

head covered or bare, appear, at first view, and while the passions are yet un-  
 enflamed by the heat of controversy,  
 and the strife of words, matters of the  
 greatest indifference. That the heart  
 should be sincere, and the affections tru-  
 ly devout, seem, to a man of plain sense,  
 the only circumstances which, in such  
 cases, demand our serious attention, as  
 what the ALMIGHTY will, undoubt-  
 edly, require.

In like manner, in fasting, the exter-  
 nal observance can be of little conse-  
 quence, if considered separately from the  
 affections of the mind. An abstinence  
 from our usual indulgences may be a  
 proper expression of humiliation : but  
 it can be nothing more. In itself it has  
 no claim to merit : it can prove of no  
 avail ; it can only be acceptable to Hea-  
 ven as it is connected with the sentiments  
 of sorrow for sin, and sincere resolutions  
 of penitence. “ To break the bands of  
 wickedness, not to bow down the head  
 like