

Feb. 18. 1847.

There is nothing in what you have written which is peculiar to yourself. The same hoping & failing, resolving, & disappointing oneself. The same feeling of making no advance. 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 fare in which I have a large portion.

But we shall not beat the air by lamenting over it, or poring upon it.

1. First we must be patient & take it as a humiliation. How well at ease in our own opinion

we should be if it were not so, &
then what a shame would doubt be.
we have to learn first of all what
we are. This is your present lesson: &
do not fear to go into the depths a cry
out when the water goes over your head.
Count it all gain that you know this
It wd be just as true, & far wiser if you
did not know it.

And next make some rules for
yourself: such as.

1. To read the Sermon on the Mount
thru; then Lent taking a small part
day by day; at noon if possible, &
kneeling.
2. To say the 7 Penitential Psalms
Wednesday & Fridays.
3. To make on Paper a list (by signs
or single words) of things done since

Last Lent; not running out into feelings
& wishes - but definite acts, at least of
the will.

Use this Wednesday & Fridays
at noon as a confession.

4. Take Hannah Marshall & her
children under your care then Lent -
and see exactly what they have
or what they want.

She has 5^s a week - & when she
comes to me I will send her up
to you.

Have the Children to you to in-
struct privately in matters of duty
as distinct from knowledge.

5. Make an intercession like Bp
Andrews' for the poor, & suffer-
ing especially ^{& use it once a day.} fatherless & widows.
6. As to Fasting only abstain from

Things pleasant to the taste: but do not lessen the quantity of animal or nutritious food.

Lastly be content to keep these rules as well as you can - and do not hinder yourself by being cast down at keeping them no better. It is only winter time as yet clunked, cloudy, uncertain, you must wait some for spring - how much more for vintage & harvest.

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

I send you two parts of the prayer I read out of S. Anselm, & one collect for Lent.

May God keep you in peace with a calm trusting heart - willing to be as you are till He sees good to hear your prayer: & to make you pray as you desire.