

I do not think I have very
far misunderstood your case.

What good would hard
words do?

They would only increase one
hindrance to spiritual growth.

I mean the restlessness and strong
emotions which trouble, distract
& weaken one's intentions, &
thoughts.

Even in self-accusation there
is danger of hindering a
renewment which requires a

quiet & submissive temper.

There is much benefit in the long intermission between Whitson-tide & Advent. You wd be in danger of resting on a system out of yourself if you were never forced to rest on your inward life.

The weeks after Trinity break their too great reliance on human supports.

One cause why many people are much troubled at the consciousness of faults is self-

love, and the pain of being less than they would be.

It is a part of humility to bear even our faults with patience, & silence.

The two things we have most need to pray for are:

1. Humility - &
2. The love of God.

These two contain every thing else.

I do not wish to comfort you in the low sense, but to lead you to watch against-

emotions, excited feelings about
& against yourself, and all
things which squander the
strength & steadiness of one's
mind.

Repentance, & devotion are
calm, & real things, & have
a commonplace look about
them.

I will try to draw out some
rules for you.

Grace, mercy & peace be with
you.

April 1. 1845.