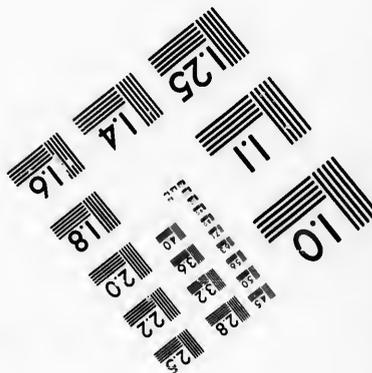
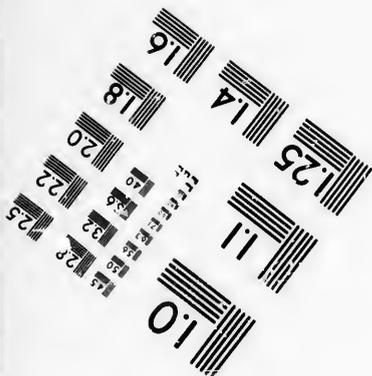
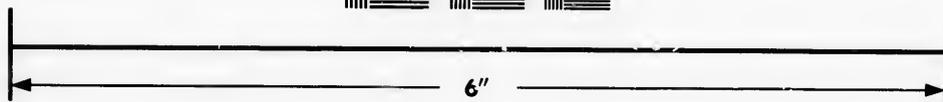
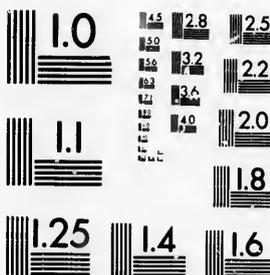


**IMAGE EVALUATION
TEST TARGET (MT-3)**



**Photographic
Sciences
Corporation**

23 WEST MAIN STREET
WEBSTER, N. Y. 14580
(716) 872-4503

1.5
1.8
2.0
2.2
2.5
2.8
3.2
3.6
4.0

**CIHM/ICMH
Microfiche
Series.**

**CIHM/ICMH
Collection de
microfiches.**



Canadian Institute for Historical Microreproductions / Institut canadien de microreproductions historiques

1.5
1.8
2.0
2.2
2.5
2.8
3.2
3.6
4.0

© 1987

The copy filmed here has been reproduced thanks to the generosity of:

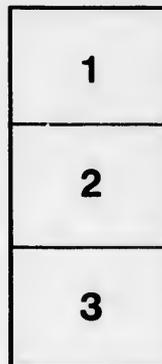
The Nova Scotia
Legislative Library

The images appearing here are the best quality possible considering the condition and legibility of the original copy and in keeping with the filming contract specifications.

Original copies in printed paper covers are filmed beginning with the front cover and ending on the last page with a printed or illustrated impression, or the back cover when appropriate. All other original copies are filmed beginning on the first page with a printed or illustrated impression, and ending on the last page with a printed or illustrated impression.

The last recorded frame on each microfiche shall contain the symbol \rightarrow (meaning "CONTINUED"), or the symbol ∇ (meaning "END"), whichever applies.

Maps, plates, charts, etc., may be filmed at different reduction ratios. Those too large to be entirely included in one exposure are filmed beginning in the upper left hand corner, left to right and top to bottom, as many frames as required. The following diagrams illustrate the method:



L'exemplaire filmé fut reproduit grâce à la générosité de:

The Nova Scotia
Legislative Library

Les images suivantes ont été reproduites avec le plus grand soin, compte tenu de la condition et de la netteté de l'exemplaire filmé, et en conformité avec les conditions du contrat de filmage.

Les exemplaires originaux dont la couverture en papier est imprimée sont filmés en commençant par le premier plat et en terminant soit par la dernière page qui comporte une empreinte d'impression ou d'illustration, soit par le second plat, selon le cas. Tous les autres exemplaires originaux sont filmés en commençant par la première page qui comporte une empreinte d'impression ou d'illustration et en terminant par la dernière page qui comporte une telle empreinte.

Un des symboles suivants apparaîtra sur la dernière image de chaque microfiche, selon le cas: le symbole \rightarrow signifie "A SUIVRE", le symbole ∇ signifie "FIN".

