

that, by their preaching, the Gospel Message may be fully known ; that utterance may be given them, and that their words may come with power and the Holy Ghost and much assurance.

#### SUGGESTED FORM OF PRAYER.

O Lord God Almighty, who hast promised to hear the prayers that are offered in Thy Son's Name, grant, I beseech Thee, Thy blessing upon the (*Here insert the object named for the Day*). Grant this, O Merciful Father, through Jesus Christ our Lord. AMEN.

In some places there might be formed a Guild of Intercession, whose members would agree to meet once a week or once a month to offer united intercessions for some or all of the above objects. And on some particular Sunday in the month the members of the Guild might agree to join in the Holy Communion, with the especial object of seeking God's blessing on the workers and their work. We may rest assured, that such continuance in prayer would not be without its comforts and its rewards.

#### The Holy Family.

Christmas is now long past, but thoughts on the Holy Family can never be unseasonable. Here in our Sacred Picture for this month, which we are enabled to shew by the kindness of Frank Munsey, Esq., we have brought before us, after a noble painting by C. Müller, a lovely Landscape exhibiting a turn in the course of some mighty river, and in the foreground the lowly Virgin with the Christ-Child on her knee and her Protector Joseph standing o'er them, drawing the attention of the placid Mother and Holy Babe to Heavenly Music, which is represented as coming from an Angelic lyre.

It is a beautiful conception, setting forth how perfect holiness may be expected to rejoice in heavenly har-

mony and restful calm. May we, in our families follow (even if it be afar off) the lofty pattern here set forth, trusting that we too may be permitted to catch the sounds of Angelic Voices and to wait in contented stillness on the will of God.

#### Lenten Gems.

Do not regulate your Communions by your life, but your life by your frequent Communions.—*Fenelon*.

Temptation is the opportunity for us to repair our former wrong doing. It gives us a chance to show our sincerity, and to reverse our former wrong choice. —*Rt. Rev. A. C. A. Hall, Bishop of Vermont*.

It is no use making resolutions *generally* against our sins. It is no use intending *generally* to resist the temptations to sin which may visit us. We must fight our temptations *as* they come, one by one.—*Dean Church*.

The one only sin which is beyond the reach of absolution—the one only sin which the precious Blood cannot absolve—is the sin that is not repented of : that is the sole and only sin that shall not be washed as white as snow.—*Manning*.

Fast, that you may give to the poor what you deny yourself : condemn luxuries, or, at times, even comforts, that you may give ; give up, from time to time, enjoyments ; think what luxuries you may abandon ; what superfluities you may part with ; what habitual self-indulgence, if so be, you may break off ; how you may diminish your expenses about self, and enlarge your charity to your brethren, and in them "lend unto the Lord." Relinquish what you wish, and practise what you wish not ; make it your object so to do, in order to school yourselves and have the habit of self-denial.—*E. B. Pusey*.