

TEN  
DAILY EXERCISES  
FOR  
THE SPIRIT

PREPARED FROM SERVICES  
OF  
REV. WILLIAM SULLIVAN BARNES, LL.D.

BY  
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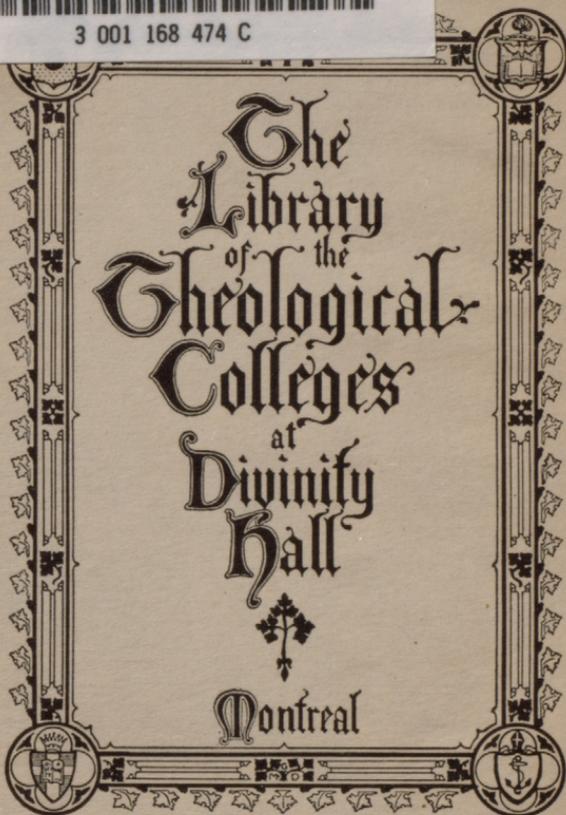
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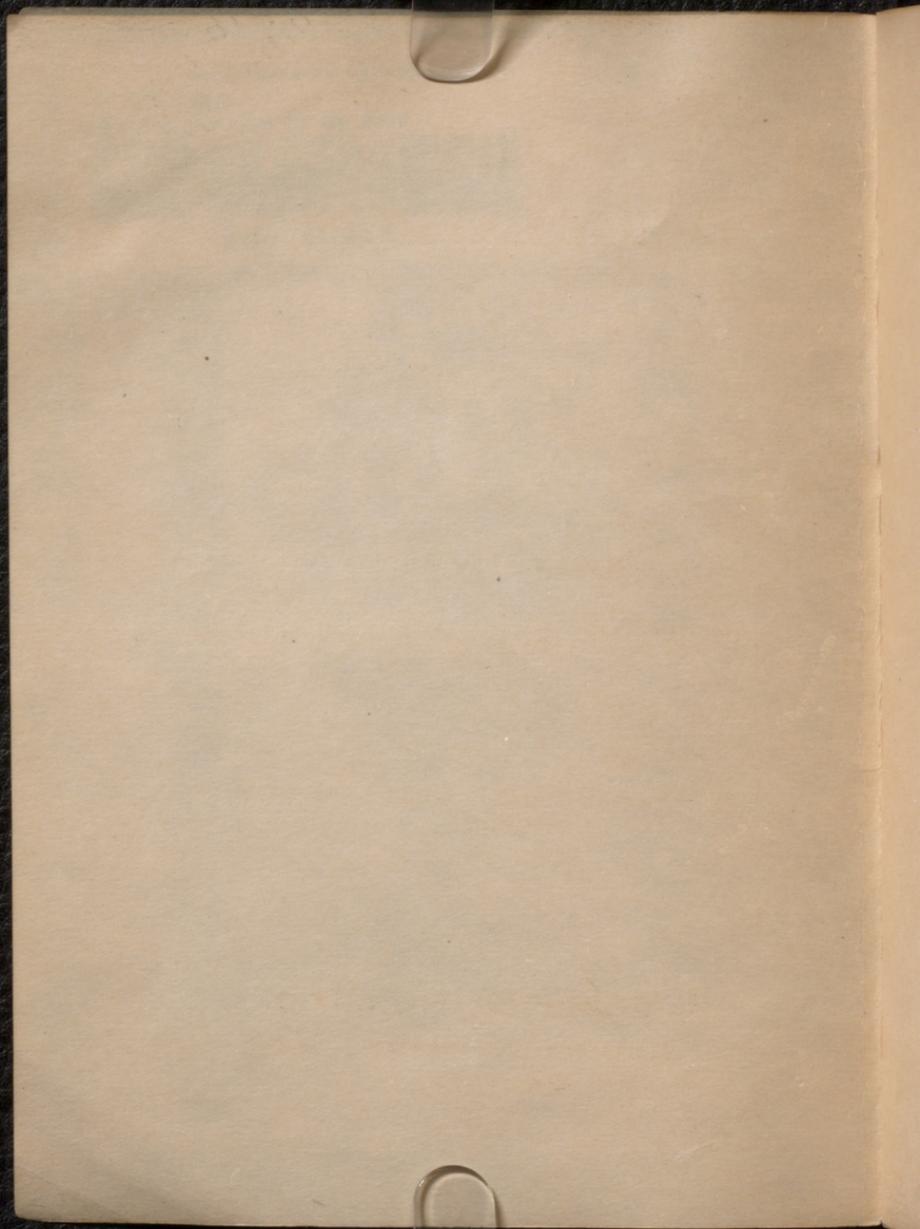
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TEN  
DAILY EXERCISES  
FOR  
THE SPINE

