may be without the reach of calls and promises. And he that can hear them without stirring up himself in sincerity to comply with them, hath made already a great progress towards that length.

(3.) As unto those, who on these and the like considerations, do not only *desire*, but will *endeavour* also to retrieve themselves from this condition, I shall give no advice at present but this ; *be in good earnest*. As the prophet speaks in another case ; if you *will return, return and come*, make through work of it. You must do so at one time or another, or you will perish. Why not now ? Why is not this the best season ? Who knows but it may be the only time you will have for it ? It were easy to multiply all sorts of arguments unto this purpose. Trifling endeavours, *occasional resolutions and attempts*, like the *early cloud*, and *morning dew*, shifting with warnings and convictions, by renewed duties, until their impressions are worn out, will ruin your souls. Unless there be universal diligence,

gence, and *permanency* in your endeavours, you are undone. Then shall ye know the Lord, if you follow on to know him.

But now to return. These things, I say, through our sloth, negligence, and sin, may befall us, as unto our spiritually renewed affections. Their *progress* in conformity unto spiritual and heavenly things, may be slow, *imperceptible*, yea, totally obstructed for a season; and not only so, but they may fall *under decays*, and the soul therein be guilty of backsliding from God. But this is that which they are capacitated for by their renovation; this is that whereby the *grace* wherewith they are renewed, doth lead unto; this is that which in the diligent use of means, they will grow up unto, whereon our *comfort and peace* do depend; namely, an holy *assimilation* unto those spiritual and heavenly things which they are set and fixed on, wherein they are renewed and made more spiritual and heavenly every day.

C H A P. XVIII.

IT remains only as unto this head now spoken unto, that we briefly consider what is the *state of spiritual affections* thus daily exercised and improved. And this we shall do by shewing,

- (1.) What is their *pattern*.
- (2.) What is their *rule*.
- (3.) What is their *measure*, or whereunto they may attain.

First, The *pattern* which we ought continually to bear in our eyes, whereunto our affections ought to be conformed is Jesus Christ, and the affections of his holy soul. The mind is the seat of all our affections; and this is, that we ought continually to design and endeavour, namely, that the *same mind be in us that was in Christ Jesus*, Phil. ii. 5. To have our *minas* so affected

affected with spiritual things, as was the mind of Christ, is the principal part of our duty and grace. Nor do I think that any man can attain any considerable *degree* in spiritual mindedness, who is not much in the contemplation of the *same mind* in Christ, 2 Cor. iii. 18. To this purpose ought we to furnish our minds with instances of the holy affections that were in Christ, and their blessed exercise on all occasions. The Scripture makes a full representation of them unto us, and we ought to be conversant in our meditations on them. What glorious things are spoken of his love to God, and his delight in him, whence also he *delighted to do his will*, and *his law was in the midst of his bowels*, Psal. xl. 8. Seated in the throne of his affections. What pity and compassion had he for the souls of men, yea, for the whole human kind, in all their sufferings, pains, and distresses? How were all his affections always in perfection of order, under the *conduct of the spirit of his mind*? Thence was his *self-denial*, his *contempt of the world*, his readiness for the cross, to do or suffer according to the will of God. If this pattern be continually before us, it will put forth a transforming efficacy to change us into the same image. When we find our minds liable unto any disorders, cleaving inordinately unto the things of this world, moved with *intemperate passions*, vain and frothy in conversation, *darkened*, or *disturbed by the fumes of distempered lusts*, let us call things to an account, and ask of ourselves, whether this be the frame of mind that was in Christ Jesus; this, therefore, is an evidence that our affections are spiritually renewed, and that they have received some *progress* in an *assimilation* unto heavenly things; namely, when the soul is delighted in making Christ their *pattern* in all things.

Secondly, The *Rule* of our affections in their utmost spiritual improvements is the *Scripture*. And two things are respected in them.

(1.) Their *internal actings*.

(2.) Their *exercise in outward ways and means whereby they are expressed*. Of them both the Scripture is the *entire rule*. And with respect unto the former, it gives us one general law, or rule, that is comprehensive of all others; namely, that *we love the Lord our God with all our hearts, souls, minds, and strength*. The actings of all our affections towards God in the *utmost degree* of perfection is required of us; that in all instances we prefer and value him above all things; that we inseparably cleave unto him, and do nothing whatever at any time, that is not influenced and directed by the love of God. This perfection, as we shall see immediately, is not attainable absolutely in this life; But it is proposed unto us as that which the excellency of God's nature requires, and which the faculties and powers of our nature were created for, and which we ought in all things to design and aim at. But the indispensable obligation of this *rule* is, that we should always be in a sincere *endeavour* to cleave unto God continually in all things, to prefer him above all, and delight in him as our chiefest good. When this frame and disposition is habitually fixed in our minds, it will declare and act itself in all instances of duties, on all occasions of trial, when other things put in for a predominant interest in our affections, as they do every day. And if it be not so with us, we shall be at a continual loss in all our ways. This is that which makes us lifeless and heartless in duties, careless in temptations or occasions of them, forgetful of God, when it is impossible we should be preserved from sin without a due remembrance of his holiness. In brief, the want of a *predominant love unto God*, kept in continual exercise, is the spring of all that unprofitable profession of religion that the world is filled withal.

Secondly, There are *outward ways and duties* whereby our spiritual affections are expressed. The *rule* of
them

them also is the Scripture. The way marked out therein, is the only channel wherein the *stream of our spiritual affections* doth take its course unto God. The graces required therein, are to act themselves by: the duties it prescribes, are those which they stir up and enliven; the religious worship which it appoints, is that wherein they have their exercise. Where this rule hath been neglected, men's religious affections have grown irregular, yea, wild and ungovernable. All the *superstitions* that the world is filled withal, owe their original principally unto men's affections set at loose from the rule of the word. There is nothing so fond, absurd and foolish, but they have imbondaged the souls of men unto, nothing so horrid and difficult but they have engaged them in. And having once taken unto themselves this liberty, the corrupt minds of men are a thousand times more satisfied than in the regular exercise of them according to the word of God. Hence they will rejoice in such *penances* as are not without their *austerities*; in such outward duties of devotion, as are troublesome and chargeable; in every thing that hath a *shew of wisdom in will worship, and humility, and neglect of the body*. Hence, will all their affections, be more sensibly moved by *images and pictures*, and a melting devotion be stirred up in them, than by all the motives and incentives which God proposeth unto them to draw their affections unto himself. Nothing is more extravagant than the affections of men, tinged with some devotion, if they forsake the *rule* of the Scripture.

Thirdly, There is considerable concerning them, the measure of their *attainments*, or what, through *due exercise and holy diligence* they may be raised unto. Now this is not absolute perfection. *Not as though I had already attained, or were already perfect, but I follow after*, as the apostle speaks, *Phil. iii. 12*. But there is that attainable, which those who pretend highly unto perfection, seem to be strangers unto. And the

state of our affections under a due exercise on heavenly things, and in their assimilation unto them, may be fixed in these three things.

(1.) An *habitual suitableness unto spiritual things, upon the proposal of them.* The ways whereby spiritual things are *proposed unto our minds* are various. They are so directly in all ordinances of divine worship; they are so *indirectly* and in just consequence, by all the especial *providences wherein* we are concerned, by our own thoughts and stated *meditations*; they are so by the motions of the Holy Spirit, when he causeth us to hear a *word behind us saying, this is the way, walk in it*; by holy converse with others; by all sorts of occurrences. And as the ways of their proposal are various, so the *times and seasons* wherein a representation of them is made unto us, are comprehensive of all, at least are not exclusive of any times and seasons of our lives. Be the way of their proposal what it will, and whenever be the season of it, if our affections are duly improved by spiritual exercises, they are suited unto them, and will be ready to give them entertainment. Hence, or for want hereof on the other hand are *tergiversations and shiftings* in duties, proneness to *comply with diversion*, all to keep off the mind from closing with, and receiving of those spiritual things which it is not suited unto. Wherefore as unto the solemn way of proposing spiritual things unto our minds which is in and by the ordinances of divine worship, when men have a prevalent loathness to engage in them, or when they are satisfied with an outward attendance on them, but not enabled unto a *vigorous stirring up* of the inward man unto an holy affectionate converse with spiritual and heavenly things, it is because they are carnal. When men can receive the fiery darts of Satan in his temptations into their bosoms, and suffer them to abide there, yea, foster and cherish them in thoughts of the lusts that they kindle, but quickly quench the motions of the spirit,

stirring

stirring them up unto the embracing of heavenly things; they are carnal, and carnally minded. *When providences* of concernment in afflictions, trials, deliverances, do not engage the mind into thoughts of spiritual things, and excite the affections unto the attainment of them, men *are carnal and earthly*. When every lust, corruption, or passion, as anger, envy, displeasure at this or that person, or thing, can divert the mind from compliance with the proposal of spiritual things that is made unto it, we are carnal.

