

Often look up to heaven with admiration, when at the sight of it the earth will seem worthy only of your sovereign contempt.

In guiding those who are entrusted to your care, imitate the conduct of our angel guardians who, whilst they do every thing they can for our salvation, never lose sight of God, but bless him, whatever may happen.

Begin by declaring war on the world and the devil, and be firmly resolved to make them feel the injury which they have done you, in preventing you from belonging entirely to God.

ST. FRANCIS XAVIER.

Surmount, courageously, the difficulties you shall meet in the road to heaven. You will feel that there is nothing more sweet than to serve God.

Never fail to make an examination of conscience. This exercise is of such importance, that without it we can make no progress.

Do not imitate those who, when in the state of sin, make no exertion to arise from it; because they never think of the justice of God, but presume on his mercy; and who at the hour of death despair of the mercy of God, because they think only of his justice.

Spend a quarter of an hour, each day, in meditating on this sentence of our Saviour: "What will it profit a man to gain the whole world, if he lose his own soul?" Praying to

God to make you perfectly understand it, and be affected by it.

Chastise your body, by privations and austerities. Chastise your heart by mortifying your passions.

Open your heart entirely to him whom God has given you for your guide, and obey him as you would God himself. You will thus increase in humility, in interior discernment, and in merits.

If you wish to be faithful in great things do not neglect little ones.

Choose a friend who will charitably remind you of the faults which you commit in the way of virtue.

Excite yourself to a desire of suffering and dying for your God.

Write down the interior lights and sentiments of piety, which the Holy Ghost will communicate to you. The reading of this will be most profitable.

Observe the commandments, even to the smallest article. Walk joyfully in the presence of God. Consult and listen to God, and be always most docile to his grace.

Never do anything with too much eagerness, or thro' natural emotion.

Continually subdue your passions, in order to please God.

Perform all your actions from the most holy motives, and in union with those of Jesus Christ. Let your humility persuade you that you have hitherto done nothing, and say, confidently: I have done everything badly, but now I begin, and I wish to act as if I were to die to-day. **O**

Lord come to my assistance.