Feb. 18, 1847.

There is nothing in what you have written which is pleasing to yourself, the same feeling, resolving, disappointing myself. The same feeling of making no progress, the same absence of mind in prayer, especially at the Daily Service, the same unsettledness about what to read or do, all this is common; fear in which I have a large part.

But we shall not heal this by lamenting over it, or pressing upon it.

1. First, we must be patient. Take it as a humiliation. How well at ease in one's own opinion.
We should be if it were not so, to know what a shame and the hurt we bear. We have to learn first of all what we are. This in your present state, do not fear to go in to the depths, or cry out when the waters go over your head. Count it all gain that you know this. It was just as true a year since you did not know it.

And next make some rules for yourself, such as:

1. To read the Sermon on the Mount;
2. To say the 4 Penitential Psalms; Wednesday and Fridays;
3. To make on paper a list by sign or numeral of things done since last Lent; and running out into feeling, to make but definite acts, at least of the will.

Visit the sick, or Fridays at noon or a confession.

4. Take Hannah Marshall and children where your can thin here and see exactly what they have and what they want.

This has 6 a week. When the term comes I will send by post to you.

Have the children begin to inquire Privately in matters of duty as distinct from knowledge.

5. Make an intercession like Mr. Andrews', for the poor, and differ with them, especially for wine and onions.

6. As to fasting, my custom since
Things pleasant to the taste: but do not despise the quantity of animal or nutritive food.

Lastly, be content to keep these rules as well as you can—and to not burden yourself by being cast down at keeping them too little. It is only winter time as yet climbed slowly.contente: you must want even for living—how much more for vintage or harvest.

Be content simply to let what you are to lay yourself open before God, seeking all help and advances from Him.

I send you two parts of this prayer I read out of St. Anselm: one collect for kind:

May God keep you in peace with a calm, trusting heart—walking with as you are told. He sees good to hear your prayer: it to make your pray as you desire.