It is otherwise, when our affections are conformed unto things spiritual and heavenly. Upon every proposal of this, the mind finds a suitableness unto itself, like that, which a well disposed appetite finds unto savory meat. As the *full soul loathes the honey-comb*, so a mind under the power of carnal affections, hath an aversion unto all spiritual sweetness. But *spiritualized affections* desire them, have an appetite unto them, readily receive them on all occasions, as those which are natural unto them, as *milk is unto new-born babes*.

(2.) Affections so disposed constantly, find a *gust a pleasant taste, a relish* in spiritual things. They do in them *taste that the Lord is gracious*, 1 Pet. ii. 3. To taste of God's goodness, is to have an experience of a *savory relish and sweetness*, in converse and communion with him. And persons whose affections are thus renewed, and thus improved, *do taste a sweet savour* in all spiritual things. Some of them, as a sense of the love of Christ, are sometimes as it were too hard for them, and overpower them, until they *are sick of love*, and do rejoice with joy unspeakable and full of glory. Neither is there any of them however *conducted with afflictions* or mortifications, but it is sweet unto them, Prov. xxvii. 7. Every thing that is wholesome food, that is good nourishment, though it be but *bitter herbs*, is sweet to him that is hungry. And when by our affections we have raised

up in us a *spiritual appetite* unto heavenly things, however any of them in their own nature, or in their dispensation may be *bitter to flesh and blood*, as are all the doctrines of the *cross*, they are all sweet unto us, and we can taste how gracious the Lord is in them. When the soul is filled with earthly things, the *love of this world*, or when the appetite is lost by *spiritual sickness*, or vitiated and corrupted by any prevalent sin, heavenly things are unsavory and sapless, or, as *Job* speaks, *like the white of an egg*, wherein there is no taste. There may be in the dispensation of the word a *taste, or pleasing relish*, given unto the fancy; there may be so unto the notional understanding, when the affections find no complacency in the things themselves. But unto them who are spiritually minded unto the degree intended, they are all sweet, savory, pleasant; the affections taste them immediately, as the palate doth meat.

(3.) They are a *just repository* of all graces, and therein the treasury of the soul. There are *graces of the spirit*, whose formal *direct residence* is in the understanding and the will, as faith itself. And therein are all other graces radically comprised, they grow from that root. Howbeit the most of them have their *principal residence* in the affections. In them are they preserved secure and ready for exercise, on all occasions. And when they are duly spiritual, there is nothing that tends to their *growth or improvement*, to their cherishing or quickening, which they stand in need of continually, and which God hath made provision for in his word, but they *readily receive it*, lay it up, keep and preserve it. Hereby they come to be filled with grace, with *all graces*; for there is room in them *for all the graces* of the spirit to inhabit; and do readily comply with the light and direction of faith unto their exercise. When faith discerns and determines that there is any thing to be done or suffered

suffered in a way of duty unto the glory of God, the affections thus *disposed*, do not shut up or stifle the graces that are in them, but chearfully offer them unto their proper exercise.

There are some of those things, which our affections conformed unto heavenly things, will attain unto. And thus it is with *affections spiritually renewed*, by being fixed on things spiritual and heavenly, they are more and more conformed unto them, made like them, and become more spiritual and heavenly themselves.

It is not thus with them *whose affections have only an occasional change wrought upon them by the means before described, but are not spiritually renewed*. Yea, on the contrary, such persons do design to *debate spiritual things*, to bring down heavenly things into a conformity with their *affections*, which, however, changed, are not spiritual, but carnal. To evince this, we may observe.

(1.) These affections are *under the light and conduct of such notions in the mind and understanding*, as do not give a clear distinct representation of them in their own nature unto them. For where they are not themselves *spiritually renewed*, there the mind itself is carnal and unrenewed. And such a mind *discerneth not the things of God*, nor can do so, because they are spiritually discerned. They cannot be discerned aright in their own beauty and glory, but in and by a spiritual saving light, which the mind is devoid of. And where they are not *thus represented*, the affections cannot receive, or cleave unto them as they ought, nor will ever be conformed unto them.

(2.) Those notions in such persons are oftentimes *variously influenced and corrupted by fancy and imagination*. They are merely *puffed up in their fleshly minds*; that is, they are filled with vain, foolish, proud imaginations, about spiritual things, as the apostle declares, *Col. ii. 18. 19*. And the work of fancy in a fleshly

a fleshly mind, is to raise up such *images of spiritual things* as may render them suitable unto natural unrenewed *affections*.

(3.) This in the progress of it produceth *superstition*, false worship, and idolatry. For they are all of them an attempt to *represent spiritual things* in a way suited unto carnal unrenewed affections; hence men suppose themselves to be excited by them unto *love, joy, fear, delight*, in the things themselves, when they all respect that false representation of them, whereby they are suited unto them as *carnal*. These have been the spring of all false worship and idolatry in the christian world.

First, The mind and affections have been changed and tinged with *devotion* by some of the means we have before insisted on. Herein they will one way or other be exercised about spiritual things, and are ready to receive impressions from any thing that *superstition* can impose upon them.

Secondly, They are by error and false information, set at liberty from the *only rule* of their actions and exercise, that is the word of God. Men satisfied themselves, that so their *affections were engaged* about things spiritual and heavenly, it was no matter at all, whether the way of their exercise was directed by the scripture or no. Having thus lost their *guide* and their *way*, every *ignis fatuus*, every wandering meteor, allures them to follow its conduct into foolish superstitions. Nothing almost is so ridiculous, nothing so horrid and difficult, that they will not embrace under the notion of things spiritual and heavenly.

Thirdly, The carnal minds of men, having no *proper distinct* apprehensions and notions of spiritual things in their own nature, do endeavour to represent them under *such notions and images* as may suit them unto their carnal unrenewed affections. For it is implanted almost indelibly upon them, that the end of all knowledge of spiritual things is to *propose them*
unto

unto the embraces of the affections. It were easy to manifest, that from these three corrupt springs, arose that flood of idolatry and false-worship which spread itself over the church of *Rome*, and with whose machinations the minds of men are yet too much replenished.

Fourthly, Where it is not thus, yet carnal affections do variously *debase spiritual things*, to bring them into a conformity with themselves. And this may proceed so far, until men *think wickedly, that God is altogether* like unto them. But I shall not insist on these things any farther.

Lastly, Where affections are *spiritually renewed*, the *person of Christ is the center of them*, but where they are changed only, they tend unto an end in *self*. Where the new man is put on, *Christ is all in all*, Col. iii. 10, 11. He is the spring, by his spirit, that gives them life, light, and being; and he is the ocean that receives all their streams. God, even the Father presents not himself in his beauty and amiableness as the object of our affections, but as he is in Christ, acting his love in him, 1 John iv. 8, 9. And as unto all other spiritual things, renewed *affections* cleave unto them, according as they derive from Christ, and lead unto him; for he is unto them *all and in all*. It is he whom the soul of his saints do love for himself, for his own sake, and all other things of religion in and for him. The *air* is pleasant and useful, that without which we cannot live or breath. But if the *sun* did not enlighten it, and warm it with its beams, if it were always one perpetual night, and cold, what refreshment could be received by it? Christ is *the sun of righteousness*, and if his beams do not quicken, animate, and enlighten the best, the most necessary duties of religion, nothing desirable would remain in them. This is the most certain *character* of affections spiritually renewed. They can rest in nothing but in Christ; they fix on nothing but what is amiable by a participation of his beauty, and in whatever he is, therein

therein do they find complacency. It is otherwise with them whose affections may be changed, but are not renewed. The truth is, and it may be made good by all sorts of instances, that *Christ in the mystery of his person, and in the glory of his mediation*, are the only things that they dislike in religion. False representations of him by *images* and *pictures* they may embrace, and delight in false notions of his present glory; greatness and power may affect them; a worship of their own devising they may give unto him, and please themselves in it. Corrupt opinions concerning his office and grace, may possess their minds, and they may contend for them; but those who are not spiritually renewed, cannot *love the Lord Jesus Christ in sincerity*: yea, they have an inward secret aversion from the mystery of his person and his grace. It is *self* which all their affections center in, the ways whereof are too long here to be declared.

This is the first thing that is required to render our affections in such a state and condition, as that from and by them we may be *spiritually-minded*, namely, *that they themselves are spiritually and savingly renewed*.

The things that remain will admit of a speedy dispatch as I suppose.

C H A P. XIX.