BY  
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FOR THE PARALYSED

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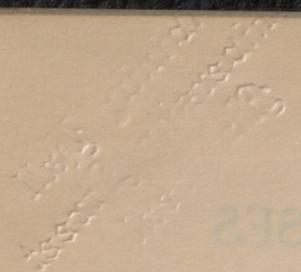
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TEN  
DAILY EXERCISES  
FOR  
THE SPIRIT

BY  
REV. DR. J. S. WILSON  
OF THE  
METHODIST CHURCH OF  
MONTREAL

REVUE PUBLISHED CO.  
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## INTRODUCTION

*In presenting this little book to the public the claim of the spirit to just recognition is kept in mind. Daily exercise for bodily health is now generally recommended and largely practiced, but equally important is the daily exercise of the spirit. A healthy body and a vigorous spirit are essential to the full enjoyment and success of life. A healthy body with a diseased spirit is more to be pitied than a diseased body in which a vigorous spirit attempts to find expression.*

*These ten little services of prayer were written by the late Dr. Barnes for his son on the occasion of his leaving home to commence a home of his own, without the least idea of their ever being published. It was found that a few moments each morning spent in reading over a service before beginning the day's work gave a mental stimulus and vigorous courage to start the day that well repaid the effort. Every service has abundant material for thought which unconsciously elevates the work of the day to a higher place.*

*The reading may be done immediately after rising, at the breakfast table or on the way to work, but the simple perusal of a*

