

# Epistle 167

by George Fox

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*The sermon emphasizes the importance of denying the world's influence and following the truth and guidance of the Most High, as exemplified by praying in the spirit, giving thanks to the Lord, and praising Him always.*

**Scripture:** John 6:35

**Topics:** "Spiritual Growth", "Praise Worship"

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## Description

George Fox emphasizes the importance of holding onto the truth, life, light, and power of the Most High, staying grounded in Christ, the bread of life. He encourages believers to sing in the spirit, make melody in their hearts, pray always in the spirit, give thanks in everything, and praise the Lord continually. Fox also urges fasting in a way that breaks the bond of iniquity and sets the oppressed free, leading to spiritual growth and shining light.

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## Transcript

My dear friends,--Be not carried away by good words and fair speeches [Rom 16:18], nor the affectionate part, which is taken with them; but every one have hold of the truth in yourselves, and the life, and light, and power of the Most High, by which ye may be stayed upon Christ, your bread of life [John 6:35]; he is the staff of your heavenly and eternal life; bread is the staff of life. Now friends, who have denied the world's songs and singing; sing ye in the spirit [1 Cor 14:15], and with grace [Col 3:16], making melody in your hearts to the Lord [Eph 5:19]. And ye having denied the world's formal praying, pray ye always in the spirit, and watch in it [Eph 6:18].

And ye that have denied the world's giving of thanks, and their saying of grace, and living out of it; do ye in every thing give thanks to the Lord through Jesus Christ [Eph 5:20, 1 Th 5:18]. And ye that have denied the world's praising God with their lips, whilst their hearts are afar off [Isa 29:13]; do ye always praise the Lord night and day, and from the rising of the sun to the going down of the same, praise ye the Lord [Psa 113:3]. And ye that have denied the world's fastings, and of their hanging down their heads like a bulrush for a day, who smite with the fist of wickedness, keep ye the fast of the Lord, that breaks the bond of iniquity, and lets the oppressed go free [Isa 58:4-6]; that your health may grow, and your light may shine as the morning [Isa 58:8].

G. F.

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