THE second thing required that we may be spiritually-minded, as unto the interest of our affections therein, *is the object of them about which they are conversant, and whereunto they do adhere*. What this is *materially*, or what *are the spiritual things* which our *affections* are to be set upon, hath been declared already, under the consideration of *the object of our thoughts and meditations*, for they are the same. Yea, as hath been intimated, the fixing of our *affections* upon them is the spring and cause of our thoughts about them. But that which we shall now inquire

inquire into, is the *true notion and consideration* of spiritual and heavenly things, which renders them the formal proper object of *spiritual affections*, and is the reason of their adherence unto them. For, as was intimated before, men may have *false notions of spiritual things*, under which they may like them and embrace them with unrenewed affections. Wherefore, we shall inquire into some of those considerations of heavenly things, under which, *affections spiritually renewed* do satisfactorily cleave unto them with *delight and complacency*.

(1.) And the first is, that as they comprehend God in Christ, and in all other things, as deriving from him, and tending unto him, they have an *infinite beauty, goodness, and amiableness in them, which are powerfully attractive of spiritual affections*, and which alone are able to fill them, to satisfy them, to give them rest and acquiescency. Love is the most ruling and prevalent affection in the whole soul. But it cannot be fixed on any object without an apprehension, true or false, of an amiableness and desirableness in it, from a suitable *goodness* unto all its desires.

And our fears, so far as it is spiritual, hath divine goodness for its object, *Hos. iii. 5*. Unless this be that which draws our hearts unto God, and the things of God, in all pretence of love unto him, men do but frame *idols* to themselves, according to their own understanding, as the prophet speaks, *Hos. xiii. 2*. Wherefore, that our *affections* may cleave unto spiritual things in a due manner, three things are required.

(1.) That we apprehend, and do find a *goodness, a beauty*, and thence an *amiableness*, and desirableness in them, *Zech. ix. 17*. Many pretend to love God and spiritual things, but they know not why. Why they love *other things*, they know well enough, but why they *love God* they cannot tell. Many are afraid of him, and suppose they *ought to love him*, and therefore pretend so to do, though indeed they know they do not,

not, they do but *flatter him with their lips*, when their hearts are far from him. Some are much *affected* with the benefits and mercies they receive from him, and suppose that they love him on that account. But this love is no other but what the *devil* falsely charged *Job* withal, chap. i. 8, 9, 10, 11. Some have delight in the outward modes and rites of divine worship, where-with they satisfy themselves that they love God and spiritual things, when they only please their own imaginations and carnal minds. Many have a *traditional apprehension* that they ought to love God, they know no reason why they should not, they know it will be ill for them if they do not, and these take it for granted that they do. How few are there, who have that spiritual discerning and apprehension of the divine excellencies, that view of the excellency of the goodness and love of God in Christ, as thereby alone to be drawn after him, and to delight in him, yet is this the ground of all sincere real love unto God. Two things are required that we may apprehend an amiable goodness in any thing, and cleave unto it with sincere affection.

First, *A real worth, or excellency in itself.*

Secondly, *A suitableness therein unto our condition, state and desires after blessedness.* The first of these is in God, from what he is in himself; the latter is from what he is unto us in Christ; from both he is the only suitable object unto our *affections*. Under this apprehension do we love God for himself, or for his own sake; not exclusively unto our own advantage therein. For a desire of union and enjoyment, which is our only advantage, is inseparable from this love.

It may be, some cannot say that a *distinct apprehension* of these things was the first foundation and cause of their love to God; yet are they satisfied that they do love him in sincerity with all their souls. And I say, it may be so. God sometimes casts the skirts of his own love over the *heart* of a poor sinner, and efficaciously

eaciously draws it unto himself, without a distinct apprehension of these things, by a mere sense of the love it hath received. So *Elijah* passed by *Elisha*, and cast his mantle upon him as a transient act. But there was such a *communication of virtue* thereby, that he ran after him, and would not be deferred, though *Elijah* said *go back again, for what have I done unto thee*, 1 Kings xix. 19, 20. When God hath so cast his love on any soul, it follows after him with all its affections. And whereas God may seem at some times to say, *go back again, for what have I done unto thee*; its answer is, *Lord, whither shall I go, I cannot leave thee, my heart is given up unto thee, and shall never be taken from thee*.

But I say unto such, and to all others, that if we would have refreshing evidences of our *love unto God*, that it is sincere, if we would have it thrive and flourish, be fervent and constant, we are to exercise ourselves unto the contemplation of the divine goodness, and the *suitableness* of it unto our souls in and by Jesus Christ. Nor can we cleave unto any spiritual things whatever, with sincere *affections*, but under these notions of it.

First, That it hath a *real worth or excellency* in itself.

Secondly, That it is *suitable and desirable* unto us. And it is to be bewailed to see how many walk at random in profession, that know neither what they do, nor where they go.

Secondly, As we must see a *goodness and probableness* in spiritual things *absolutely*, so as that we may fix our affections on them in a due manner, so we must see it *comparatively* with respect unto all other things, which gives them a preference in our affections before and above them all. The *trial of love* lies in the *prevailing degree*, on more or less. If we love other things, *father, mother, houses, lands, possessions*, more than Christ, we do not love him at all. Nor is there any
equality

equality allowed in this matter, that we may equally love temporal and spiritual things. If we love not Christ *more than all those things*, we love him not at all. Wherefore, that our affections may cleave unto them in a due manner, we must see an *excellency* in things spiritual and heavenly, rendering them more desirable than all other things whatever.

With what *loving countenances* do men look upon their temporal enjoyments; with what tenacious embraces do they cleave unto them? They see that in them which is *amiable*, which is desirable and suitable unto their *affections*. Let them pretend what they please, if they see not a *greater goodness*, that which is more amiable, more desirable in spiritual things, they *love them* not in a due manner; it is temporal things that hath the rule of their *affections*. Our *Psalmist* prefers *Jerusalem* before his *chiefest joy*, Psal. cxxxvii. 6. Another affirms that the *law of God's mouth* was better to him than thousands of gold and silver, Psal. cxix. 72. More to be desired are the *statutes of the Lord* than gold, yea, than much fine gold, sweeter also than honey, or the honey-comb. Psal. xix. 10. For *wisdom* is better than rubies, and all things that may be desired, are not to be compared unto it, Prov. viii. 11. This is the only stable foundation of all divine *affections*. A spiritual view and judgment of a *goodness*, an excellency in them, *incomparably* above whatever is in the most desirable things in this world are required thereunto. And if the *affections* of many pretending highly to them, should come to be weighed in this balance, I fear they would be found light and wanting. However, it is the duty of them who would not be deceived in this matter, which is of eternal importance to examine what is that goodness and excellency which is in spiritual things, which they desire in them, upon the account whereof they do sincerely value and esteem them above all things in this world whatever. And let not any deceive themselves with
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vain words and pretences, whilst their esteem and valuation of present enjoyments, doth evidently engage all their affections, their care, their diligence, their industry, so as that a man of a discerning spirit may even feel them turned into self, whilst they are cold, formal, negligent about spiritual things, we must say, *how dwelleth the love of God in them?* Much more, when we see men not only giving up the whole of their time and strength, with the vigour of their spirits, but sacrificing their *consciences* also unto the attaining of dignities, honours, preferments, wealth, and ease in the world, who know in their own hearts that they perform religious duties with respect unto temporal advantages, I cannot conceive how it is possible they should discern and approve of a goodness and excellency in spiritual things above all others.

A due consideration is required hereunto, that all *spiritual things do proceed from, and are resolved into an infinite fountain of goodness*, so as that our affections may absolutely come unto rest and complacency, and find full assured satisfaction in them. It is otherwise as unto all temporal things. Men would very fain have them to be such as might give *absolute rest and satisfaction unto all their affections*. But they are every one of them so far from it, that all of them together cannot compose their minds in rest and peace for one hour. They gain sometimes a transport of affections, and seem for a season to have *filled the whole soul*, so as it hath no leisure to consider their emptiness and vanity. But a little composure of men's thoughts, shew that they are but a diversion in a journey or labour, they are no rest. Hence are they called *broken cisterns* that will hold no water. Let a man prize them at the highest rate that it is possible for a rational creature to be seduced into the thoughts of, whereof there have been prodigious instances; let him possess them in abundance beyond whatever any man enjoyed in this world, or his own imagination could before-hand reach

reach unto; let him be assured of the utmost peaceable continuance in the enjoyment of them, that his and their natures are capable of; yet would he not dare to pretend, that *all his affections* were filled and satisfied with them, that they afforded him perfect rest and peace. Should he do so, the working of his mind every day, would convince him of his falsehood and his folly.

But all *spiritual things* derive from, and lead unto that which is infinite, which is therefore able to *fill* all our affections, and to give them full satisfaction with rest and peace. They all lead us to the fountain of living waters, the eternal spring of goodness and blessedness.

