

He that I placed my hopes upon ;  
His track I see ; and I'll pursue  
The narrow way till Him I view."

If tempted to break the Sabbath and make it a holiday, instead of a holy day ; if your own heart should, at any time, whisper it to your soul to forsake the worship of God, say NO. " It is written," " Remember the Sabbath day to keep it holy," " Blessed is the man that keepeth the Sabbath from polluting it, and keepeth his hand from doing any evil."

If tempted to disobey your parents or be unkind to them, say NO, for " It is written," " Honour thy father and thy mother, that thy days may be long upon the land which the Lord thy God giveth thee." Remember too that Jesus was " subject" unto his parents, and " increased in wisdom and stature, and in favour with God and man." It is true " that a wise son maketh a glad father, but a foolish son is the heaviness of his mother."

If tempted to blaspheme and use sinful invocations and bad words, say NO, for " It is written," " Thou shalt not take the name of the Lord thy God in vain ; for the Lord will not hold him guiltless that taketh His name in