

be easy, even for the weakest; where experience will brighten experience and heart will strengthen heart; always spiritual, never trivial or flippant; always sincere and candid, never concealed or restrained; always enwrapped in the atmosphere of true devotion and permeated by the spirit of true oneness in Christ.

In many cases, promise-meetings have been found to be very helpful, the members quoting one or more of the precious promises of truth. Thus younger and more timid ones may be prompted to speak. Often will they venture to give a passage of Scripture when they would shrink from uttering any words of their own, and thus will come to them the satisfaction of feeling that they have taken some part in the service.

Praise-meetings are likewise full of benefit. When the special topic is praise, expressed in Scripture language, in the verse of a hymn, either sung or spoken, in some fitting quotation, or in the glad utterance of the individual, there is no light more cheering or life-giving than the light of praise.

Topic-meetings have been found to be attended with great good. The topic stated the week before may be made a subject of thought and prayer, something practical and pointed, such as the leader may see would be especially appropriate and helpful to the members of the class. Thus all are likely to become more deeply interested and more thoroughly instructed in the essentials of Christian life.

Test-meetings may be of great service and blessing. Take as an illustration the graces of the Spirit, "love, joy, peace," etc., and enquire how the members are seeking to illustrate these, or some more practical themes as "private prayer, family devotion, speaking to the converted, visiting the sick, the Rules of the Society," and enquire how far and in what way the members are seeking to fulfil these. Thus make the meeting not only a focus of religious feeling but a centre of religious living.

Motto-meetings may occasionally be used very effectively. Some chosen motto for the week is taken by the class as a whole, or by the individual member, the influence of which shall form the theme of conversation and experience at the next meeting.