Les cartes, planches, tableaux, etc., peuvent être filmés à des taux de réduction différents. Lorsque le document est trop grand pour être reproduit en un seul cliché, il est filmé à partir de l'angle supérieur gauche, de gauche à droite, et de haut en bas, en prenant le nombre d'images nécessaire. Les diagrammes suivants illustrent la méthode.

ails
du
modifier
une
image

rata
o
elure,
à

32X

RULES
FOR
HOLY LIVING;
WITH
QUESTIONS
FOR
SELF-EXAMINATION:

A COMPANION FOR THE
POCKET TESTAMENT OR PRAYER-BOOK.

"Walk in the Spirit."

TWENTY-FOURTH EDITION.

HALIFAX:
RE-PRINTED BY JAMES BOWES & SON.
1848.

NS
2241
R

Let this Tract be a companion with your Bible ; read it daily ; refer to the different texts ; meditate on the great truths so clearly and concisely stated in it ; pray earnestly to God that, for Christ's sake, you may be enabled to lead the life herein directed ; to forsake all sin ; to look to Jesus who died for you ; thus depending only on your once crucified Redeemer, who has promised he will cast out none who come unto him. Look with hope and not with fear upon death, and eternity, that awaits you, and to which you are daily fast approaching.

J A. R.

RULES FOR HOLY LIVING.

I.—OF THE PRESENCE OF GOD.

"God is light."

ENDEAVOR always to remember that you are in the immediate presence of God ; and strive to act as you would if you saw the Saviour standing by your side. Recollect that *He is really there.*

Always *intentionally aim* to please God in all things. Frequently call to mind the expression, "*Thou, God, seeest me.*"

3689

N
you
JES
in a
to r
C
the
II.—
" Wh
R
sacri
HIM
TH
are n
price
and i
An
love
thus j
all de
which
them
and r
And
hereu
also s
that ye

Neither do nor undertake anything which you would abstain from doing if the LORD JESUS were visibly before you; nor engage in anything which you feel you would have to repent of in the solemn hour of your death.

Carry into all your engagements a *sense* of the Omniscience and Omnipresence of God.

II.—OF THE ATONEMENT AND EXAMPLE OF CHRIST.

“Who was delivered for our offences”—“Who went about doing good.”

Repose in unshaken confidence on the sacrificial ATONEMENT of Christ (*“who gave HIMSELF for us”*), for acceptance with GOD.

Think often of those solemn words, *“Ye are not your own; for ye are bought with a price; therefore glorify GOD in your body and in your spirit, which are GOD’S.”*

And test your experience by these: *“The love of Christ constraineth us, because we thus judge that if One died for all, then were all dead: and that He died for all, that they which live should not henceforth live unto themselves, but unto HIM which died for them and rose again.”*

And remember continually that *“even hereunto were ye called; because CHRIST also suffered for us, leaving us an EXAMPLE that ye should follow His steps.”*

III.—OF OBEDIENCE TO THE HOLY SPIRIT.

“Quench not the Spirit.”

Be unwearied, constant, ardent, in supplication for the blessed influence of the **HOLY SPIRIT**.

Diligently attend to His inward monitions; *“for as many as are led by the SPIRIT of GOD, they are the sons of GOD.”*

Aspire to the entire “sanctification of the **SPIRIT**.”

“Grieve not the Holy Spirit of God,” by unsanctified thoughts, by vain words, by trifling habits.

Pray much for the clear “witness of the **HOLY SPIRIT** with your spirit.

IV.—OF FAITH.

“The substance of things hoped for, the evidence of things not seen.”

Cultivate a deep sense of the reality of invisible things; for *“the things which are not seen are eternal.”*

Exercise the spirit of faith as much as you do the act of prayer.

Be humbly and watchfully *obedient* that faith be not clouded.

Endeavor to rest upon the simple *promise* of God—implicitly “**BELIEVE**.”

V.—OF LOVE.

"God is love."

Frequently call to mind what GOD in CHRIST, has done *for you*.

Think on what he has in reserve for you, if faithful. "How great is His goodness!"

Be ever striving, from the principle of Divine LOVE, to please GOD in all your thoughts, words and actions.

Labor to *realize* that inspired truth—"He that dwelleth in love, dwelleth in God, and GOD IN HIM."

VI.—OF PRAYER.

"Pray without ceasing."

Observe *fixed* seasons of religious retirement. Jesus "continued all night in prayer."

