

there kneeled down and prayed three times, saying the same words, with supplications, strong crying, tears exceeding sorrow even unto death, being in an agony, and a sweat of blood. O what prayer! And he was heard, for an angel appeared unto him from heaven, strengthening him. He prayed earnestly upon the cross of Calvary, and he now prays before His Father's throne, in the midst of ineffable glory. "Wherefore he is able to save them to the uttermost that come unto God by Him, seeing he ever liveth to make intercession for them."

Christian friends! behold the example of Jesus! He gave himself unto prayer, and he expects of us, who profess to be his followers, that we imitate his example. Ah! how, unlike are we to Jesus! How little and how coldly we pray! Let us stir up ourselves to take hold of God, and throw off our lukewarmness, formality, and sloth. How can we lay claim to the character of disciples of Jesus, unless we, like our Divine Master, are given to prayer? Prayer is the strength of the heart, the breath of the soul, the secret of a spiritual life, the medium of communion with God, and our consolation in the hour of trouble, perplexity, and death. But Jesus' example speaks more impressively than all my weak words: "He that hath ears to hear let him hear"—F. OLLIER.

#### TO PREACHERS.

I have found the following rules to be of much service to myself, and respectfully suggest to my brethren in the ministry the propriety of testing their merits:—

1. Resolve to be brief, as this is an age of telegraphs and stenography.

2. Be pointed; never preach all round your text without hitting it.

3. State your propositions plainly, but do not stop long to particularize.

4. Avoid long introductions; but plunge into your sermon like a swimmer into cold water.

5. Condense; make sure that you have an idea, and then speak it right out, in the plainest, shortest possible terms.

6. Avoid all high-flown language; quote no Hebrew nor Greek; aim to be simply a preacher.

7. Be honest enough to own that you do avail yourself of help from any source. But in using helps, be sure you never make stilts of them, when your own legs are far better.

8. Expect the Father's blessing; you are his servant, and can do nothing without it.

9. Stop when you are done.

Among the many rules given the preacher, I have found it convenient to adopt the above, as being such as were profitable to me.

And now, my brother, if they will do you any good, you are welcome to them.—Geo. C. Bancroft.

#### SECRET PRAYER.

Men never take so firm a hold of God as in secret. Remember Jacob. Thou shouldst pray alone, for thou hast sinned alone, and thou art to die alone, and to be judged alone. Alone thou wilt have to appear before the judgment seat? In the great transaction between thee and God, thou canst have no human helper. You are not going to tell him any secret. You may be sure he will not betray your confidence. Whatever reasons there may be for any species of devotion, there are more and stronger reasons for secret devotions. Nothing is more embarrassing and disturbing in secret prayer than unpropitious circumstances. Great attention ought always to be paid to this point—"Enter into thy closet," says Christ. He says not a closet, nor the closet, but thy closet. The habit of secret communion is supposed to be formed. The man is supposed to have a

closet—some place in which he is accustomed to retire for prayer—some spot consecrated by many a meeting there with God—some place that has often been to him a Bethel. The Saviour uses the word to mean any place where, with no embarrassment either from the fear or pride of observation, we can freely pour out our hearts in prayer to God. No matter what are the dimensions of the place, what its flooring or canopy. Christ's closet was a mountain, Isaac's a field, Peter's the house top.—*Nerina.*

#### HOW TO SPEND THE SABBATH.

1. Rise early. God requires one-seventh part of your time. The Sabbath is just as long as any other day. If you indulge in sleep on Sabbath morning one or two hours later than usual, you rob God and your soul of so much holy time; and if you begin the day by robbing God, you cannot expect he will bless you.

2. Pray for your minister. He will then preach better, and you will be better prepared to profit by his preaching. He needs your prayers. He has tasked his energies to prepare good sermons to interest you. Exhausted by the labours of the week, and trembling under his awful responsibility, he will be cheered and encouraged if he believes he is remembered in your prayers.

3. Pray that the preaching may be blessed to your soul. He is a foolish man who sows the seed before he breaks up the soil. You are more foolish if you expect a blessing without asking for it, or preparing your heart to receive it. If a blessing is not worth asking for, do not complain if it is not bestowed.

4. Do not indulge in secular conversation. To spend the interval between the services of the sanctuary in talking about business, or pleasure, or politics, is not remembering the Sabbath-day to keep it holy. If you spend your intermission in this manner, you must not wonder if in the afternoon you feel sleepy, and the preacher seems dull.