I do not say that our affections do attain unto this *full rest* and satisfaction in this life. But what they come short of therein, ariseth not from any *defect in the things themselves* to give this rest and satisfaction, as it is with the whole world; but from the weakness of our affections themselves, which are in part only renewed, and cannot take in the full measures of divine goodness, which in another world they will receive. But whilst we are here, the more we receive them into our minds and souls, the more firmly we adhere unto them, the nearer approaches we make unto our rest and center.

Secondly, Spiritual things are to be considered as they *are filled with divine wisdom*. I speak not of himself whose essential wisdom is one of the most *amiable excellencies* of his holy nature; but of all the effects of his will and grace by Jesus Christ. All spiritual truths, all spiritual and heavenly things, whereby God reveals and communicates himself unto the souls of men, and all the ways and means of our approach unto him in faith and obedience through Christ Jesus, I now intend. All these are filled with *divine wisdom*, see 1 Cor. ii. 7. Eph. iii. 10. chap. i. 8, 9. Now *wisdom in itself*, and in all the effects of it, is attractive of
rational

rational affections. Most men are brutish in them and their actings, for the most part, pouring them out on things fleshly, sensual and carnal. But where they are at all reduced under the conduct of reason, nothing is so attractive of them, so suited unto them, which they delight in, as that which hath at least an appearance of *wisdom*. A wise and good man, doth command the affections of others, unless it be their interest to hate and oppose him, as commonly it is. And where there is true *wisdom* in the conduct of civil *affairs*, sober men cannot but approve of it, like it, delight in it, and men of understanding do bewail the loss of it, since craft, falsehood, treachery, and all sorts of villany have driven it out of the world. So is *divine wisdom* attractive of divine gracious affections. The *Psalmist* declares his admiration of, and delight in the works of God, because *he hath made them all in wisdom*, Psal. civ. 24. Those characters of divine wisdom which are upon them, which they are filled with, draw the souls of men into a delightful contemplation of them. But all the treasures, all the glory of *this wisdom*, are laid up, and laid forth, in the great spiritual things of the gospel in the mystery of God in Christ, and the dispensation of his grace and goodness unto us by him. The consideration hereof, fills the souls of believers with holy admiration and delight, and thereon they *cleave unto them* with all their affections. When we see there is light in them, and all other things are in darkness, that *wisdom* is in them, in them alone, and all other things are filled with vanity and folly, then are our souls truly affected with them, and do rejoice in them with joy unspeakable and full of glory.

Unto the most, *this wisdom of God is foolishness*. It was so of old, as the apostle testifieth, 1 Cor. i. And so it continues yet to be. And therefore is the mystery of the gospel despised by them; they can see neither form nor comeliness in it for which it should be desired. Nor will ever any man have sincere
spiritual

spiritual affections unto spiritual things, who hath not a spiritual view of the wisdom of God in them.

This is that which attracts our souls by holy admiration unto unspeakable delight. And the reason why men do so generally decline from any love unto the gospel, and lose all satisfaction in the mystery of it, is because they are not able to discern that *infinite wisdom* which is the spring, life, and soul of it. When our minds are raised unto the admiration of this wisdom in *divine revelations*, then will our affections cleave unto the things *that are revealed*.

Thirdly, The acting of our affections in their adherence unto spiritual things is *perfective of our present state and condition*. That which of all other things doth most debase the nature of man, wherein it makes the nearest approaches unto brutality, yea, whereby it becomes in some respects more vile than the nature of beasts, is the giving up of the affections unto things sensual, unclean, base, and unworthy of its more noble principles. Hence are men said to *debase themselves unto hell*, Isaiah lvii. 9. And their affections do become vile; so as that their being under the power of them, is an effect of *revenging justice* punishing men for the worst of sins, Rom. i. 26. There is nothing more *vile*, nothing more contemptible, nothing more like to *beasts* in *baseness*, and to *hell* in *punishment*, than is the condition of them who have enslaved their nature unto brutish sensual affections. I say *vile affections* fixed on, and cleaving unto sensual objects, do debase the nature of man, and do both corrupt and enslave all the more noble faculties of it; the very consciences and minds of men are defiled by them. If you see a man whose affections are set inordinately on any thing here below, it is easy to discern how he goes off from his native worth, and debaseth himself therein.

But the fixing of spiritual affections on spiritual objects is *perfective of our present state and condition*.
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Not that we can attain perfection by it ; but that therein our souls are in a progress towards perfection. This may be granted ; look how much *vile affections* fixed on, and furiously pursuing things carnal and sensual, do debase our natures beneath its rational constitution, and make it degenerate into bestiality ; so much spiritual affections fixed on, and cleaving unto things spiritual and heavenly, do *exalt our nature* above its mere natural capacity, making an approach unto the state of angels, and of just men made perfect. And as brutish affections when they have the reins, as they say, on their necks, and are pursued with delight and greediness, do darken the mind, and disturb all the rational powers of the soul (*for whoredom and wine, and new wine, do take away the heart*, as the prophet speaks, and wickedness altereth the understanding) ; so holy affections fixed on spiritual things do *elevate*, raise, and enlighten the mind with true wisdom and understanding. For the *fear of the Lord, that is wisdom ; and to depart from iniquity, that is understanding*. And, again, as the power of vile affections fill the soul and conscience with tumult, disorder, fear, and shame, where men are not utterly profligate so as that the minds, thoughts, and consciences of persons under their power, is a very hell for confusion and troubles ; so spiritual affections, duly exercised on their proper objects, do preserve all things in order in the whole soul, *they are life and peace*. All things are quiet and secure in the mind ; there is order and peace in the whole soul, in all its faculties, and all their operations ; whilst the affections are in a due prevailing manner fixed upon the things that are above. Hence many persons, after great turmoilings in the world, after they have endeavoured by all means to come to rest and satisfaction therein, have utterly renounced all concernments in earthly things, and betaken themselves unto the contemplation of things above, and that only. Many,

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I confess, of them were mistaken as to the practical part of their devotions, having various *superstitions* imposed on their minds by the craft of others; but they missed it not in the principle, that tranquillity of mind was attainable only in setting our affections upon things above. *Jam. iv. 1, From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members? Whence are all the disorders in your minds, your vexations and disquietments, your passions breaking forth sometimes into unseemly brawlings? are they not from hence? The question is put unto yourselves and your own consciences, namely, from your lusts, that is, the disorderly affections that tumultuate in you. Do but search yourselves, and you will quickly see whence all your troubles and disquietments do arise. Your lusts, or corrupt and inordinate affections, do war in you, continually inclining you to things earthly or sensual. Hence many are best and most at quiet when they are in the world, worst when at home in their families; but never are they in such confusion, as when they are forced to retire into themselves.*

The due exercise of our affections on heavenly things, hath quite another tendency and effect. *It so unites the mind unto them, it so bringeth them unto it, and gives them such a substance in it, as that all the powers and faculties of it are in a progress towards their perfection, see 2 Cor. vii. 1. True wisdom and understanding, with soundness of judgment, in eternal things, in the mind, holiness in the affections themselves, liberty in the will, power in the heart, and peace in the conscience, do in their measures all ensue hereon. Whatever tastes we may have of these things, whatever temporary experience we have of them, they will not flourish in us, they will not abide with us in any constancy, unless we are thus spiritually minded.*

Fourthly. In the future enjoyment of the present object

object of our spiritual affections, doth our *eternal blessedness* consist. All men who are convinced of a future eternal condition, do desire, when they depart hence, to enter in blessedness and glory. Howbeit what that blessedness, even as unto the general nature of it is, they know nothing at all; and if they did, they would not know how to desire it. For *heaven or blessedness* is nothing but the full enjoyment of what we are here to love and delight in above all, of that which is the *object* of our affections as spiritually renewed. Herein have they neither interest nor concern. But this is that which giveth *life* unto the affections of believers; they know that in the enjoyment of God in Christ their eternal blessedness doth consist. How this is their happiness and glory, how it will give them an everlasting overflowing satisfaction and rest, they understand in the first fruits of it which they here receive. And this is the ultimate object of their affections in this world, and they go forth unto all other spiritual things in order thereunto. The more, therefore, their affections are fixed on them, the more they are kept up unto that due exercise, the *nearer approaches* they make unto this blessed state. When their minds are possessed with this persuasion, when it is confirmed in them by daily experience of that *sweetness, rest, and satisfaction*, which they find in cleaving unto God with fervent love and delight, in vain shall any other objects rise up in competition to draw them off unto themselves. The more we love God, the more like we are unto him, and the more near the enjoyment of him.

C H A P. XX.

HAVING considered the nature of spiritual affections as renewed by grace, and those notions of their objects under which they cleave unto them,

it remains only that we enquire into *the way of the soul's application of it self unto those objects* by its affections, which belong also unto our being spiritually minded. And I shall give an account hereof in some few particulars, with brief observations on them.