Never proceed to any business or engagement till you have *first* implored the Divine blessing.

Exercise exalted thoughts of the *greatness* and *goodness* of the DIVINE BEING addressed in prayer.

Rest firmly on the *intercession* of JESUS CHRIST.

Humbly *depend* upon the aids of the HOLY SPIRIT.

Use no expression with the lips which you do not *first* strive to *feel* at heart.

Beware of cold, formal, *abridged* seasons of prayer. *Prevailing* prayer is called "*wrestling*."—"Agonize to enter in at the strait gate."

Labor to preserve the *spirit* of prayer when not engaged in the act: continually sigh for the SPIRIT.

Let your prayers be engaged in as for the last time.

VII.—OF HUMILITY.

"Be clothed with humility."

Cultivate a deep sense of your own indescribable unworthiness *in the sight of God*.

Dwell upon your origin and end: "*Dust thou art, and unto dust shalt thou return.*"

Think of the *purity* of angels; contrast with it your own *sinfulness*.

Mortify personal pride by remembering the infirmities and liabilities of your earthly frame

Mortify spiritual pride by remembering the vast imperfection of your best attainments, and the tendencies to evil and backwardness to good, yet lurking within.

Mortify a fondness for human praise, by remembering its worthlessness.

Remember how many rise vastly above you in every *good* thing.

VIII.—OF MEDITATION.

"I will meditate in Thy precepts."

Endeavor after an even *tranquillity of mind* on all occasions, and in all circumstances. Strive to get *accustomed* to this frame.

Meditate, at least a short time, *every evening, of set purpose*, on Death and Heaven.

Meditate much on your final account.

IX.—OF SELF-EXAMINATION.

"Examine yourselves."

Use it *every evening* for the day, every *Sabbath* for the week, and more at large both monthly and annually.

Be *searching* and *practical*, taking the Holy Scriptures for a standard and guide.

Keep the mind close in this duty from *wanderings* and *unfaithfulness*, as you would dread formality and hypocrisy.

X.—OF FASTING.

"When thou fastest, appear not unto men to fast, but unto thy FATHER."

Use fasting, or abstinence, as a *help* to other devotional acts—such as prayer, humiliation, self-examination, &c.:

As auxiliary to the Scripture-precept to "keep under" and "mortify" the deeds of the body:

As an humble and practical acknowledge-

ment that we are *unworthy* of even our most ordinary mercies ; and as preferring the care of the *soul* to the gratification of the flesh.

Let it ever be such "a fast as the LORD hath chosen:" "Deal thy bread to the hungry;" "Undo the heavy burdens;" "Bring the poor to thy house."

XI.—OF THE SCRIPTURES.

"Search the Scriptures."

Read the Scriptures, frequently, kneeling —with earnest prayer. "Read, mark, learn, inwardly digest" them.

Study them with fixed attention, to discern their *spiritual* meaning, connexion, and application.

Remember the *spirituality* of GOD's holy law ; that it reaches to the *thoughts* and *intentions*, the *purposes* and *imagination*s, as well as to the words and actions.

XII.—OF THE SABBATH.

"Hallow my Sabbaths."

Carefully abstain from all but *spiritual* conversation : "Not speaking *thy own* words."

Strive to be "in the SPIRIT on the LORD's day:" "Not doing thine own ways."

Do no work on the Sabbath-day which you would not do on your *dying* day.

Have at least a Sabbath-hour in every day, as well as a Sabbath-day in every week.

XIII.—OF TIME.

"Walk in wisdom—redeeming the time."

Be regular in the disposal of time; be careful of moments.

Let every part of the day have its allotted employment. Be able to look back in the evening on every hour's engagement.

Never be unemployed. Never be triflingly employed.

Always have some *useful* work in hand.

Do not suffer a careless or loose habit of mind.

Go not where you have no need.

Endeavor by much *prayer* and *watchfulness* to connect *time* with ETERNITY.

XIV.—OF SLEEP.

"When I wake up, I am still with THEE."

Rise *early*—on first awaking; do not parley; redeem the time.

Endeavor to have prayer or praise, and thoughts of heavenly things, *first* in the morning, and *last* in the evening.

Ask every night if as ready to die as to sleep

XV.—OF THOUGHTS.

"THOU understandest my thoughts."