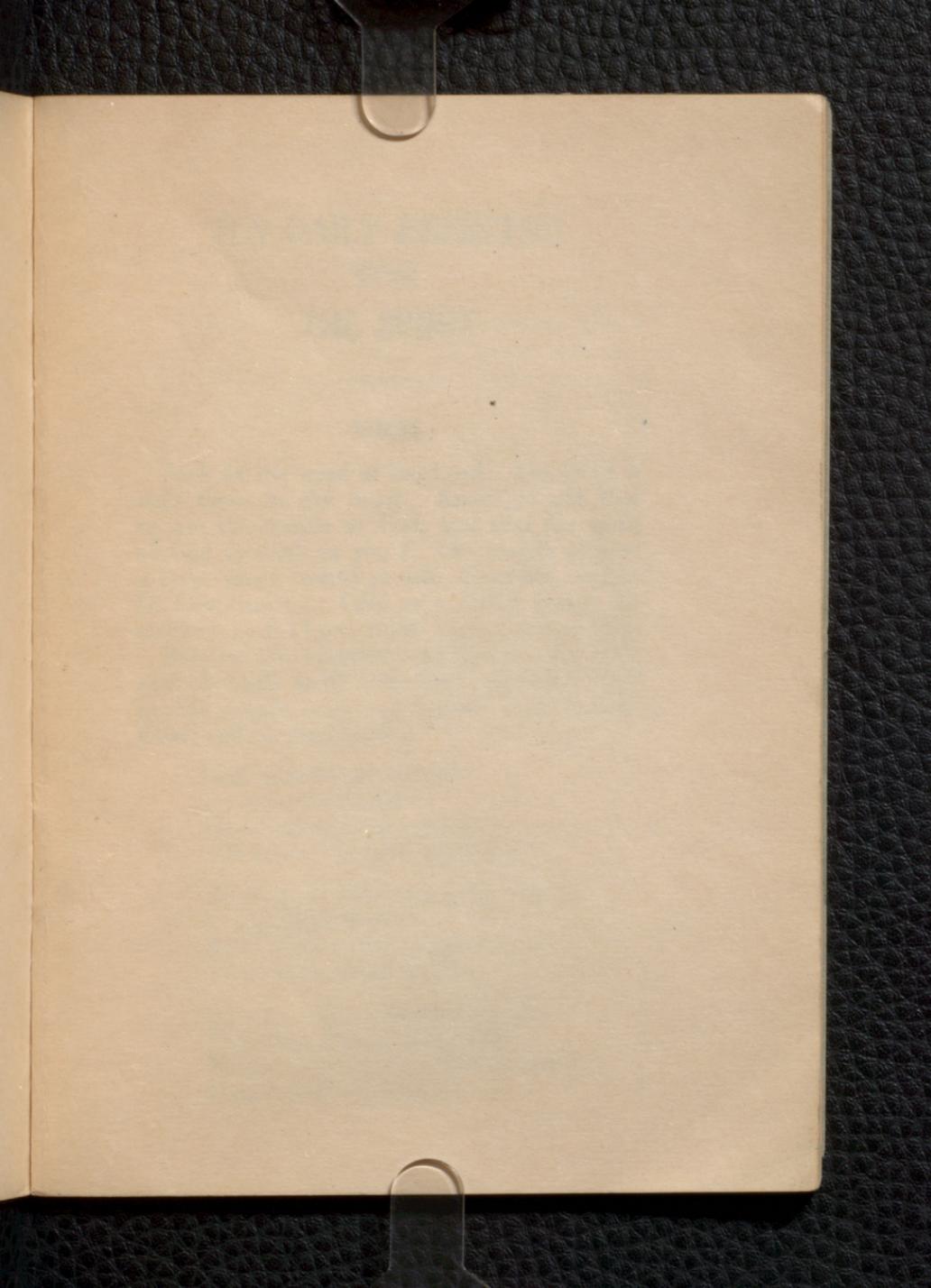
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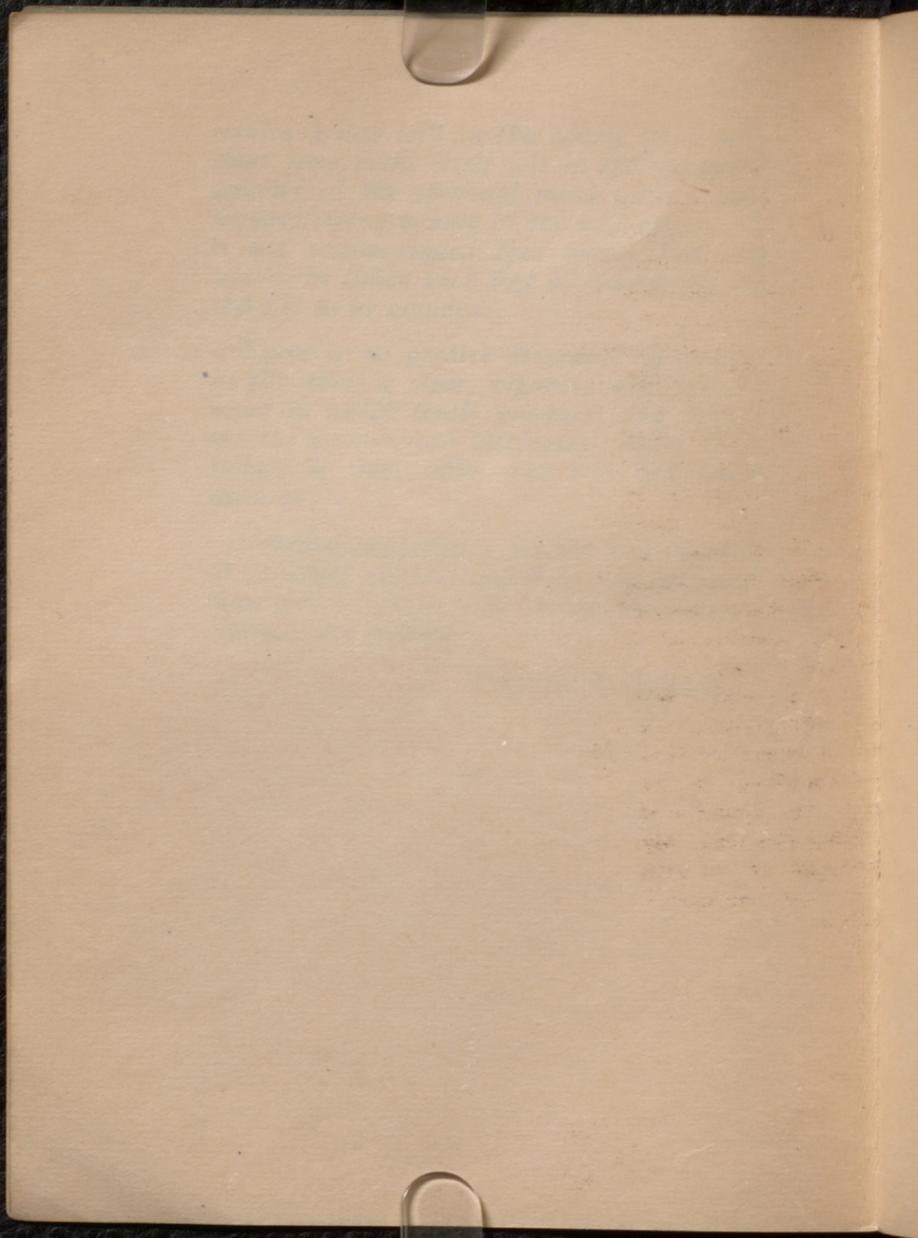
service a day will in the course of a very short time make itself felt in the increased activity of the spiritual mind with a consequent strengthening of the will power. It is not recommended that more than one service be taken each day as overtaxing the spirit is to be avoided.

There is no greater assurance of success in life than a clear, vigorous and healthy mind in which truth, goodness and beauty are the unconscious attributes. With these failure is impossible, and evil can never enter in.

Detailed suggestions for the best method of spiritual exercise suited to various vocations will be gladly sent by the undersigned through the publisher.

HOWARD T. BARNES.





