

15. At last when thy enemies perceive that thy desire to be united to Christ is so strong that thou wilt not regard either poverty, mischief, sickness, melancholy, doubts, nor fears, life nor death, but will go on in thy desire of that one thing needful—the obtaining of God's love in Christ, and will be satisfied with nothing else;—that thou despisest all earthly things, and dost hold on praying for the assistance of God's Holy Spirit, and with submission and resignation to the Divine will, then they will grow enraged and spare no manner of cruel usage. They will come closer to thee than they ever did before, and betake themselves to their last and most dangerous assault. That is, they will bring into the sight of thy mind all thy good deeds and virtues, shewing thee that men praise thee and love thee, and bear thee very great veneration for thy holiness, &c.; and all this they will do to the end to raise vain joy and pride in thy heart. But if thou desire thy life in Christ, thou wilt hold all this flattery and falsehood to be a deadly poison to thy soul mingled with honey. Therefore away with it, cast it from thee, saying thou wilt have none of it, and that thy desire is to be at Jerusalem.

16. And to the end to put thy soul out of danger and reach of such temptations, suffer not thy thoughts willingly to run about the world, but draw them all inwards, fixing them on Christ only, to think only upon Him, to possess Him, to love Him. And after thou hast brought thyself to do thus, then whatever thou seest and feelest inwardly that is not Him will be unwelcome and painful to thee, because it will stand in thy way of seeing and of enjoying His presence,

whom thou only desirest.

17. But yet if there be any work or outward business which thou art obliged to do, or that charity or present necessity requires of thee, either concerning thyself or thy brother, fail not to do it; despatch it as well and as soon as thou canst, and let it not tarry long in thy thoughts, for it will but hinder thee in thy principal business. But if it be a matter of no necessity, or that concerns thee not in particular, trouble not thyself, nor distract thy thoughts about it; but get rid of it quickly out of thy heart, saying still thus: "I am nought, I can do nought, I have nought, and nought do I desire, but only to live in Jesus Christ and be at Jerusalem.

18. Thou wilt be forced, as all other pilgrims are, to take oftimes by way of refreshments meat, and drink and sleep, yea sometimes innocent refreshments, in all which things use discretions and take heed of foolish scrupulosity.

19. To conclude, remember always that thy principal aim, and indeed only business, is to be united to Christ, to strengthen this desire daily by prayer for the assistance of God's Holy Spirit, and by other spiritual workings, to the end it may never go out of thy heart. And whatsoever thou findest proper to increase that desire of being united to Christ, be it by praying, or reading; speaking, or being silent; travelling, or reposing, as long as thy soul finds savour in it, and as long as it increases this desire of having and enjoying nothing but the love of God in Christ, and being with Him in true peace in Jerusalem. And be assured this good desire thus cherished and continually increased will bring thee safe unto the end of the pilgrimage. Amen.