First. It is required that our adherence unto all spiritual things, with *love and delight, be firm and stable.* The *affections are the powers and instruments* of the soul whereby it makes *application* unto any thing without itself, and cleaves unto it. This is their nature and use with reference unto things spiritual. *Transient thoughts* of spiritual things, with vanishing desires, may rise out of present convictions, as they did with them who cried out unto our Saviour, *Lord give us evermore of this bread,* and immediately left him. Such occasional thoughts and desires are common unto all sorts of men, yea, the worst of them; *let me die the death of the righteous, and let my end be as his.* Fading satisfaction, with joy and delight, do often befall men in their attendance on the word, who yet never come to have it rooted in their hearts.

There are sundry things wanting unto the sincerity of these affections.

(1) Those in whom they are, never had a *clear spiritual view of the things themselves* in their own nature, which they pretend to be affected withal.

(2) They have not a *sincere love* unto them, and delight in them, for their own sakes, but are only affected with some outward circumstances and concerns of them.

(3) They find not a *suitableness* in them unto the ruling principles of their minds. They do not practically, they cannot truly say, *the yoke of Christ is easy, and his burden is light*; his commandments are not grievous; or, with the Psalmist, *Oh! how do I love thy law.*

(4) Their affections are transient, unstable, vanishing,

ing, as unto their exercise and operations. They are on and off, now pleased, and anon displeased; earnest for a little while, and then cold and indifferent. Hence the things which they seem to effect, have no *transforming efficacy* upon their souls; they dwell not in them, in their power.

But where our affections unto spiritual things are *sincere*, where they are the true genuine *application* of the soul, and adherence unto them, they are *firm and stable*; love and delight are kept up unto such a constant exercise, as renders them immovable, this is, that which we are exhorted unto, 1 Cor. xv. 58. *Therefore, my beloved brethren, be ye stedfast, unmovable, always abounding in the work of the Lord, forasmuch as you know that your labour is not in vain in the Lord.* Transient affections, with their occasional operations, deceive multitudes, oftentimes they are pregnant in their actings, as those that are most sincere: and many effects in joys, in mournings, in complaints, they will produce, especially when excited by any outward affliction, sickness, and the like. But their goodness is like *the early cloud, or morning dew*. Let none, therefore, please themselves with the operations of transient affections with respect unto spiritual things, be they never so urgent, or so pleasant, or so frequent in their returns; those that are sincere, are at all times, *firm and stable*.

2. That the soul do *find a spiritual relish and savour in the things* which it so adheres unto. The affections are the *palate* of the soul, whereby it tastes of all things which it receiveth or refuseth; and it will not long cleave unto any thing which they find not a savour and relish in. Something was spoken before of that *sweetness* which is in spiritual things, and the *taste* of them consists in a gracious sense of their suitability unto the affections, inclinations, and dispositions of the mind. Hence they have *no relish* unto men of carnal minds. Whoever, therefore, would know

whether his affections do sincerely adhere unto spiritual things, let him examine what relish, what sweetness, what savour he findeth in them. When he is pleased with them, as the palate with suitable and proper food, when he finds that he receives nourishment by them in the inward man, then doth he adhere unto them in a due manner.

The *spiritual taste* is the ground of all experience; it is not what we have heard or understood only, but what we have *tried and tasted*, whereof we have experience. This makes us long for what we have formerly enjoyed, and strengthens faith, as unto what we pray for and expect.

In every darkness, in every damp of spirit, under every apprehension of dreadfulness, or the withdrawing of the sense of divine love, the soul knoweth what it wants, and what it doth desire. O! faith such an one, that it were now with me as in former days! I know he who then gave me such *refreshing tastes of his own goodness*, who made every thing of himself sweet and pleasant unto me, can renew this work of his grace towards me; he can give me a new spiritual appetite and relish, and he can make all spiritual things savory unto me again.

As a man under a *languishing sickness*, or when he is chastened with strong pain, so as that his *soul abhorreth bread*, and his daily meat, can *remember* what *appetite* he had, with what gust and relish he was wont to take in his food in the days of his health, which makes him to know that there is such a condition, and to desire a return unto it. So is it with a *sin-sick soul*; it can find no relish, no gust, no sweetness in spiritual things; he finds no savour in the bread of the word, nor any refreshment in the ordinances of the gospel, which yet in themselves are daily meat, a *feast of fat things, and of wine well refined*: yet doth it *remember former days*, when all these things were sweet unto him, and if he have any
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spark of spiritual life yet remaining, it will stir him up to seek with all diligence after a recovery. How is it with you, who are now under *spiritual decays*? who find no taste nor relish in spiritual things? unto whom the word is not savoury, nor other ordinances powerful? Call to mind how it hath been with you in former days, and what ye found in these things; *If so be*, saith the apostle, *that you have tasted that the Lord is gracious*. If you have not, it is to be feared that you have never yet had the least sincere love unto spiritual things; for where that is it will give a spiritual relish of them. If you have, how is it you can give yourselves rest one moment, without an endeavour after the healing of your backsliding?

(3.) It is required that our affections be so set on spiritual things, so as to be a continual spring of spiritual thoughts and meditations. No man can be so forsaken of reason, as to suppose that he hath any sincere affections for what he thinks little on, or not at all; or that he can have a true *affection* for any thing which will not stir up, and ingenerate in him continual thoughts about it. Let men try themselves as unto their relations, or their employments, or the objects of their predominant lusts, and they will find how things are stated in their own minds. And, therefore, whereas all men pretend to love *God and Christ*, and the ways of God, and yet know in their own hearts that they little think of them, or meditate upon them, both their pretence and religion is vain. Where our affections are duly placed on heavenly things, so as that we are indeed spiritually minded, they will be a constant spring of spiritual thoughts and meditation. But this, also, hath been before spoken unto.

Fourthly. When our affections are thus applied unto spiritual things, they will be *prevalent and victorious* against solicitations unto the contrary, or allurements to draw them off unto any other objects.

The work of all our spiritual adversaries is to solicit and tempt our affections, to divert them from their proper object. There are some temptations of Satan that make an immediate impression on the mind and conscience. Such are his injection of *diabolical* blasphemous thoughts concerning God, his being, nature, and will; and the distresses which he reduceth men unto in their consciences, through darkness, and misrepresentations of God and his goodness. But the high road and constant practice of all our spiritual adversaries is by the *solicitation of our affections* unto objects that are in themselves, or in the degree of our affections towards them, evil and sinful. Of the first are all sensual pleasures of the flesh, in *drunkenness, uncleanness, gluttony, chambering, and wantonness*, with all sorts of sensual pleasures. Of the latter is all our *inordinate love* unto self, our families, and the whole world, or the things of it. Unto this end, every thing in the whole world that may make provision for lust is made use of. Herein consists the nature and efficacy of most of those temptations which we have to conflict withal. *Solicitations* they are of our affections, to draw them off from things spiritual and heavenly, and to divert them unto other things. Hereby do our enemies endeavour to beguile us, as the serpent beguiled *Eve*, with fair and false representations of other beloveds, that our hearts be not preserved, as a chaste virgin, in all their affections for Christ.

And it is almost incredible how apt we are to be *beguiled* by the specious pretences wherewith we are solicited.

That our affections in the degree treated about, suppose of love unto the world and the things of it, are lawful and allowable, is one of the *sophisms* and artifices wherewith many are deluded. Hereon, provided they run not out into scandalous excesses, they approve of themselves in such a worldly frame of mind,

mind, and acting according unto it, as renders them fruitless, useless, senseless, and is inconsistent with that prevailing adherence of affections unto spiritual things that ought to be in us. Others are deluded by a pretence, that it is *in one instance only they would be spared*; it is but this or that object they would give out the embraces of their affections unto; in all other things they will be entire for God: the vanity of which pretence we have spoken unto before. Others are ruined by giving place unto their solicitations, with respect unto any one *affection* whatever. As suppose it be that of fear. In times of danger for profession, multitudes have lost all their affections unto spiritual things, through a *fear* of losing that which is temporal, as their lives, their liberties, their goods, and the like. When once Satan or the world have gotten, as it were, the mastery of this affection, or a prevalent interest in it, they will not fail to draw all others into a defection from Christ and the gospel. He that loves his life shall lose it.

Wherefore it is no ordinary nor easy thing to preserve our affections *pure, entire, and steady* in their vigorous adherence unto spiritual things, against all these *solicitations*. Watchfulness, prayer, faith in exercise, and a daily examination of ourselves are required hereunto. For want of a due attendance unto these things, and that with respect unto this end, namely, the preservation of our spiritual affections in their integrity, many, even before they are aware, die away as to all power and vigour of spiritual life.

