

Necessary Rules, &c.

In public Assemblies use no extravagant or unusual gestures, but in all things observe a great Modesty and Discretion.

In all Things desire and prefer that which conduceth most to the Service and Glory of God: as to comfort the afflicted, reconcile such are at variance, visit the Sick, and such as are in Prison and relieve the Poor.

Never go to Bed with any Disquiet on your Mind, but endeavour to pacify your Conscience by Confession or an Act of Contrition, if there be occasion for it.

Every Month at least confess your Sins, often make Acts of Contrition, and daily use Aspirations, or Ejaculatory Prayers, so that you may prevent the Deceits of the Devil.

