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Lent.

*A Pastoral Letter from the Bishop of
the Diocese.*

BISHOPSTHORPE, QUEBEC,
QUINQUAGESIMA, 1895.

MY DEAR FRIENDS,

We are entering upon another Lent : allow me to send to you therefore, through the medium of the *Diocesan Gazette*, the following suggestions, which I know were found to be helpful by many of my numerous Parishioners in England :—

(1) Set apart extra time for prayer and reading your Bible. Watch with your suffering Lord ; keep near to the Cross.

(2) Give some special portion of your time daily to *self-examination*. Ask yourself, again and again, such questions as these :—

(a) Am I truly trying to follow my Saviour Jesus Christ ? Am I trying to grow like Him in *patience*, in *meekness*, in *humility*, in *purity*, in *self-denial*, and in my *conduct towards others* ?

(b) Am I honouring God by a *regular* attendance at His House ? and if so, what is my worship like, when I am there ? Do I honour Him with my *lips* only, or am I *reverent, earnest and devotional* ?

(c) Am I a Communicant ? and if so, am I careful to come to the Holy Communion with a penitent, believing and rejoicing heart ? Do I communicate regularly ?

(d) What is my conduct like in my "home" life, in my "business" life, in my "social" life, and in my "church" life ?

(e) Am I honest ? thoughtful ? useful ? temperate ? pure ? truthful ? liberal minded ? Do I watch over my "temper" ? and am I careful not to say what is *untrue, unjust, or unkind about others* ?

(f) Is the Service of God my *first thought* and the *chief aim* of my life ?

(g) Am I ready to die and meet my God ?

(3) Having found out by the help of God's Holy Spirit, your sins, confess them to God. Take *this* sin and *that* sin and lay it before God, and ask Him to forgive it for Jesus Christ's sake.

(4) Plead before God your Saviour's atoning Sacrifice as the ground of your acceptance with Him. Ask God the Holy Ghost to help and sanctify you.

(5) If you are perplexed with the multitude of your sins and short-comings, do not try to do too much at once ; take what you honestly believe to be your weakest points—say two of them—and strive cheerfully to battle against *them first* ; and when you have overcome them, then you can take others afterwards, but look more at Christ than into your *own* heart.

(6) Resolve to attend the Services of your Church during Lent ; regard them as opportunities which God has put in your way for the strengthening of your spiritual life, and believe that in His House He is waiting to bless and help you.

(7) Try to deny yourself in some luxury, and give the money that you would have spent upon it to some person or object that needs it ; or if your means do not permit you to do this, give up some of your spare time to do some one else a good turn,