

# **INTERVALS OF REST AND REFRESHMENT**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649615063

Intervals of Rest and Refreshment by R. Ripon

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**R. RIPON**

# **INTERVALS OF REST AND REFRESHMENT**



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OF  
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*\*\* Any Profits arising from the Sale of this Volume  
will be devoted to the Irish Church Missions.*

## PREFACE.

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THE poems which this volume contains are not committed to the press because of being imagined to possess any merit as compositions in poetry. Their value, if any, consists merely in the sacred truths which they express; truths which must ever be dear to the heart of the Christian, howsoever plain the language in which they are set forth.

There is an additional interest which attaches to them, from the circumstance that they have been composed during brief intervals of relaxation from almost incessant toil amongst the poorest inhabitants of one of the most densely populated parishes of the metropolis.

It has been thought, that possibly other fellow-workers in the field of missionary labour in parishes similarly circumstanced, may be both encouraged and quickened by perusing in this volume lines which have proved rest and refreshment to a companion in toil. If so, the publication will not be without its use: if it be owned of God to cheer one sorrowful heart, or to sustain one fainting spirit, the author will not regret having overcome a natural disinclination to publish what was intended only for private use.

The writer of this preface has often felt that none are more truly entitled to sympathy and admiration than those pious women who, regardless of their own ease or comfort, are to be found patiently labouring for the spiritual good of the neglected masses of the London poor. Theirs is the reality of missionary work, with none of its romance. So far as public observation goes, it is silent and unobtrusive. It is



carried on without show or ostentation. Its results do not figure in printed reports, nor are they made the theme of eloquent speeches, where eager multitudes throng to hear of the progress of the Gospel in regions ten thousand miles distant. It is a work which is seldom pursued without trials and discouragements; not unfrequently it is attended with personal risk and exposure to peril. But it is a real missionary work, with which none can be personally acquainted and doubt that it will be recognised in the great day of the manifestation of all things.

There is one principle, and one only, which is sufficient to qualify for this work, and to sustain a person under the trials which are incident to its discharge. That principle is the all-constraining love of Christ, and the steadfast expectation of His second appearing. It is that love filling the heart which makes toil and sacrifice for Christ's sake more than welcome; it

is that blessed hope which sheds radiance over the darkest cloud of present trial.

Those who read the following poems will perceive how the writer of them has been animated by this principle, and has found in its possession rest and refreshment whilst bearing the burden and heat of the day.

May many more such labourers be sent forth into the harvest, and become, by God's grace, fellow-sharers of the toil on earth and of the recompence above!

R. RYON.

*The Palace, Ripon,*  
1865.

## CONTENTS.

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	PAGE
" GOD IS LIGHT " . . . . .	1
PRAYER . . . . .	3
THE LIVING SACRIFICE . . . . .	4
THE DIVINE EXAMPLE . . . . .	6
RESIGNATION . . . . .	6
THE SAINT'S PORTION . . . . .	10
EARTH NOT OUR HOME . . . . .	12
THE LIGHT OF HEAVEN . . . . .	13
THE DEATH OF A FRIEND . . . . .	14
A DESIRE . . . . .	16
THE SAINT'S BANNER . . . . .	18
THE REDEEMER'S PRAYER . . . . .	20
CHRIST IS PRECIOUS . . . . .	21
THE SPIRIT'S WORK . . . . .	22
CHRIST'S PROMISE . . . . .	24
THE VANITY OF EARTH . . . . .	25
THE CONFLICT . . . . .	27
PRAYER . . . . .	28
THE VEILED AND UNVEILED . . . . .	29
THE REFINER . . . . .	30