

him the passion of Christ; and with a mind filled with love, mourned over the wounds of his sorrow, meditated thereon most deeply, wept over them most bitterly, and loved most burningly. For great grace is conferred on the humble, and on such as daily cultivate the passion of Christ.

For the truly humble considers not himself as such; neither does he lift himself up for the good he may do; but he esteems himself viler than all others, and truly confesses that he is below all. He looks upon all his evil, and weeps; but when he sees another's good he rejoiceth thereat, for which he praiseth and blesseth God, praying that He may have mercy upon him, and free him from all his evil.

CHAPTER VI.

ON GOOD THOUGHTS AGAINST EVIL.

1. "Vade retro, Satana." St. Matt. xvi. 23.)

"Go behind me Satan."

As a soldier of Christ, address these words to all the evil phantoms of the devil; for they are the holy words and works of Christ.

Wherefore, against the fiery darts of the flesh, call to mind Christ's bitter wounds. Against the weariness of heart let the sweet name of Jesus be ever in thy mouth. Against all wicked suspicions and indignation towards others, think of all the faults thou hast committed from thy first birth till now, and cease to be angry. Let all thy good be common with others, and done for the praise of God; but impute thy evil to thyself alone, and turn thee to more fervent amendment.

2. When you rest from external labour, forthwith let a psalm or the praise

of God be in thy heart and in thy mouth. The heart cannot long rest still, for either it imagineth good or evil; either it turneth to sorrow or joy, like the vane that is moved by the wind.

Wherefore, that evil may not rush in suddenly and stain thee, sow therein holy words, like clean grains, in thy heart, and turning them diligently there, convert them into food. O would that your good words and prayers were as many as thine evil words; that thou reflected and meditated on as much good as thou hast thought on what is wicked and hurtful.

Open thy heart to Christ, and close it to the devil, that thy soul may be in heaven, not on earth. Christ speaketh to thee in every word of God, and in every book written with the finger of the Holy Spirit. For whatsoever you read, or write, or understand of the holy Scriptures, is the consolation of a faithful soul in tribulation, and a remedy against the poison of the devil, and recall the heart of a wandering mind to its God in heaven.

CHAPTER VII.

ON THE SHORT DURATION OF EVERYTHING UNDER HEAVEN.

1. "Vanitas omnis homo vivens." (Ps. xxxiii. 6.)

"All men living is vanity." He is to-day, and to-morrow is not to be found.

The rich and the poor perisheth, the young and the old; as the fair perisheth, so does the swarthy; as the learned, so the unlearned.

Great and small, noble and base, lord and servant, superior and subject alike perish.

Honours perish, and reputation passes away; as the scholar so the master,