

that we have *regular stated times of prayer*. The wisdom and piety of all generations have regulated this point, and required, as the very least and lowest standard, that every christian should pray to God in private evening and morning. This, then, never omit, as you value your soul's health and happiness, and God's favour and blessing. Watch, too, against its degenerating into a mere form—guard its awful sacredness with the greatest jealousy. Remember that the God you serve is a jealous God, and is offended when your suffer His Holy Image to be lightly shut out from your eye by any other object at those appointed hours when nothing else should be seen by you.

And you will find every day things coming in (as if it were by chance, each time, but it is the snare of the Enemy) to mar and spoil your prayers, and make them empty, earthly and unmeaning.

In the morning, it will be an overpowering desire for a little more sleep; and when you are up, some paper or book or passing incident will attract your attention, turning your heart away from God, as well as causing the time you have to give to prayer to dwindle down almost to nothing. Then your prayers will be hurried through, without heart, without comfort, with reproach of conscience; and you will go forth to your work with heaviness and vexation, and a gnawing feeling that all is not right, which will add an almost unbearable burden to the day's toll.

At night, it will be, at one time weariness and sleepiness, at another time excitement of mind, remembrance of cares, pleasures, vexations or affronts—coming crowding