Fifthly. Affections thus fixed upon things spiritual and heavenly, will give great *relief against the remainders of that vanity of mind* which believers themselves are oftentimes perplexed withal. Yea, I do not know any thing that is a greater burden unto them, nor which they more groan for deliverance from. The instability of the mind, its readiness to receive impressions from things vain and useless, the

irregularity of their thoughts, are a continual burden unto many. Nothing can give the soul any relief herein, nothing can give bounds unto the endless vanity of foolish imaginations, nothing can dry up the springs from whence they arise, or render the soil wherein they grow *barren*, as unto their production and maintenance, but only the growth of *spiritual affections*, with their continual vigorous actings on heavenly things. For hereby the heart and mind will be so *united* unto them, (that which the Psalmist prays for, *Psal. lxxxvi. 11.*) as that they will not be ready to depart from them, and give entertainment unto vain, empty, foolish imaginations. Thoughts of other things; greater and better than what this world can contain, will be continually arising in the mind, not to be laid aside by any sollicitations of vanity. For he that is wise cannot but know and consider, that the spiritual things which it exerciseth its thoughts about have substance in them, are durable, profitable, always the same; that the advantage, peace, rest, riches, and reward of the soul lieth in them: but other imaginations, which the foolish mind is apt to give entertainment unto, are vain, empty, fruitless, and such as end in shame and trouble.

Again, the *vanity of the mind*, is an indulgence unto foolish imaginations, riseth from, or is animated and increased by, that *gust and relish* which it finds in earthly things, and enjoyments of them, whether lawful or unlawful. Hence on all occasions, yea, in holy duties, it will be ready to turn aside, and take a *taste* of them, and sometimes to take up with them; like a tippling traveller, who, though he be engaged in a journey on the most earnest occasion, yet he cannot but be bibbing here and there as he passes by, and it may be, at length, before he comes to his journey's end, lodgeth himself in a nasty alehouse. When men are engaged in important duties, yet if they always carry about them a *strong gust and relish* of earthly things,

things, they will ever and anon in their thoughts divert unto them, either as unto such real objects as they are accustomed unto, or as unto what present circumstances do administer unto corrupt affections, or as to what they fancy and create in their own minds. And sometimes, it may be, after they have made them a few shorter visits, they take up with them, and lose wholly the work they were engaged in. Nothing, as was said, will give relief herein, but the *vigorous and constant exercise* of our affections on heavenly things. For this will insensibly take off that gust and relish which the mind hath found in things present, earthly, and sensual, and make them as a *sapless thing* unto the whole soul. They will so place the cross of Christ in particular on the heart, as that the world shall be *crucified* unto it, losing all that brightness, beauty, and favour, which it made use of to solicit our minds unto thoughts and desires about it.

Moreover, this frame of spirit alone will keep us on our watch against all those ways and means whereby the vanity of the mind is excited and maintained. Such are the *wandering and roving of the outward senses*. The senses, especially that of the eye, are ready to become purveyors to make provisions for the vanity and lusts of the mind. Hence the *Psalmist* prays, *Turn away mine eyes from beholding vanity*. If the eyes rove after vain objects, the mind will ruminate upon them; and another affirms that he had *made a covenant with his eyes*, to preserve them from fixing on such objects as might solicit lust or corrupt affections. And it were an useful labour, would this place admit of it, to discover the ready serviceableness of the outward senses and members of the body, unto sin and folly, if not watched against, *Rom. vi. 13. 19*. Of the same nature is the incessant working of the *fancy and imagination*, which of itself is evil continually, and all the day long. This is the food of a

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vain mind, and the *vehicle* or means of conveyance for all temptations from Satan and the world. Besides, sundry occasions of life and conversation are usually turned or abused unto the same end, exciting and exercising of the vanity of the mind. Wherever our affections are fixed on spiritual things, our minds will constantly be under a warning or charge to keep diligent watch against all these things, whereby that vanity which it so abhorreth, which it is so burdened withal, is maintained and excited. Nor without this prevalency in the mind will ever a work of mortification be carried on in the soul. *Col. iii. 2. 4, 5.*

C H A P. XXI.

HAVING declared wherein this duty of being *spiritually minded* doth consist, that which remains in compliance with the text, from whence the whole is educed, is to manifest *how it is life and peace*, which is affirmed by the apostle. This shall be done with all brevity, as having passed through that which was principally designed.

And two things are we to enquire into.

(1.) *What is meant by life and peace?*

(2.) *In what sense, to be spiritually minded, is both of them?*

(1.) That *spiritual life* whereof we are made partakers in this world, is three-fold, or there are three gospel privileges, or graces so expressed.

(1) There is the *life of justification*. Therein the just by faith do live, as freed from the condemnatory sentence of the law. So the *righteousness of one comes on all that believe unto the justification of life*. *Rom. v. 18.* It gives unto believers a right and title to life; for they that *receive the abundance of grace, and the gift of righteousness, shall reign in life by one Christ Jesus. v. 17.* This is not the life here intended, for
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this life depends solely on the sovereign grace of God by Jesus Christ, and the imputation of his righteousness unto us, unto pardon, right to life, and salvation.

(2.) *There is a life of sanctification.* As life, in the foregoing sense, is opposed unto death, spiritual as unto the guilt of it, and the condemnatory sentence of death wherewith it was accompanied; so in this it is opposed unto it, as unto its internal power on, and efficacy in the soul, to keep it under an impotency unto all acts of spiritual life, yea, an enmity against them. This is that life wherewith we are *quickened by Christ Jesus*, when before we were *dead in trespasses and sins*, Ephes. ii. 1. 5. Of this life the apostle treats directly in this place; for having, in the first four verses of the chapter, declared the *life of justification* in the nature and causes of it; in the following he treats of death spiritual in sin, with the life of sanctification, whereby we are freed from it.

And to be *spiritually minded is this life* in a double sense.

(1.) In that it is the principal *effect and fruit of that life*. The life itself consists in the infusion and communication of a principle of life, that is, of faith and obedience, unto all the faculties and powers of our soul, enabling us to live unto God. To be *spiritually minded*, which is a *grace* whereunto many duties do concur, and that not only as unto the *actings* of all grace in them, but as unto the *degrees* of their exercise, cannot be this life *formally*. But it is that wherein the power of this *principle of life* doth in the first and chiefest place put forth itself. All actings of grace, all duties of obedience, internal and external, do proceed from this spring and fountain. Nothing of that kind is acceptable unto God, but what is influenced by it, and is an effect of it, but it principally puts forth its virtue and efficacy in rendering our *minds spiritual*, which if it effect not, it works not at all,

all, that is, we are utterly destitute of it. The next, and immediate work of the principle of life in our sanctification, is to renew the mind, to make it spiritual, and thereon gradually carry it on unto that degree which is here called being *spiritually minded*.

(2.) It is the proper *adjunct and evidence of it*. Would any one know whether he be *spiritually alive unto God*, with the life of sanctification and holiness? The communication of it unto him being by an almighty act of creating power, (*Ephes. ii. 10.*) it is not easily discernable, so as to help us to make a right judgment of it, from its essence or form; but where things are in themselves indiscernable, we may know them from their proper and inseparable *adjuncts*, which are therefore called by the names of the essence, or the form itself. Such is this being *spiritually minded* with respect unto the *life of sanctification*; it is an inseparable property and adjunct of it, whereby it infallibly evidenceth itself unto them in whom it is. In these two respects it is the life of *sanctification*.

(3.) Life is taken for the *comforts and refreshments of life*; so speaks the apostle, 1 *Thes. iii. 8. Now we live, if you stand fast in the Lord*, now our life will do us good, we have the comforts, the refreshments, and the joys of it. *Non est vivere, sed valere vita*. The comforts and satisfactions of life are more life than life itself. It is *life*, that is, that which makes life to be so, bringing in that satisfaction, those refreshments unto it, which make it pleasant and desirable. And I do suppose, this is that which is principally intended in the words of the apostle, it is life, a *cheerful, joyous life*, a life worth the living. In explication and confirmation whereof, it is added, that it is peace also.

Peace is two-fold: (1.) general and absolute; that is peace with God, through Jesus Christ, which is celebrated in the scripture, and which is the only original spring and fountain of all consolation unto believers,

lievers, that which virtually contains in it every thing that is good, useful, or desirable unto them. But it is not here precisely intended. It is not so.

(1.) As to the *immediate ground and cause* of it, which is our *justification*, not our sanctification, *Rom. v. 1. Being justified by faith, we have peace with God.* So Christ alone is *our peace*, as he who hath made *peace for us by the blood of the cross*, *Ephes. ii. 14, 15.* Hereof our being spiritually minded is no way the cause or reason, only it is an evidence or pledge of it, as we shall see.