TEN DAILY EXERCISES  
FOR  
THE SPIRIT

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FIRST

Seek ye the word of the Lord. The word is nigh thee—in thy heart. Know ye not that ye are the temple of God, and that the spirit of God dwelleth in you? The temple of God is holy, which temple ye are. Fear not, neither be faint-hearted. Like as a father pitieth his children, so the Lord pitieth them that fear Him.

Beloved, the tabernacle of God is with men; and He shall dwell with them, and they shall be His people, and God himself shall be with them, and be their God.

God is never so far off  
As even to be near ;  
He is within ; one spirit is  
The Home He holds most dear.

To think of Him as by our side  
Is almost as untrue  
As to remove His throne beyond  
Those skies of starry blue.

So even while I thought myself  
Homeless, forlorn and weary,  
Missing my joy, I walked the earth  
Myself God's sanctuary.

Eternal Father, it is Thy day and we are Thine; and dear is the loving-kindness that enfolds us, and lifts us as on everlasting arms to Thy great heart of divine Fatherhood. We are not worthy to be called Thy children, yet Thou welcomest our home-coming unto Thee. We worship Thee. We adore Thee. We spread "the wings that beat for Thy refuge." We commit ourselves to the safe shelter of Thy wiser thought than ours. From our labors and our cares; yes, from ourselves we look to Thee, oh living Love, oh blessing of blessings, oh Father of Jesus. Sanctify our hearts and our home. May Thy love be fulfilled in our mutual affection, and may grace, mercy and peace abide in our daily life. And we pray Thee to bless to us, and to all whom we love, this day. May its messages of hope blend with our aspirations, and help to tranquilize our minds, that in the beauty of holiness we may live now and always as His disciples who taught us to pray saying :

Our Father who art in heaven, hallowed be thy name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive them that trespass against us; and lead us not into temptation, but deliver us from evil; for Thine is the kingdom and the power and the glory forever and ever.

Amen.

## SECOND

Behold what manner of love the Father hath bestowed upon us, that we should be called sons of God! And it doth not yet appear what we shall be. For eye hath not seen, nor ear heard, neither hath the heart of man conceived the things that God hath prepared for them that love Him. Set your mind, therefore, on things above, striving to be followers of that which is good; and rejoice in the Lord always, for all things work together for good to them that love Him.

“All hail, auspicious morning  
That bring'st this glad new day!  
Life's doubt and evil scorning,  
We bid all fear away;  
We welcome Peace and Beauty;  
To Wrong we cry, depart;  
And unto Strength and Duty  
We open wide our heart.”

We adore and bless Thee, O Lord of Life. Thou art the source of every good and perfect gift. Thine is that unspeakable gift, Thy well beloved Son. We hallow Thy name of Love, both in our filial thought of Thee, and in our words of praise. And we pray Thee, oh Lord, that we may ever be so true and obedient to the heavenly visions of Thy will that our passing days shall be as a psalm of life, glad

and grateful, and full of loving service. Raise us by Thy help to gracious attainments, and vouchsafe to us a clearer perception of the things that are best. Let Thy compassions quiet all our fears. Create within us the clean heart, and renew a right spirit within us. Let Thy presence in our home and in all our daily duties be to us more and more the one beautiful fact, the light and joy of all our being.

To-day in quiet stillness may we share Thy peace, Oh God; and may this season of domestic worship, and the hour of public prayer and teaching satisfy us with Thy mercy, as with water from the living springs.

Be graciously near to our loved ones to comfort and guide as they have need of Thee; and abide Thou with us all as He said whose prayer we pray :

Our Father who art in heaven, etc.

## THIRD

The Lord is nigh unto all that call upon Him;  
to all that call upon Him in truth. The angel  
of the Lord encampeth round about them that  
fear Him, and delivereth them. The Lord is  
gracious and full of compassion. His tender  
mercies are over all His Works. Oh give  
thanks unto the Lord, for He is good, for His  
mercy endureth forever.

“New every morning is the love  
Our waking and uprising prove;  
Through sleep and darkness safely brought;  
Restored to life and power and thought.

New mercies each returning day  
Do hover round us as we pray;  
New perils past, new sins forgiven,  
New thoughts of God, new hopes of heaven.

Do Thou, O Lord, in Thy dear love  
Fit us for perfect rest above;  
And help us this, and every day  
To live more nearly as we pray.”

Ourselves, Oh divine Father, are the offerings  
which we bring, and upon this altar of our  
morning worship we consecrate our whole being  
to Thy service, praying that our supplications  
may come before Thee as incense, and our  
gratitude as praise. Blessed is the memory of

Thy goodness, and ever new is the promise of Thy care. May Thy mercy make us merciful. May Thy loving-kindness create in us the gentleness of Christ. Bestow upon us, we pray Thee, the heavenly spirit that we may abide in Thee, and Thy word may abide in us, and that ever faithful to what is true and good we may live the daily life of simple and quiet obedience to Thy pure will. Be compassionate to us in our frailties. Help us in our infirmities. Guide us to diviner visions and a dearer trust. Sanctify the home which Thou hast given us, and may our domestic and our public life be ever beautiful because inspired by Thee.

