

# **THOUGHTS FOR SAD DAYS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649501892

Thoughts for Sad Days by J. F. Elton & L. Bourdillon

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Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

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**J. F. ELTON & L. BOURDILLON**

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*SELECTED AND ARRANGED*

BY

J. F. ELTON AND L. BOURDILLON.

"Heaviness may endure for a night, but joy cometh in the morning."—PSALM xxx. 5.

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PUBLISHED UNDER THE DIRECTION OF THE TRACT COMMITTEE.

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LONDON:  
SOCIETY FOR PROMOTING CHRISTIAN KNOWLEDGE,  
NORTHUMBERLAND AVENUE, CHARING CROSS, W.C.;  
43, QUEEN VICTORIA STREET, E.C.;  
26, ST. GEORGE'S PLACE, HYDE PARK CORNER, S.W.  
BRIGHTON: 135, NORTH STREET.  
NEW YORK: E. & J. B. YOUNG & CO.  
1885.

January 1-3.

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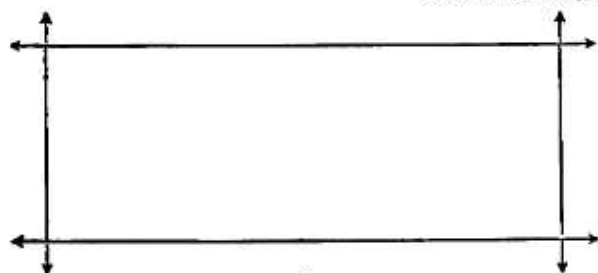
"He leadeth me beside the still waters."—*Psalm*  
xxiii. 2.

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Treasure any season in which God Himself maketh thee lonely. When He brings thee back into thyself, seek not to go forth out of thyself. He will fence thee round, that nothing outward break in upon the sacred stillness of thy soul, which seeketh to be hushed in Him. Where He is, is great peace. Learn to continue with Him in stillness, and He whom thou hast sought in stillness will be with thee when thou goest abroad.—DR. PUSEY.

There is in stillness oft a magic power  
To calm the breast, when struggling pas-  
sions lower,  
Touched by its influence, in the soul arise  
Diviner feelings, kindred with the skies.

DR. NEWMAN.



**January 4-6.**

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"I kill and I make alive; I wound and I heal."—  
*Deut. xxxii. 39.*

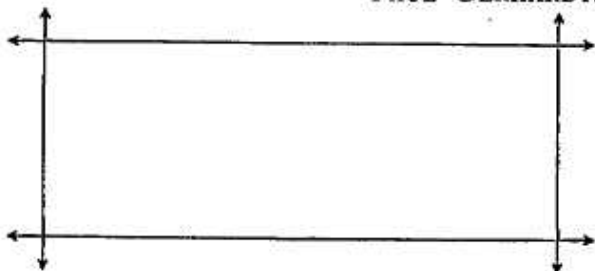
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First the punishment, then the blessing; first smiting, then healing; first mourning, then consolation. First we mourn, as men climbing up the hill; then we sing, as at rest, on the top of Sion. First we set sad tunes in the valley of tears, the church militant; then we chant out an anthem, a hymn of joy in the church triumphant.—REV. A. FARINDON.

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'Twas ever wont with Thee, my God,  
To chasten oft a son;  
He whom Thou lovest feels Thy rod,  
Tears flow ere joy is won;  
Thou ledest us through darkest pain,  
Back to the joyous light again:  
Thus ever hast Thou done.

PAUL GERHARDT.





### January 7-9.

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“Learn of Me; . . . and ye shall find rest unto your souls.”—*St. Matt.* xi. 29.

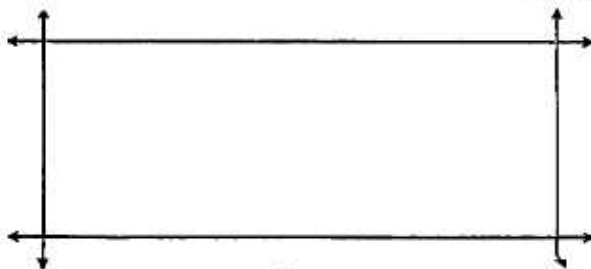
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Learn of Him; and how did He find rest? Was it by escaping from His burden? It was not till He had finished His work, and borne His burden, that He passed into His blessed Sabbath of triumph. And so it will be with His people likewise. He will not rescue and ease and glorify thee in a moment: the burden of life, such as He has made it, He will not remove; but learn of Him, and He will teach thee to bear it, and will help thee to bear it, and thou wilt never be crushed by it, while His Arm is over thee.—DEAN ALFORD.

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So gently will He lead thee, through all the cloudy day,  
And whisper of glad tidings to cheer the pilgrim way,  
His courage never failing, when thine is almost gone,  
He takes thy heavy burden, and helps to bear it on.

SPITTA.



**January 10-12.**

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"Jesus said . . . . Fear not."—*St. Luke v. 10.*

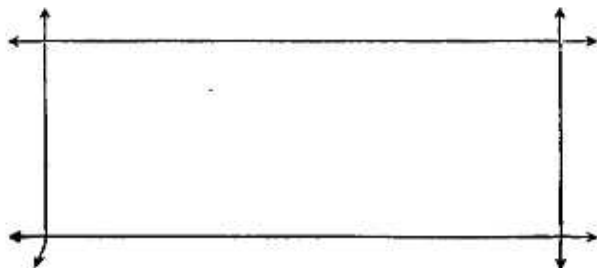
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It is not in days of abounding comfort and engrossing occupation, even if it be occupation for Christ, that the soul is most accessible to the visitation of Christ Himself. It is when earthly coverings are stripped off, it is when little can be done and less enjoyed, it is when quiet has passed into loneliness, and leisure into enforced inaction, that Christ Himself draws nigh and says "Fear not."

DR. VAUGHAN.

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'Tis true the flesh will oftentimes fail,  
When life is dim and drear ;  
Then closer cling to Him whose voice  
Can still each doubt and fear,  
And shed on these dark hearts of ours  
Heaven's sunshine, calm and clear.



**January 13-15.**

“Lord, thou wilt ordain peace for us.”—*Isaiah*  
xxvi. 12.

Peace is that settled calm happiness which is more quiet and lasting than joy, more noble and worthy than pleasure. Search the heart in which true peace dwells, and you will find it reaching down to the centre of life itself; pleasure, pain, joy, sorrow, may come and go, but peace abides through all.

REV. T. V. FOSBERY.

There is a calm the poor in spirit know,  
That softens sorrow, and that sweetens woe ;  
There is a peace that dwells within the breast  
When all without is stormy and distrest ;  
There is a light that gilds the darkest hour,  
When dangers threaten and when troubles lower—  
That calm to faith, and hope, and love is given,  
That peace remains, when all beside is riven,  
That light shines down to man direct from heaven.

EDMESTON.

