

But that day may be well taken up, after the common acts of worship, and the relief needful to our wearied powers, with some easier spiritual exercise. We need a longer time, and one in which the *laborious* work of religion may have a suitable place, and may stand for a while instead of the work of this world. Some things that are labours at first may come to be even ease and relief to us after a while; but there is work to be done with the soul, that is too hard, at least in the beginning of it, for the ordinary course of the Lord's Day, and calls for a season set apart for it, and cleared, as far as may be, from all hindrances.

One great part of this work is *self-examination*, which every one who has not yet done it thoroughly, ought to carry back to the earliest recollections of his life, and through the inmost recesses of his thoughts. This will take time, and will require in most cases a good deal of care and arrangement. For we are apt to be most blind, where we are most wrong, and yet if we do not keep the whole of God's law in view, for each part of our life, we may pass over great breaches of it without finding them out. It is true that many persons will at once be aware of certain great sins which they well know they have committed, and which they fix upon at once as the chief offences they can be charged with before God. But it does not follow that these are all their great sins, or all that they might find out if they would look for them. Nor.