May Thy blessing attend the word and worship of to-day. Safeguard our loved ones, near and far; and may His peace prevail in their hearts and ours, who prayed saying :

“Our Father who art in heaven ---”

## FOURTH

Know ye that the Lord, He is God : it is He that hath made us, and not we ourselves. We are the people and the sheep of His pasture.

Trust ye in the Lord forever, for in the Lord is everlasting strength. The meek will He guide in judgment, and the humble He teacheth His way. Wait on the Lord, be of good courage and He shall strengthen thine heart ; wait, I say, on the Lord !

Make a little fence of trust  
Around to-day ;  
Fill the space with loving work  
And therein stay.

Look not through the sheltering bars  
Upon to-morrow ;  
God will help thee bear what comes  
Of joy or sorrow."

Oh Thou of whom Jesus spoke saying, "my Father and your Father;" "my God and your God;" in his spirit of filial devotion we would raise our thought to Thee, hallowing Thy name in our hearts, and praying that we may be enabled to live ever as the followers of Thy light, and the children of Thy love. Make glad with Thy presence this new day of Thy giving. Be graciously near us and to all our loved ones to cheer and sustain.

Save us now Oh Lord, we beseech Thee, from all our evil, and from all our fears. Give rest to our souls from care. May quietness enter into our life as the dew that descended upon Zion. Let peace rule in our hearts, and in the stillness of our worshipful adoration may we know God, whom the pure in heart shall see. May ours be the faith that trusts Thy way whether in the light or in the darkness; and the courage that obeys, even when we cannot understand. May the beauty of the Lord our God be upon us; and establish Thou the work of our hands upon us, yea, the work of our hands establish Thou it.

Our Father who art in heaven...

## FIFTH

If we love one another, God dwelleth in us, and His love is perfected in us. Hereby know we that we dwell in Him and He in us, because He hath given us of His spirit. As many as are led by the spirit of God, they are the sons of God.

How precious are Thy thoughts unto me, O God! how great is the sum of them! If I should count them, they are more in number than the sand; when I awake, I am still with Thee.

“Still, still with Thee, when purple morning  
breaketh,  
When the bird waketh, and the shadows flee;  
Fairer than the morning, lovelier than the  
daylight,  
Dawns the sweet consciousness, I am with  
Thee.

Still, still with Thee! as to each new-born  
morning  
A fresh and solemn splendor still is given,  
So doth the blessed consciousness awaking,  
Breathe each day, nearness unto Thee and  
heaven.”

New every morning and fresh every evening  
are Thy mercies, Oh Lord! Great is Thy  
goodness, and Thy loving-kindness is as the day.

Thou makest us to dwell in safety. Thine is the love that is at the heart of our human affection to bless our lives with its divineness and beauty.

We thank Thee for the night's repose and for the day's awakening. Sleeping or waking we are still with Thee. Our weariness vanishes with the darkness, and sorrow and sighing shall flee away. May the night's stillness abide in the quietness of our spirit to-day. May the peace of those who love Thy law be ours to enjoy in grace and worship; for Thou wilt keep them in perfect peace whose minds are stayed on Thee. In loving service may we find the love of God revealed. In filial obedience may we learn to know the excellence of Thy name and the righteousness of Thy will. Grant unto us Thy holy spirit, and kindle in our hearts the aspirations which end in God. With doubt and fear allayed, and sins forgiven, may we and all whom we would pray for, become like Him who said :

Our Father who art in heaven —

## SIXTH

Who shall ascend into the hill of the Lord, or who shall stand in His holy place ? He that hath clean hands and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully. He shall receive the blessing from the Lord, and righteousness from the God of his salvation.

The true worshipper shall worship the Father in spirit and in truth; for the Father seeketh such to worship Him. God is spirit, and they that worship Him must worship Him in spirit and in truth.

“Now may the will of God be done;  
His will I would not alter;  
His help is near to every one;  
Let not our courage falter.

In all our need  
Our Friend indeed,  
How tenderly He chideth.  
To Him hold fast;  
He builds to last  
Who still in God confideth.”

Creator Spirit, who art ever nigh : Oh wondrously divine, and how divinely true ! Thou Lord of Life, in Thee we have our being. Thine is our highest, holiest thought : Thine our

purest affection. Through our human love and trust as Thy children, we rise to the Faith of Thy truthfulness and the joy of Thy love. Oh Holy Spirit, so far above us in Thine infinitude, and yet so near to our hearts that Thou knowest even our unspoken need, and hearest even the unuttered prayer, graciously respond to our thank-offering and aspirations of this morning, and help us to be sincere with ourselves, and spiritually minded this and every day. We consecrate this new morning and ourselves to Thee. May this be a day of uprising to the serene height of the soul; for we lift not our thought unto vanity, but to Thy dear love, Oh Father of Lights, and worship Thee in spirit and in truth. Purify our hearts that we may see God, and help us to feel the reality of Thy good and wise guidance through all our changing life.

May the blessing from the Lord—life, light and peace—gently rest upon us, and all whom we love, to unite our hearts to fear Thy name.

