

It is good to reflect awhile but don't weary yourself
Just remain there in His presence with the intellect quiet.
If you are able occupy yourself in looking at Christ
notice He is looking at you,
Speak, petition the Lord,
Humble yourself, delight in His presence,
remember you are unworthy of being there.

When you can do this... you will derive **great benefit**;
this manner of prayer has many advantages... (V 13 22)

I have wandered greatly from the subject...But everything is a subject for beginners that their journey on so lofty a road might begin on the **true road**. Now returning to what I was saying about Christ bound at the pillar: it is good to reflect awhile...But one should not always **weary** oneself...but just remain there in His presence with the intellect quiet. And if a person is able he should occupy himself in looking at Christ who is looking at him, and he should speak, and petition, and humble himself, and delight in the Lord's presence, and remember that he is unworthy of being there. When he can do this, even though it may be at the beginning of prayer, he will derive **great benefit**; and this manner of prayer has many advantages—at least my soul derived them. (V 13 22)