Remember that your thoughts are *heard aloud* in heaven.

Cultivate a habit of *governing* the thoughts and imaginations.

Do not suffer them to wander: frequently call them home.

Give thought a subject on which to be employed at any vacant moment; such as the presence of GOD—the cross of CHRIST—the nearness of Eternity.

XVI.—OF WORDS.

“Let your speech be always with grace.”

Avoid light, trifling, vain, and worldly conversation. Never speak merely to excite laughter.

Never speak without thought.

Never speak evil of any one.

Always *intend* the good of those whom you are addressing.

XVII.—OF ACTIONS.

“Do all to the glory of God.”

Frequently ask your heart if you are *now* doing the will of GOD.

Accustom yourself to do everything in the name of JESUS CHRIST, as His disciple.

Try that every day shall be marked by at least one special work of love.

Wherever you go, inwardly pray that you do no evil unadvisedly, but be the means of some good.

XVIII.—OF REPROVING SIN.

“Reprove, rebuke, exhort.”

Habituate yourself to speak to others on the concerns of salvation.

If reproof be necessary, "*deal prudently,*" but never *shrink* from it to any one.

Be *faithful*, pointed, plain, and *affectionate*.

Shew that you have the good of the reprov-
ed at heart.

XIX.—OF PERSONAL DUTY.

"*Ye are not your own.*"

"*Know thyself.*" *Reverence thyself.*

"*Deny thyself.*" *Govern thyself.*

"*Abhor*" and flee from "*the appearance of evil.*" Guard the senses.

Avoid all *occasions* to impurity of heart.

Eat and drink "*to the glory of God.*"

Eat to live, rather than live to eat.

Be careful of *health*. Avoid repletion.

XX.—OF RELATIVE DUTY.

"*Love thy neighbour as thyself.*"

"Do unto all men as you would they should do unto you" were you in their circumstances.

As a sacred duty, *visit the sick*. Always *pray* with them. Read to them the *Scriptures*. Ascertain their state. Lead them to **CHRIST**.

Cultivate the disposition of compassion to the *poor*: care for their *spiritual* interests.

XXI.—OF MAKING PROGRESS.

"*Go forward.*"

Religion is the greatest business of life; therefore begin the day with God in prayer

and reading His word--in mediation and solemn *purpose*.

“ Let not a day go over your heads in which your hearts have no converse with God in heaven ; and remember that, so far as you suffer your hearts to retire from heaven, so far they retire from a life of Christianity and peace.”

Aim in all things at the glory of God, and the good of man.

Be continually striving in the daily occurrences of life to exemplify the fruit of the SPIRIT in holy tempers, *kindness, meekness, patience, purity, truth.*

Neither *speak* evil nor *hear* evil.

If possible, get retirement at noon-day.

Watch, on all occasions, for opportunities of doing and *gairing* good.

Exercise habitual dependence on God, and trust in CHRIST everywhere.

Submit to *trials*, and *use* them.

Expect *temptations* and *resist* them.

Prepare for *injuries* and *forgive* them.

Inquire every evening if the day has been an *improvement* on the last.

 *Read these Rules every morning with earnest prayer.*

* *
*
use
impl
Ho
also
TE

A
Co

18

thi

pr

ar

15

w

n

v

HEADS OF SELF-EXAMINATION.

* * *It is earnestly requested of those who may use this exercise of Self-examination, first to implore the Divine blessing upon it, that the HOLY SPIRIT may direct its application; and also carefully to consult and meditate upon the TEXTS referred to for illustration.*

"What do ye more than others?"

Am I now living in the favor of God? 2 Cor. vi. 2. Rom. viii. 15, 16.

Am I going on to sanctification? 2 Pet. iii. 18.

Do I intentionally aim to please God in all things? Ps. lxvi. 18. 1 Sam. ii. 3.

Am I cultivating a constant sense of the presence of God? Gen. xvi. 13.

Do I read and love the Scriptures more than any other book? Ps. i. 2.

Do I anxiously redeem the time? Eph. v. 15, 16.

Do I study not to be conformed to this world? Rom. xii. 2.

Do I regularly and faithfully examine myself? 2 Cor. xiii. 5.

Do I meditate much upon the joys of heaven? Col. iii. 1—3.

Do I live in the spirit of prayer? Eph. vi. 18.

