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Come ye yourselves apart

A.B. Simpson:

One of the greatest hindrances to spirituality is the lack of waiting upon God. We cannot go through 24 hours with just the breaths of air we inhale as we sip our morning coffee. We must, rather, live in the atmosphere and breathe it all day long. Christians do not wait upon God enough. It requires hours and hours daily of spiritual communion with the Holy Spirit to keep our vitality healthful and full. Every moment should find us breathing out ourselves into Christ, and breathing afresh His life. God is waiting to send us the Holy Spirit. He is longing to bless us. His one business is to quicken and sustain our spiritual life with His infinite and great resources. Let us receive Him. Let us live in Him. Let us give to Him the joy of knowing that His infinite grace has not been bestowed in vain, but that we appreciate and appropriate the blessings He bestows. Lord, help me this day to dwell in Thee as the flower in the sunshine, as the fish in the sea, living in Thy love as the atmosphere and element of my being.