

Suggestions on the Use of the Cycle.

1. It is earnestly urged that the Cycle be used at the time of the "Morning Watch." Those who observe this watch spend the first half-hour of the day in devotional Bible study and prayer.

2. The "Calls," "Conditions" and "Assurances" should be read thoughtfully and prayerfully scores of times during the year.

3. The Cycle calls for prayer for three objects each day of the month :

(a) Some part of the world field.

(b) Subject for monthly study.

(c) Some special request. Alternate days have been left blank, thus enabling each person to fill in such requests as may seem best to him.

4. In praying for a field, pray especially for the missionaries and the native converts. In order to pray more intelligently and definitely, two things should be done :

(a) Refresh the memory by looking at a map of the field. The best is the "Map of Prevailing Religions of the World."

(b) Look up the salient facts about each field—*e.g.*, the population, religion, great evils, number of missionaries and Christians, dearth of helpers, special obstacles. Each person should have the last Annual Reports of both Missionary Societies. This will give him the names and fields of their missionaries, and will acquaint him with their special needs.

5. In using the Cycle too much care cannot be taken to avoid the following perils : formality, irregularity, haste, insufficient preparation.

6. It would wonderfully increase one's power in using the Cycle if he would during the year make a careful devotional study of the Bible with reference to prayer, and bring its precepts, conditions, promises and examples to bear on his own life.