

image of Christ in us. Sometimes it may be well to review a year, or some longer portion of our life, fully, in the way before mentioned, but the manner of doing it will be nearly the same. With respect to the continued examination of our present life, it is best for most people to set themselves chiefly to work in rooting out what they find to be their besetting sins, and to ask themselves daily whether they have in any respect fallen into these, and then deal with themselves strictly, and chastise and guard themselves where the fault is found. By thus following up the enemies of the Lord till we have destroyed them, the victory is made sure and lasting, for God's blessing rests upon a hearty and self-denying strife against sin. And this kind of close warfare may be carried on against lighter evils when the greater are subdued, and may be made the means of high advancement in the very virtues in which we are naturally most wanting. Many a good man has curbed a talkative tongue so as to glorify God by becoming eminent for guarded speech, and controlled a hasty temper, so as to become an example of meekness; and the same may be done with other things. Thus it is well at the beginning of Lent to have some one or two particular points marked out, in which we know that we greatly need improvement, and to keep them in view the whole time, losing no opportunity of pressing forward toward perfection.