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And is not this our Lord's own example? What awful reverence, what humility, what lowly self-abasement were displayed by Him in outward gesture as well as in word in all His prayers to His Father! "He looked up to Heaven;" "He lifted up His eyes to Heaven;" "He kneeled down;" "He fell on His Face, and prayed." Follow, then, that example. "O worship the Lord in the. beauty of holiness." When you enter this House remember where you are. "The Lord is in His Holy Temple, let all the earth keep silence before Him!"*

Cultivate, then, young christians, a sense of the awfulness, the dread sacredness of prayer. Always recall to your remembrance, when you go down upon your knees, that you are going to speak to God. Think of the great happiness of being permitted to do so. Fill your mind with the Bible promises that God will answer faithful prayer. In the faith of those promises bring your requests before your God; make known to him your wants; ask him for particular blessings, and, in the way of your duty expect an answer, and look out for it until it comes. very earnestly for spiritual blessings, and go out believing that you have them. † Carry forth with you into the world from your closet a remembrance of what you saw and felt there, that your prayers may sanctify your life-that you may be, in the hurry, the bustle, the excitements of life, the same dutiful, humble, loving child of God that you wished and prayed to be, when you were upon your knees. Often through the day send up, like a swift winged arrow, a secret prayer, to keep alive the union of your soul with God. Say, "Thou God seest me"! "Lord help me!"

^{*} Hab. ii. 20. Zech. ii. 13. † 1 John v. 15, 16.