

reduce it to practice. Farther, let your reading be continued and regular, not rambling and desultory. It shows a vitiated palate, to taste of many dishes without fixing upon, or being satisfied with, any: not but what it will be of great service to read over and over those passages which more nearly concern yourself, and more closely affect your own passions and inclinations; especially if you add a particular examination upon each.

4. Labour for a temper correspondent to what you read: otherwise it will prove empty and unprofitable, while it only enlightens your understanding, without influencing your will, or inflaming your affections. Therefore intersperse here and there, pious aspirations to God, and petitions for his grace. Select also any remarkable sayings or advices, treasuring them up in your memory to ruminate and consider on; which you may either in time of need draw forth, as an arrow from a quiver against temptation, against this or that vice which you are more particularly addicted to; or make use of as incitements to humility, patience, the love of God, or any virtue.

5. Conclude all with a short ejaculation to God; that he would preserve and prosper his good seed sown in your heart, that it may bring forth its fruit in due season. And think not this will take up too much of your time; for you can never bestow it to so good advantage.

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