Our Father who art in heaven, etc.

## SEVENTH

Ask and it shall be given you; seek and ye shall find; knock and it shall be opened unto you; for everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh, it shall be opened. The Lord is good to them that wait for him, to the soul that seeketh Him. He is our help and our shield. Let Thy mercy, Oh Lord, be upon us, according as we hope in Thee.

“Lord, for to-morrow and its needs  
We do not pray :  
Keep us, Oh Lord, from stain of sin  
Just for to-day.

Help us to serve Thee earnestly,  
And truly pray;  
Let us be faithful, patient, kind,  
Father, to-day.

May we no wrong or idle words  
Unthinking say;  
Teach us to know Thy larger life  
Through all to-day.

Unworthy thought, and selfish cares  
Drive Thou away;  
Fill us with hope and strength and trust,  
Dear Lord, to-day.”

From Thy love as a Father, knowing so well our every need, and touched as Thou art with the feeling of our infirmities, graciously regard us, Thy children, as devoutly kneeling we offer up our morning prayer. It is Thyself we seek; Thy blessing we ask; at Thy door, O Home of the Soul, we knock in lowly supplication, and may Thy peace be ours, as Thou hast said. Increase our faith that we may wholly trust Thee. Make tranquil our hearts, and in Thy wise and welcome way prepare us for all that these passing hours may bring, to do or to endure. We would be tender, Lord, with the gentleness of Him who was meek and lowly of heart. We would not be anxious for the days to come, but trust Thee for the hereafter, while we try to live for Thee and for others, just for to-day.

Thou art the same yesterday, to-day and forever, and our times are in Thy hands.

Commending our loved ones and ourselves to Thee, we will fear no evil: for Thou art our Refuge—Thou heavenly love and home and joy. Blessed be Thy glorious name forever!  
Our Father who art in heaven, etc.

## EIGHTH

Blessed be the Lord, who daily loadeth us with benefits : even the God of our salvation. Gracious is the Lord and righteous; yea, our God is merciful. Glory and honours are in His presence; strength and gladness are in His place.

The Lord is good, a stronghold in the day of trouble; and He knoweth them that trust in Him. Unto Thee, Oh God, do we give thanks; for that Thy name is near, Thy wondrous works declare.

“There’s a wideness in God’s mercy  
Like the wideness of the sea;  
There’s a kindness in His justice  
Which is more than liberty.

“There’s no place where earth’s sorrows  
Are more felt than up in heaven;  
There’s no place where earth’s failings  
Have such kindly judgment given.

“For the love of God is broader  
Than the measure of man’s mind;  
And the heart of the Eternal  
Is most wonderfully kind.”

Not unto us, Oh Lord, not unto us, but unto  
Thy name give glory for Thy mercy and Thy

truth's sake. Thine is the Power by which we live, and Thine is the love which redeems our life and makes it eternal. Thy holy Son revealed to us Thy Fatherhood, and they are blest indeed whose lives are hid with Christ in Thee. Our refuge and strength art there. Great is Thy compassion, and Thy patience is as our sorest need. Thou art the well-spring of sweet mercy, and Thou wilt save us from our sins and fears. Because Thou seest not as man seeth, we, in our narrow vision, and the doubts we should not suffer, return to Thee, for Thou wilt guide us with Thine eye. Not a day dawns but Thou art there; not a night falls but Thou art there. Once more the day of rest calls us from our common labor, and invites us to its higher thought and to the heaven of the peace of God. May it bring to us the rich blessing of a Christ-like spirit, and a new joy in the love of being and doing good. Let its light shine in upon our hearts in hopeful, helpful ministries, and its hours be filled with the gracious benediction that follows prayer. To our beloved as to ourselves come Thou in Thy loveliness, Thy holiness and Thy quietness, Oh Lord.

Our Father who art in heaven, etc.

## NINTH

He shall feed His flock like a shepherd. Blessed are they that hunger and thirst after righteousness, for they shall be filled. For he satisfyeth the longing soul, and filleth the hungry soul with goodness. 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. Our heart shall rejoice in Him, because we have trusted in His holy name.

“O Sabbath rest by Galilee,  
O calm of hills above !  
When Jesus knelt to share with thee  
The silence of eternity  
Interpreted by love !

“With that deep hush subduing all  
Our words and works that drown  
The tender whisper of Thy call;  
As noiseless let Thy blessing fall  
As fell Thy manna down.

“Drop Thy still dews of quietness,  
Till all our strivings cease;  
Take from our souls the strain and stress,  
And let our ordered lives confess  
The beauty of Thy peace.”

