

who has hitherto lived to himself, or of a solid building up of the spiritual man, in one who is already resting on Christ the Rock, with a hearty will to "do the things he has heard."

It is needful to prepare the will to renounce the occasions of sin, and the things that border on it and naturally lead to it. Not that we can avoid all temptations, since some of them lie in the very path of our duty. But we can avoid very many indulgences that border upon excess, needless communications that are likely to corrupt us, excessive and careless talking that is likely to lead to sinful words, reading what is likely to distract the mind, looking at what is likely to set the thoughts wrong, aiming at setting up ourselves, which is likely to breed strife, meddling with what we are tempted to covet, letting the mind dwell on that which breeds proud or angry or any other kind of evil thoughts. And great care must be taken to do justice to any good resolutions we may be led to make in these matters, and not wilfully to break them, whatever we may do through the natural infirmity of forgetfulness.

When once we have done our best to gather up the recollection of our past life, and to confess and renounce all the evil of it, and set ourselves upon a course of obedience to God's will, there will not be exactly the same work to do over again, but we must still expect to find very much wanting towards the perfect renewal of the