

can furnish, is the experience of all those who have tried these means, and who have declared a thousand times, that they are the most precious means they enjoy.

There are some things to be observed, by all those who would enjoy the full benefit of these excellent means of grace. Regularity of attendance, is necessary, as Mr. Bakewell, in his counsels to a young Methodist, has well observed—"Never absent yourselves from your class, because you are in a dull and languid state of feeling. When your temper has been irritated, your mind harrassed, or your spirits exhausted by trying circumstances, or by pressing anxieties, you are ready to conclude that, by going to class, you will neither obtain nor impart any spiritual good; that the statement of your experience will neither be creditable nor edifying; and by these or similar reasonings, you may be induced to believe, that remaining at home is not the result of inclination, but an act of duty. Such are the devices by which Satan endeavors to prevent the people of God from using the means best calculated to remove the evils against which they have to struggle. It is to his interest that you should absent yourself from religious ordinances, when you most need their quickening and comforting influence. When you feel the repugnance adverted to, resist it—conquer it. Resolutely perform what is obviously your duty; and if it be a sacrifice, make it. Let those considerations which have been suggested to you as excuses for your absence, be viewed as the strongest possible reasons for your presence. Go to your class, casting yourself on the mercy of God, and you shall be rewarded for your obedience. You shall be able to give the testimony which thousands have given, who have gone to this ordinance with darkened, desponding and reluctant minds, but who have returned from it with their burden removed, with their strength renovated, and their hearts rejoicing in God." Let nothing but absolutely unavoidable circumstances prevent you from attending your class. We always find that those persons who regularly attend their class, and take pleasure therein, are persons who make rapid advances in the divine life, both in knowledge and in holiness.

Endeavor to be very sincere and brief in the relation of your Christian experience, and strive to cultivate the kindest feelings towards your class mates, that you may mutually profit by each other's experience. We would also strongly recom-

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