

kindness of the Lord. Such was the influence that accompanied their statements, there could be no more regular speaking. The meeting became one for prayer; souls were crying out, "What must we do to be saved?" and some new names were that day written in the Lamb's book of life. The mother had asked for the conversion of her son,—the Lord exceeded her request, and gave her also the souls of some of her neighbours; the recital of the mercy he had obtained, led others to seek like precious salvation.

Praying mothers, continue to plead: the promise is to you, and your children. "The Lord sheweth mercy unto thousands of them that love him and keep his commandments." Live and pray for the conversion of your children, and hereafter it shall be yours to stand with them before the throne of God.

## HOW TO SPEND THE SABBATH.

1. **RISE EARLY.**—God requires one-seventh part of your time. The Sabbath is just as long as any other day. If you indulge in sleep Sabbath mornings one or two hours later than usual, you rob God and your own soul of so much holy time; and if you begin the day by robbing God, you cannot expect he will bless you.

2. **PRAY FOR YOUR MINISTER.**—He will then preach better, and you will be better prepared to profit by his preaching. He needs your prayers. He has tasked his energies to prepare good sermons to interest and instruct you. Exhausted by the labours of the week, and trembling under his awful responsibility, he will be cheered and encouraged if he believes he is remembered in your prayers.

3. **PRAY THAT THE PREACHING MAY BE BLEST TO YOUR SOUL.**—He is a foolish man who sows his seed before he breaks up the soil. We are more foolish if you expect a blessing without asking for it, preparing your heart to receive it. If a blessing is not worth asking for, do not complain if it is not bestowed.

4. **DO NOT INDULGE IN SECULAR CONVERSATION.**—To spend the interval between the services of the sanctuary in talking about business, or pleasure, or politics, is not remembering the Sabbath—to keep it holy. If you spend your intermission in this manner, must not wonder if in the afternoon you feel sleepy, and the Sabbath seems dull.

5. **BANISH WORLDLY THOUGHTS.**—You must not, on the Sabbath, "think your own thoughts." If your thoughts are allowed to wander unrestrained over the business of the past week, or the