(2.) Not as unto the *formal nature of it.* *Peace with God*, through the blood of Christ, is one thing, and *peace in our minds* through an holy frame in them is another. The former is communicated unto us by an immediate act of the Holy Spirit dwelling in us. *Rom. v. 5.* The latter is an *effect* on our minds, begun and gradually carried on, by the duties we have before at large declared. The immediate actings of the Holy Spirit, in sealing us, witnessing unto our adoption, and being an earnest of glory, are required unto the former: our own *sedulity and diligence* in duties, and the exercise of all grace, are required unto the latter.

(2.) Peace is taken for a *peculiar fruit of the spirit*, consisting in a gracious quietness and composure of mind, in the midst of difficulties, temptations, troubles, and such other things as are apt to fill us with fears, despondencies, and disquietments. This is that which keeps the *soul in its own power*, free from transports by fears or passions, on all the abiding grounds of gospel consolation. For although this be a peculiar especial grace, yet it is that which is influenced and kept alive by the consideration of *all the love of God in Christ*, and all the fruits of it.

And whereas peace includes in the first notion of it, an inward freedom from oppositions and troubles, which those in whom it is are outwardly exposed unto,

unto, there are two things from which we are secured by this *peace*, which is an effect of being spiritually minded.

The first is *offences*. There is nothing of whose *danger* we are more warned in the gospel than of offences. *Woe to the world*, saith our Saviour, *because of offences*. All ages, all times and seasons, are filled with them, and they prove pernicious and destructive to the souls of many. Such are the *scandalous divisions* that are among Christians; the endless differences of opinions, and diversity of practices in religion and the worship of God; the falls and sins of professors; the fearful ends of some of them; the reproaches that are cast on all that engage into any *peculiar way of holiness* and strictness of life, with other things of the like nature, whereby the souls of innumerable persons are disquieted, subverted or infected, are to be reckoned unto this head. Against any hurtful or noxious influence on our minds from these things, against disquietments, dejections of spirit, and disconsolations, are we secured by this *peace*. So the Psalmist assures us, *Psal. cxix. 165. Great peace have they that love thy law, and nothing shall offend them*. The law, or the word of God, is the only way of the revelation of God, and his will unto us, and the only outward way and rule of our converse and communion with him. Wherefore, to love the law is the principal part of our being heavenly minded, yea, virtually that which comprehends the whole: for such as do so, *nothing*, none of the things before-mentioned, nor any other of the like nature, shall be an offence, a stumbling-block, or cause of falling into sin. And the reason is, because they have such an *experience* in themselves of the truth, power, efficacy, and holiness of the gospel, as that the miscarriages of men, under a profession of it, shall never be unto them an *occasion of falling*, or being offended at Christ.

Christ. And I look upon it as a sign of a very evil frame of heart, when men are concerned in the miscarriages of some that have made profession, whereby they are, it may be, damaged in their outward concerns, so as that they are surprized into reflections on that religion which they profess, professing the same themselves.

(2.) The second is *afflictions, persecutions, and sufferings* of all sorts. It is known by all, (it were well if it were not so well known) what disquietments, dejections, and disconsolations, these things are apt to fill the minds of men withal; what *fears, troubles, sorrows*, they reflect upon them. Against all these effects of them this *peace* intended gives us security. It makes us preserve a peaceable, yea, a joyous life in our conflict with them. See *Job* xvi. 33.

Both these, as here joined together, *life and peace*, do comprise an *holy frame of heart and mind, wherein the souls of believers do find rest, quietness, refreshment, and satisfaction in God, in the midst of temptations, afflictions, offences and sufferings*. It is the soul's composure of itself in God, in his love in Christ Jesus, so as not greatly to be put out of order, to be cast down with any thing that may befall it, but affords men cheerfulness and satisfaction in themselves, though they *walk* sometimes in the *valley of the shadow of death*. Such persons have that in them, abiding with them, as will give them life and peace under all occurrences.

(2.) Our next inquiry is, how this *spiritual mindedness is life and peace*, or what it contributes unto them, how it produceth the frame of heart and mind so expressed, and this it doth several ways.

(1.) It is the only means on our part *of retaining a sense of divine love*. The love of God, in a gracious sense of it, as shed abroad in our hearts by the Holy Ghost, is the first and only foundation of all durable comforts; such as will support and refresh us under
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all oppositions and distresses, that is, of life and peace in our souls in any condition. This God communicates by an act of sovereign grace, for the most part without any preparation for it in ourselves. *He creates the fruit of the lips, peace, peace.* But although divine love be in itself unchangeable, and always the same, yet this *sense of it* may be lost, as it was in *David*, when he prayed that *God would restore unto him the joys of his salvation*, (Psal. li. 12.) and so many others have found it by woful experience. To insist upon all that is required on our parts, that we may retain a gracious refreshing sense of divine love, after it is once granted unto us, belongs not unto my present purpose. But this I say, there is not any thing wherein we are more concerned, for to be careful and diligent in, than as unto what belongs to that end. For men who by a *mere act of sovereign grace* have tasted herein of the goodness of God, who have had the consolation and joys of it, to be negligent in the keeping and preserving it in their souls, is a provocation that they will at one time or other be sensible of. There is nothing doth more grieve the Holy Spirit, than to have his especial work, whereby he *seals us unto the day of redemption*, neglected or despised. And it argues a mighty prevalency of some corruption or temptation, that shall cause men willingly, and by their own sloth, to forfeit so inestimable a grace, mercy, and privilege. And it is that which there are but few of us who have not reason to bewail our folly in. Every *intimation of divine love* is an inestimable jewel, which if safely treasured up in our hearts, adds unto our spiritual riches, and being lost, will at one time or another affect us with sorrow.

And I am afraid that many of us are very negligent herein, unto the great prejudice of our souls and spiritual state. Many such *intimations* are given us by the Holy Ghost through the word, which we take little notice of; either we know not the *voice of Christ*
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in them, or do not hearken unto him in a due manner, or refuse a compliance with him, when we cannot but know that he speaks unto us. See *Cant.* v. 2, 3. Or if we receive any impressions of a gracious sense of divine love in them, we quickly lose them, not knowing how much the life of our souls is concerned therein; and what use of them we may have in our following temptations, trials, and duties.

Now, the great means of retaining a sense of the love of God, which is the only spring of life and peace unto our souls is this *grace and duty of being spiritually minded*. This is evident from the very nature of the duty. For,

(1.) It is the soul's preserving of itself in a frame meet to receive and retain this sense of God's love. What other way can there be on our part, but that our *minds*, which are so to receive it and retain it, are *spiritual* and heavenly, always prepared for that holy converse and communion with himself, which he is pleased to grant to us through Jesus Christ. And,

(2.) It will fix our *thoughts and affections* upon the grace and love of God, communicating such an inestimable mercy unto us as is a sense of his love, which is the only means for the preservation of a relish of it in our hearts. He who is in this frame of mind will remember, call over, and ruminate upon all such gracious pledges of divine favour; as *David* is often remembering and calling over what he received in such places as in the *land of the Hermonites, and at the hill Missar*, *Psal.* xlii. This is the great way whereby this treasure may be preserved.

(3.) A person so minded, and he alone, will have a *due valuation* of such intimations and pledges of divine love. Those who are *full of other things*, whose affections cleave unto them, do never esteem heavenly mercies and privileges as they ought. The *full soul loatheth the honey-comb*. And God is well pleased when

when an high valuation is put upon his kindness, as he is greatly provoked by the contrary frame; which, indeed, nothing but infinite patience could bear withal. It is an high provocation of God, when men are regardless of, and unthankful for, outward temporal mercies; when they receive them and use them as if they were their own, that they were lords of them, at least, that they are *due unto them*. Much more is he provoked with our regardlessness of the least of those mercies which are the peculiar purchase of the blood of his Son, and the effects of his eternal love and grace. He alone who is spiritually minded valueth, prizeth, and lays up these inestimable jewels in a due manner.

(4.) Such persons only know how to use and *improve* all communications of a sense of divine love. These things are not granted unto us to lie by us, without any use of them; they are gracious provisions wherewith we are furnished, to enable us unto all other duties, conflicts, and trials. On all occasions are they to be called over for our spiritual relief and encouragement. Hereby are they safely retained: for in the due improvement of them they grow more *bright* in our minds every day, and are ready for use, in which posture they are safely preserved. But these things will yet be farther manifest in the instances that ensue.

(2.) This frame of mind *casts out all principles*, and causes of trouble and disquietment, which are inconsistent with life and peace. There are in us by nature principles of contrariety and opposition unto spiritual life and peace, with sundry things, whose abode and prevalency in us is inconsistent with them. I shall give only one or two instances hereof.