Thou, O God, leadest Thy children in the paths of righteousness. Thou restorest the soul from darkness to light, from striving to peace. It is Thy care that sustains us. It is Thy bounty that supplies our wants, and blessed are they who hunger and thirst for Thee. From the pursuits and distractions of the busy week we enter now the sanctuary of the Sabbath stillness, that we may refresh ourselves with Thy quietness, and become conscious of those spiritual realities which fade so easily in the common day, but shine once more upon us in the dawning of this day of rest. May these speak to us of an inner world—a world of clearer vision and of communion with things unseen; and by them may we learn how to live in the world of sense, and how to labor so as not to lose the power and comfort of confiding faith. Thou gracious and Holy presence, how wise is Thy control! and how ready art Thou to forgive and save! How does our evil fall away, and the desire to live the divine life grow strong in the thought of God! May the peace of Him who said "My peace give I unto you," abide with us and with all our beloved—O Holiest to whom we pray! Our Father who art in heaven, etc.

## TENTH

It is a good thing to give thanks unto the Lord, and to sing praises unto Thy name, O Most High! To show forth Thy loving kindness in the morning, and Thy faithfulness every night. Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ. Exalt ye the Lord our God; for the Lord our God is holy. For His merciful kindness is great towards us, and the truth of the Lord endureth forever.

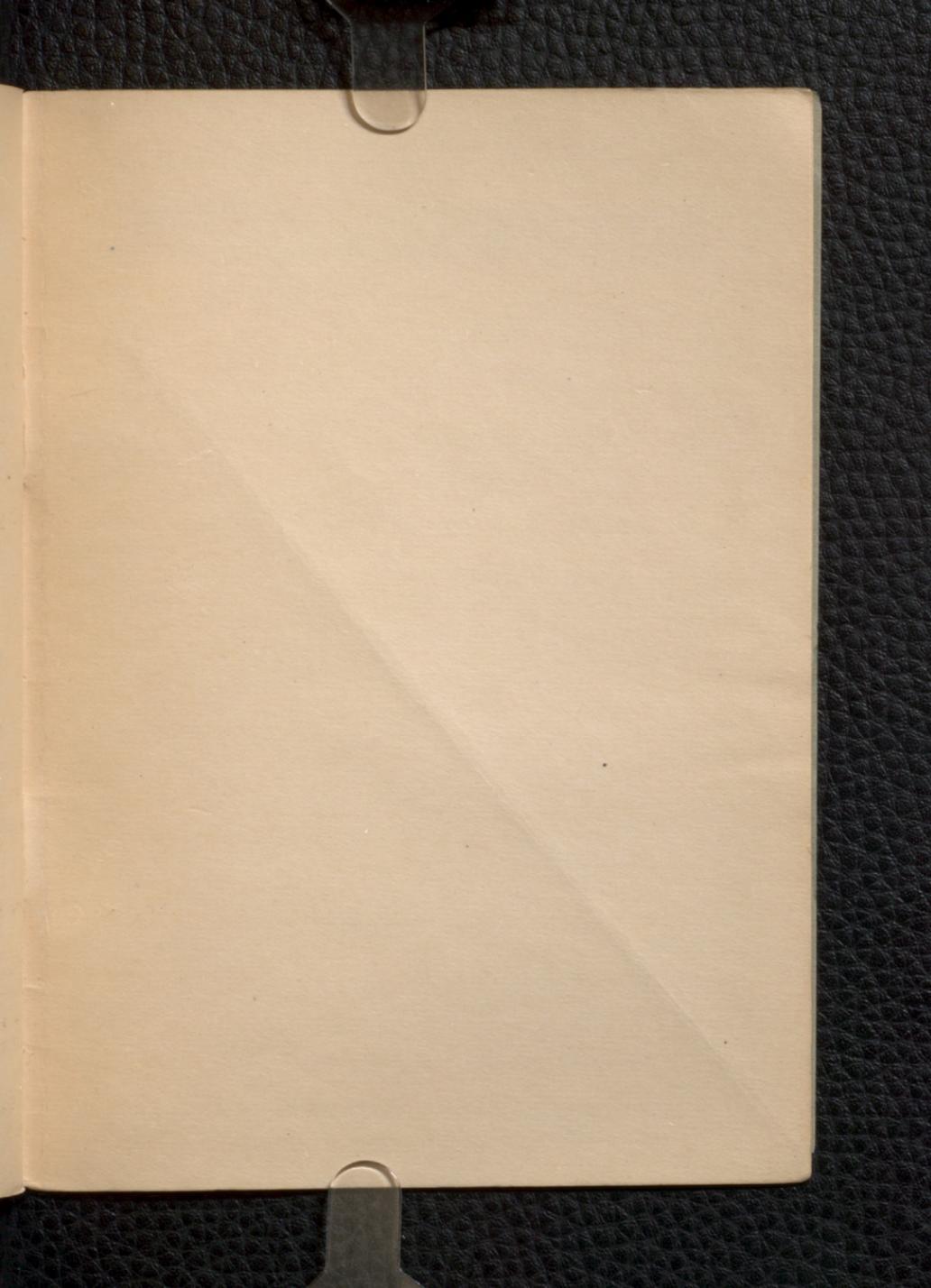
“This day let grateful praise ascend  
To Thee, our Father and our Friend;  
The Author of this holy light;  
Thee, throned in boundless power and might.

