

BE WATCHFUL.

Remember that the enemy of your soul desires its ruin ; resist the beginnings of sin, whether they come by evil thoughts,—evil company,—idleness. In conversation ask yourself, is what I am about to say *true*, is it *useful*, is it *kind*?

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about seeking whom he may devour; whom resist, steadfast in the faith.—1 *Peter* v. 8, 9.

Set a watch, O Lord, before my mouth, keep the door of my lips.—*Psalms* cxii. 3.

Watch therefore, for ye know neither the day nor the hour wherein the Son of man cometh.—*Matthew* xxv. 13.

BE PRAYERFUL.

Constant in your attendance at Church—pray also—when you lie down and when you rise up; pray—in your daily employments, Is anger rising? pray. Are you inclined in the presence of others to be ashamed of Christ? pray. Does temptation assault? pray.

I was glad when they said unto me, Let us go into the house of the Lord.—*Psalms* cxxii. 1.

Pray without ceasing.—1 *Thessalonians* v. 17.

In *everything*, by prayer and supplication, with thanksgiving, let your requests be made known unto God.—*Philippians* iv. 6. *Romans* viii. 26. 2 *Corinthians* vi. 16, 17, 18; vii. 1.

BE HOPEFUL.

Press forward—rest not satisfied because you have been a partaker in this rite, but let your mind