(1.) It will cast out all *filthiness and superfluity of naughtiness* from our minds. Without this we can receive no benefit by the means of grace, nor perform any duty in a right manner.—*Jam. i. 27.* This is
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that which stands in direct immediate opposition and contrariety unto our being spiritually minded, so as they can have no consistency in the same person, and they expel one another like heat and cold. And where there is this *filthiness and superfluity of naughtiness*, there is neither life nor peace. Unclean lusts of the flesh, or of the spirit, working, tumultuating, acting themselves in the minds of men, will not suffer either the *life* of holiness to flourish in them, or any solid peace to abide with them. The soul is weakened by them as unto all spiritual actings, and made like a *troubled sea that cannot rest*, whose waters cast up mire and dirt. Where they are absolutely predominant, there is an *hell within*, of darkness, confusion and enmity against God, preparing men for an hell of punishment without unto eternity. And according as they remain, or have any prevalency in us, so are spiritual *life and peace* impaired and obstructed by them. Now, the very nature of this grace, and its universal exercise, is suited to the casting out of all the relics of this *filthiness and superfluity of naughtiness*. It brings in a principle into the mind directly contrary unto that from whence they do proceed. All the actings of it which we have described lie in direct tendency unto the extirpation of these causes of filthiness, which ruin life and peace; nor will they by any other way be cast out. If the mind be not spiritual, it will be carnal; if it mind not *things above*, it will fix itself inordinately on *things below*.

(2.) That *disorder* which is by nature in the affections and passions of the mind, which is directly opposite unto spiritual life and peace, is cast out or cured hereby. It is a blessed promise of the times of the New Testament, of the kingdom and rule of Christ, that, through the efficacy of gospel grace, *the lion shall lie down with the lamb, and the leopard with the kid*, Isaiah xi. 6. Persons of the most intemperate and outrageous passions shall be made meek
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and lovely. Where this is not in some measure effected, according unto the degrees of the prevalency of such passions in us, we have not been made partakers of evangelical grace. It were an easy task to demonstrate how the *disorder of our affections and passions* is destructive of spiritual life and peace. The contrariety that is in them, and contradiction unto one another, their violence, impetuousness, and restlessness, their readiness to receive and take in provocations on all occasions, and frequently on none at all but what imagination presents unto them, are sufficient evidences hereof. Can we think that life and peace do inhabit that soul wherein *anger, wrath, envy*, excess in love unto earthly things do dwell; and on all occasions exert themselves? there, where there is a *continual tumult, fighting, and rebellion*, as there is where the passions of the mind are not under the conduct of reason nor of grace?

The nature and principal effect of this spiritual mindedness, is to bring all the *affections and passions of our minds* into that holy order wherein they were created. This was that uprightness wherein God made us, namely, the whole blessed order of all the powers, faculties, and affections of our souls, in all their operations, in order unto our living unto God. And this is restored unto us by this grace, this duty of being spiritually minded. And wherein it falls short of that perfection which we had originally, (for the remainders of that disorder which beset us by sin will still in part continue) it is recompensed by the actings of that new principle of gospel grace which is exercised in it; for every act of our affections towards God in the power of grace exceeds, and is of another nature, above that we could do, or attain unto, in the *state of nature* uncorrupted. Hereby are life and peace brought into our souls, and preserved in them.

(3.) It is that whereby our *hearts and minds are taken*

*taken off from the world, and all inordinate love thereunto. Where this is in prevalent degree, there is neither life nor peace. And every excess in it, both weakens spiritual life, and disturbs, yea, destroys all solid spiritual peace. I have occasionally spoken unto it before, as also the way whereby our minding of the things that are above in a due manner, doth deliver and preserve our souls from the snares of it. And if we diligently examine ourselves, we shall find, that in our inordinate affections, and cleaving unto these things, the principal causes why we thrive no more in the power of spiritual life, and whence we meet with so many disquietments and dejections of spirit unto the disturbance of our praise and rest in God, is from hence. For there is no grace which is not impaired by it in its nature, or not obstructed by it in its exercise. Wherefore, to be spiritually minded is *life and peace*, because it subdues and expels that inordinate love unto present things, which is destructive of them both, and inconsistent with them.*

(4.) *It preserves the mind in a due and holy frame in the performance of all other duties. This also is indispensibly required, unto the preservation of life and peace, especially unto the improvement of them. They will not abide, much less thrive and flourish in any persons who are negligent in holy duties, or do not perform them in a due manner. And there are four things which impede or hinder us from such an attendance unto holy duties, as may be advantageous unto our souls; against all which we have relief by being spiritually minded.*

(1) *Distractions.*

(2) *Despondencies.*

(3) *Weariness.*

(4) *Unreadiness of grace for exercise.*

(1) *Distraction of mind and thoughts, hath this evil effect, which many complain of, few take the right way of deliverance from. For this evil will not be cured by attendance unto any particular directions, without*

without a change of the *whole frame* of our minds. Nothing can give us relief herein, but a prevalent delight in being exercised about things spiritual and heavenly. For hence arise all our distractions; the want of fixing our minds on spiritual things with delight, makes them obnoxious to be diverted from them on all occasions, yea to seek occasions for such diversions. It is this frame alone, namely, of *spiritual mindedness*, that will give us this delight. For thereby the soul is transformed unto the likeness of spiritual things; so as that they are suited unto it, and pleasant unto our affections. The mind and the things themselves, are thereby so fitted unto each other, that on every occasion they are ready for mutual embraces, and not easily drawn off by any cause or means of the distractions so complained of, yea, they will all be prevented hereby.

(2) *Despondencies in duties* arise from the frequent incursions of the *guilt of sin*. The remembrance hereof frequently solicits the minds of persons in their first entrances unto duty, unless they are under especial actings of grace, stirring them up unto earnestness and fervency in what they undertake. At other seasons it renders men *lifeless and heartless*, so as that they know not whether they had best pray or no, when duty and opportunity call them thereunto. To be spiritually minded, we have manifested in many instances is the great preservative against these disheartening incursions of sin. It is the soul's *watch and guard* against them, whence ever they arise or proceed. No lust or corruption can be *prevalent* in a spiritual mind. And this is the principal cause of such incursions of sin, as affect the soul with a disheartning sense of guilt. No affections can abide in any sinful disorder, where the mind is so affected. This also gives sin an entrance unto a *distracting* sense of guilt. But the sole cure hereof lies in this grace and duty. The like may be said of all other ways, means, and occasions of such incursions of sin.

(3) *Weariness*

(3) *Weariness in, and of spiritual duties*, abate their tendency unto the improvement of life and peace in us. This evil ariseth from the same cause with that of distraction before mentioned. And it is oft times encreased by the weakness and indispositions of the flesh, or of the outward man. Sometimes the *spirit is willing*, but, through the weakness of the flesh, it is disappointed. The principal cure hereof lies in that *delight* which spiritual mindedness gives unto the soul in spiritual things. For where there is a *constant delight* in any thing, there will be no weariness; at least not such as shall hinder any from cleaving firmly unto the things wherein he doth. Whilst therefore we are exercised in a delight in spiritual things, weariness cannot prevalently assault the mind. And it is the only relief against that *weariness* which proceeds from the indispositions of the outward man. For as it will preserve the mind from attending too much unto their solicitations, *crying, spare thyself*, by filling and possessing the thoughts with other things; so it will offer an holy violence unto the complaints of the flesh, silencing them with a sense of, and delight in holy duties.

(4) The *unreadiness of grace for its due and proper exercise* is another thing which defeats us of the benefit of holy duties. The seasons of them are come; sense of duty carries men unto an attendance unto them, and the performance of them. But when they should enter upon them, those graces of faith, love, fear, and delight, wherein the soul and being of them do consist, are out of the way, unready for a due exercise; so as that men take up and satisfy themselves with the *meer outward performance* of them. The heart and mind have been taken up with other things; due preparation hath been wanting; men come unto them with reeking thoughts of *earthly occasions*; and it is no easy matter in, or immediately out of, such a
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frame,

frame, to stir up grace unto a due exercise. But herein lieth the very life of being spiritually minded. The nature of it consists in the keeping and preserving all grace in a *readiness* for its exercise as our occasions require.

And this is an effectual way, whereby this grace comes to be *life and peace*. For they cannot be attained, they cannot be preserved, without such a constancy and spirituality in all holy duties, as we shall never arrive at, unless we are spiritually minded.

Lastly; this frame of mind brings the soul unto, and keeps it at its nearest *approaches unto heaven and blessedness*, wherein lie the eternal springs of life and peace. According unto the degrees of this grace in us, such are those of our approaches unto God. Nearness unto him, give us our initial conformity unto him, by the renovation of his image in us, as our presence with him, will give us perfection therein; for *when we see him we shall be like unto him*. He therefore alone as he is in Christ being the fountain of *life and peace*, by our drawing nigh unto him, and by our likeness of him, will they thrive and flourish in our souls.

FINIS.

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