Do I deny myself for CHRIST's sake? Mark viii. 34.

Is the *reproach* of CHRIST dearer to me than the applause of the *world*? Heb. xi. 24—26.

Do I love my Saviour CHRIST with *all* my heart? Matt. xxii. 37.

Do I *set* my affections upon things above? Matt. vi. 21.

Do I delight *more* to obtain *poverty of spirit* than the riches of this world? Mark viii. 35-38.

Am I *constantly* employed for GOD? John ix. 4.

Would I rather *die* than sin? Matt. v. 29.

Am I increasing in *spiritual-mindedness*? Matt. v. 6.

Do I *delight* in GOD more than I ever did? Ps. xxxvii. 4.

Am I dying daily to *sensible objects*, and living for eternity? 2 Cor. iv. 17, 18.

Is the thought of *death* pleasing and comforting to me? Phil. i. 23.

Is it a part of my *study* to accomplish *much* for God in a little time? 2 Tim. iv. 2, 6, 8.

Are my *tastes* and dispositions more heavenly than formerly? Ps. xxxiv. 8.

Do I *relish most* religious conversation? Mal. iii. 16.

Do I *love best* the company of the pious? Ps. xvi. 2, 3,

Do I *seek* opportunities of *gaining* and *doing* good? 1 Cor. x. 33.

A
Mat
D
Ps.
A
Mat
D
son
A
Jer
I
chu
xxv
I
CH
29
xc
I
a
to
m
G
C
C

than
—26.
ll my
ove ?
spirit
35-38.
John
v. 29.
ness ?
e did ?
s, and
com-
much
6, 8.
e hea-
tion ?
ious ?
doing

Am I afraid of misemploying my talents ?
Matt. xxv. 16, 19, 21.

Do I exercise *all* my influence for God ?
Ps. ci.

Am I *carefully* solicitous as to my *example* ?
Matt. v. 16.

Do I *reprove sin* without respect of persons ? Ps. cxli. 5. Eph. v. 11.

Am I doing *all in my power* to save souls ?
Jer. ix. 1. Ps. cxvi. 12.

Do I *regularly* pray for the *prosperity* of the church, and the conversion of the *world* ? Ps. xxviii. 9. Matt. ix. 36—38.

Do I leave nothing *undone* to promote CHRIST'S kingdom upon earth ? Matt. xxv. 29, 30.

Have my last days been my *best days* ? Ps. xc. 12.

Have I that *faith* in CHRIST which realizes a *present salvation* ? 2 Cor. xiii. 5.

Have I that *love* to God which *constrains* to *obedience* ? 2 Cor. v. 14, 15.

Does the SPIRIT of God bear testimony to my *acceptance* with Him ? Rom. viii. 16.

Am I *sowing* to the flesh, or to the SPIRIT ? Gal. vi. 7, 8.

Do I *grow* in grace, and in the knowlege of CHRIST JESUS ? 2 Pet. iii. 18.

Do I *love* the *sabbaths* and *ordinances* of God ? Ps. xxvi. 8.

Am I never *absent* from the *House* of God when I could be present? Ps. cxxii. 1.

Do I *visit* and pray with the *sick*, the *poor*, and the *destitute*? Job xxix, 11—16.

Do I *cultivate* a spirit of deep *humility*? 1 Pet. v. 5, 6. Matt. v. 3.

Do I study to *understand* the *Word* of God? John v. 39.

Do I carefully heed the voice of *conscience*? 2 Cor. i. 12.

Do I *watchfully* guard against *lightness* of *spirit*? 1 Pet. iv. 7.

Do I always bear in mind my *final* account? Luke xvi. 2.

Am I daily living in the *spirit of sacrifice*? Rom. xii. 1.

Do I *watch* in the world for moments of *inward communion* with God? Ps. iv. 4; xvi. 8.

Do I always attend to the *inward* monitions of the HOLY SPIRIT? Eph. iv. 30.

Do I always remember the omniscience of GOD? Ps. cxxxix. 1—12.

Do I carefully abstain from *speaking* or *hearing* evil of others? Ps. xv. 1—3. James iv. 11.

Have I done anything *this day* to save souls from death? James v. 19, 20.

Were I sure of dying *this day*, *what* should I *immediately* do? Isa. xxxviii. 1. Amos iv. 12.

