

11. Study to find out thy predominant passion, and labour with all thy power to root it up.

12. Let not a day pass without offering to God some acts of contrition for past sins, and strive to nourish in thy soul a penitent spirit.

13. Beware of self-love as thy greatest enemy, and often use violence to thyself by self-denials and mortifications; for, remember the kingdom of heaven is not to be taken but by violence, *St. Matt. xi. 12.*

14. Give alms according to thy ability: *for judgment without mercy to him that has not showed mercy*, *St. James ii.*

13. Set a great value upon spiritual alms-deeds, by endeavouring to reclaim unhappy sinners: and for that end daily bewail their misery in the sight of God.

15. Be exact in all the duties of thy calling, as being to give an account one day to that great Master, who has allotted to each one of us our respective station in his family.

16. *Remember always thy last end, and thou shalt never sin.* *Eccl. vii.*