5. Banish worldly thoughts. "You must not, on the Sabbath, think your own thoughts." If your thoughts are allowed to wander unrestrained over the business of the past week, or the plans for the week to come, you will suffer for it. God will leave you in darkness, your love will be cold, your prayers formal, and you will be disqualified to engage profitably in the services of the sanctuary.

6. Do not criticize the performances of your minister. If he has preached a poor sermon, make the best of it; if a good one be thankful, and improve it. Your praise or censure can do no good, either to him or yourself, but may do hurt to both. You will profit far more by praying over the sermon and applying it to yourself, than by criticizing it.

7. Spend every Sabbath as though it were your last. Your last Sabbath will soon come. Perhaps the next will be your last. Spend it then as you will wish you had done, when you will review it millions of ages hence. If you knew it would be, you would be much in prayer, you would banish worldly thoughts and conversation, you would read the Bible, you would meditate much on divine things.

#### Proceedings of Presbyteries, &c.

##### PRESBYTERY OF COBOURG.

This Presbytery met at Cobourg, on the 20th of October. Half yearly financial reports were received from Peterboro', Springville, South Cavan and Norwood.

The Rev. Mr. Canning, Missionary, was appointed to divide his time between Percy and Seymour; and Bethesda Church and Altwick; the Stations he supplies to receive two Sabbath services in succession.

There was laid on the table a call from Colborne and Brighton, in favour of the Rev. Peter Duncan, Messrs. Rutherford and Inglis, appeared as Commissioners to prosecute said Call. The sum of £120 per annum, was promised as stipend. The call having been sustained was put into the hands of Mr. Duncan and accepted of by him.

It was agreed that Mr. Duncan be ordained at Colborne, on Tuesday, the 29th of December; the Rev. Mr. Windell to preach, Mr. Roger to ordain and address the minister, and Mr. J. W. Smith the people; that he be inducted at Brighton, on Wednesday, the 30th of December, Mr. McLeod to preach, Mr. J. W. Smith to induct, Mr. McLeod to address the minister, and Mr. John Smith the people.

The following division of the Presbytery, was made for missionary meetings, or if it is desired missionary sermons:

1. Cobourg, Grafton, Vernonville, Enniskillen, Baltimore, Coldsprings, Bethesda Church, Altwick, Colborne, Brighton, Bowmanville; Messrs. McLeod, J. W. Smith, McKenzie, J. Smith, and Duncan.

2. Peterboro', Cartwright, Manvers, South Cavan, Millbrook, Springville, Keene, Westwood, Norwood, Smith, Warsaw, Percy, Seymour; Messrs. Roger, Douglass, Andrews, Blain, Bowie, Windell, Canning. The Presbytery appointed its next meeting to be held at Cobourg, on Monday, the 28th December, at 2 P. M.

JAMES BOWIE, *Præ. Clerk.*

##### PRESBYTERY OF KINGSTON.

The last meeting of this Presbytery was held at Kingston, on the 13th of October, 1857.

Mr. Wilson moved that the Presbytery gratefully acknowledged God's goodness, in the safe return from Scotland, of their Father, Mr. Gordon, of Gananoque, and that Mr. Gordon be requested to give any information he may think fit, in regard to the state of ecclesiastical affairs in that country. The motion was unanimously agreed to.

Mr. Gordon thanked the Presbytery for the manner in which he had been welcomed among them again; and gave a brief, and interesting account of the present state and prospect of the Free Church of Scotland, referring especially to the missionary spirit she manifested, and which seems to be considerably on the increase, amongst her probationers and students, a fact which he regarded as a hopeful omen.

The clerk stated that he had reported and recommended the Rev. S. B. Shaw to the Home Mission committee;—also, that he had applied to that committee, for two missionaries to labour within the bounds of the Presbytery after the 14th inst.

Reports of Missionaries were then called for, when Messrs. Shaw and Canning, who had been labouring for some time, the former at Stormington and Ballinaneh, and the latter at Demorestville, gave interesting and encouraging accounts of their respective fields of labour.

Mr. Wilson, convener of the Presbytery's Colportage Committee, gave a very satisfactory report on that department of the Presbytery's labours, which was unanimously adopted. The Committee was continued.

Missionary meetings was appointed to be held at Belleville and Picton; respectively, on the 27th, and 28th inst.

Next ordinary meeting of Presbytery, was appointed to be held at Belleville, on the 2nd Tuesday of January 1858, at 10 A.M.; missionary meetings to be held at Trenton and Concession, Melrose and Roslin, and Madoc in connection with it; Messrs. Hume and Thomson to make the arrangements. Presbyterian Sermon to be dispensed with, on account of said meetings.

JAS. ALEX. THOMSON, *Præ. Clerk.*