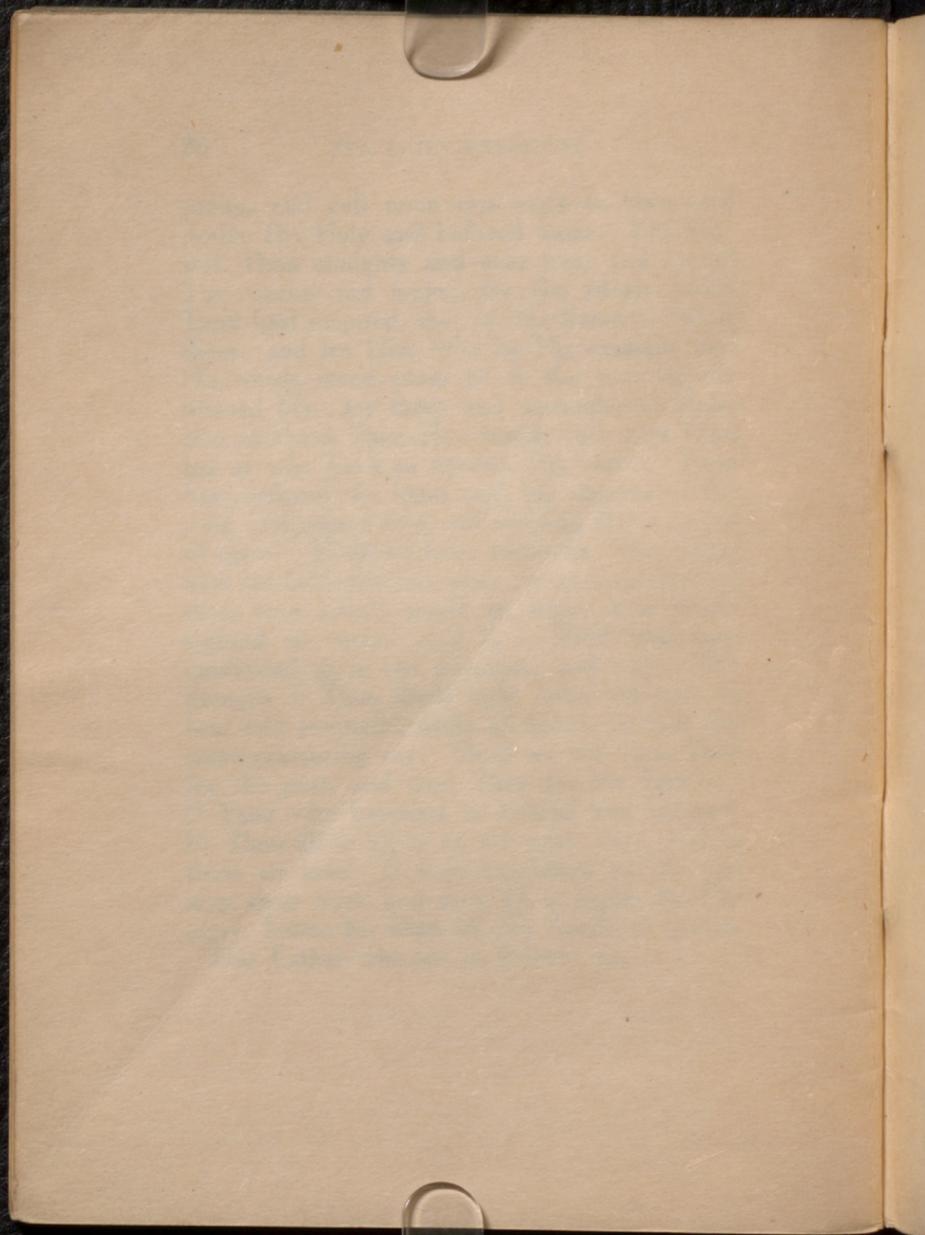
To Thee its morning light be given,  
The noontide blaze, the dew of even;  
And may its silent night-watch be  
Devoted, Mighty One, to Thee!

Grant that our earthly Sabbaths be  
But dawns of eternity,  
To shadow forth that glorious rest,  
The heavenly quiet of the blest.”

To Thee, O Lord, from whom cometh every good and perfect gift, we offer our morning

psalm, and call upon our souls to bless and praise Thy Holy and beloved name. For Thyself, Thou almighty and ever true, and for all Thy works and ways; for the ideals which Thou hast inspired, and for the heart to follow them; and for Him, who by His example and His words made plain to us the way of the blessed life—for these and unnumbered blessings we thank Thee. How wonderfully hast Thou led us who have so needed Thy care! Thou hast ordered the times and the seasons of the past, and turned even our seeming ills to means of good. When we have forgotten Thee, Thou hast not forgotten us; when we have murmured, thou hast kindly made us know how short-sighted we were; and it is Thou who hast comforted us in our weariness and pain. The thought of Thee sheds light upon our past to heal and reconcile, while all before us falls the same reassuring ray. Shall we not bless Thee for the past, and trust Thee for the future—O Thou who besettest us behind and before! Be Thou all in all to us, we pray Thee, and to those we love. In holy obedience to Thy will may their lives and ours be a psalm to Thy glory, better far than all our words of praise. Our Father who art in heaven, etc.







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