The ART of
Contentment.

By the Author of
THE WHOLE DUTY OF MAN, &c.

The second Impression.

It is but lost labor, that ye hasten to rise up early, and so late take rest, and eat the bread of carefulness: for so he giveth his beloved sleep. Psal. 127. 3.

At the THEATER in OXFORD.

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THE PREFACE

The desire of happiness is so coessential with our nature, so interwoven and incorporate with it; that nothing but the dissolution of the whole frame can extinguish it. This runs thro' the whole race of mankind, and amidst the infinit variety of other inclinations, preserves itself entire. The most various contradictory tempers do yet
yet conspire in this, and men of the most unequal fortunes, are yet equal in their wishes of being happy.

But this concurrence as to the end is not more universal than the disagreement about the way. Every man would have happiness, but wherein that consists, or how it is to be attain'd, has bin very diversely opin'd. Indeed the ultimate supreme happiness as it is originally inherent in God, so it is wrapt up in those clouds and darkness, which, as the Psalmist saies, are round about him Psal. 18. 11. And we can see nothing of it, but in those gleams and raies he is pleas'd to dart out upon us; so that all our estimates as to our final felicity, must be mesur'd by those revelations he has made of it.
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But one would think our temporal happiness were as much a mystery as our eternal, to see what variety of blind pursuits are made after it. One man thinks tis seated on the top pinnacle of honor, and climbs till perhaps he falls head-long. Another thinks it a mineral, that must be dig'd out of the earth, and toils to lade himself with thick clay, Hab. 2. 6. and at last finds a grave, where he sought his treasure. A third supposes it consists in the variety of pleasures, and wearies himself in that pursuit, which only cloys, and disappoints. Yet every one of these can read you lectures of the gross mistake and folly of the other, whilst himself is equally deluded.

Thus do men chase an imaginary good,
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good, till they meet with real evils; herein exposing themselves to the same cheat Laban put upon Jacob, they serve for Rachel, and are rewarded with Leah, court fancied beauty, and marry loath'd deformity. Such delusive felicities as these are the largesses of the Prince of the Air, who once attempted to have enveigled even Christ himself, Mat. 4.

But Gods proposals are more sincere: he knows how sandy, how false a foundation all these external things must make, and therefore warns us not to build so much as our present satisfaction upon them, but shews us a more certain, a more compendious way to acquire what we gasp after, by telling us that as Godliness in respect of the next, so contentment for this world
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World is great gain \(i \text{Tim. 6. 6.} \) It is indeed the unum necessarium, the one point in which all the lines of worldly happiness are concentrated, and to complete its excellence, tis to be had at home: nay indeed only there. We need not ramble in wild pursuits after it, we may form it within our own breasts: no man wants materials for it, that knows but how to put them together.

And the directing to that skill is the only design of the ensuing Tract, which coming upon so kind an errand, may at least hope for an unprejudiced reception. Contentment is a thing we all profess to aspire to, and therefore it cannot be thought an unfriendly office to endeavor to conduct men to it. How far the ensuing con-
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...siderations may tend to that end, I must leave to the judgment, and experience of the Reader, only desiring him that he will weigh them with that seriousness which befits a thing wherein both his happiness and duty are concern'd: for in this (as in many other instances) God has so twist-ed them together, that we cannot be innocently miserable. The present infelicities of our murmurs and impa-tiencies, have an appendant guilt, which will consign us to a more irreversible state of dissatisfaction here-after.
THE ART OF CONTENTMENT

SECT. I.

Of the necessary Connexion between Happiness and Contentment.

1. GOD who is essentially happy in himself, can receive no accession to his felicity by the poor contributions of men. He cannot therefore be supposed to have made them upon intuition of increasing, but communicating his happiness. And this his original
ginal design is very visible in all the parts of his œconomy towards them. When lapsed man had counterplotted against himself, defeated the purpose of the Divine goodness, and plunged his whole nature into the opposite state of endless misery; he yet reinforce’d his first design, and an expedient as full of wonder as mercy, the death of his Son, recovers him to his former capacity of bliss. And that it might not only be a bare capacity, he has added all other methods proper to work upon a rational creature. He has shewed him his danger, set before him in perspective that eternal Tophet, which he is advis’d to shun. On the other side he has no less lively describ’d the heavenly Jerusalem, the Celestial country to which he is to aspire: nay farther has levell’d his road to it, leads him not as he did the Israelites thro the wilderness, thro intricate mazes, to puzzle his understanding; thro a land of drought, wherein were fiery Serpents and Scorpions, Deut. 8. 15. to discourage and affright him: but has in the Gospel chalkt out a plain, a safe, nay a pleasant path; as much superior both in the ease of the way, and in the end to which it leads, as heaven is to Canaan.
2. By doing this he has not only secured our grand and ultimate happiness, but provided for our intermedial also. Those Christian duties which are to carry us to heaven, are our refreshments, our viaticum in our journey: his yoke is not to gall and fret us, but an engine by which we may with ease (and almost insensibly) draw all the clogs and incumbrances of human life. For whether we take Christianity in its whole complex, or in its several and distinct branches, tis certainly the most excellent, the most compendious art of happy living: its very tasks are rewards, and its precepts are nothing but a divine sort of Alchymy, to sublime at once our nature and our pleasures.

3. This may be evidenc’d in every particular of the Evangelical law: but having formerly made some attempt towards it in another * tract, I shall not here reassume the whole subject. I shall only single out one particular precept, wherein happiness is not (as in the others) only implied, and must be catcht at the rebound by consequence and event; but is literally express’d, and is the very matter of the duty; I mean

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mean the precept of acquiescence and Contentment. Happiness and this true genuine Contentment, being terms so convertible, that to bid us be content, is but another phrase for bidding us be happy.

4. Temporal enjoiments, such as are pleasure, wealth, honor, and the rest, tho' they make specious pretences to be the measure of human happiness, are all of them justly discarded by the Philosopher in his Ethics, upon this one consideration, that coming from abroad they may be withheld or taken from us: and our tenure being precarious, we even for that reason are unhappy in our most desirable possessions, because we are still liable to be so. And therefore he concludes, that felicity must be placed in the mind and soul, which stands without the reach of fortune; and in the practice of virtue, which in its own nature, and not in its contingent use is truly good, and therefore certainly renders the possessors such.

5. But this practice being diffused thro' the whole extent of Moral duty, Epictetus thought he had deserved well of human nature, when he drew it up in two short words, to sustain and abstain: that is to bear with constancy adverse events, and
and with moderation enjoy those that are prosperous. Which complexure of Philosophy is yet more fully, as well as more compendiously express in the single notion of Contentment: which involves the patient bearing of all misadventures, and generous contentment of sensual illectives. This state of mind the Greeks express by calling it ἀυτάρκεια or self-sufficiency, which, we know properly speaking, is one of the incommunicable attributes of the divine nature: and the Stoics expressly pretend, that by it mortal men are enabled to rival their Gods; in Seneca's phrase, to make a controversy with Jupiter himself. But abating the insolent blasphemy of an independent felicity, Christianity acknowledges a material truth in the assertion: and St. Paul declares of himself, that having learnt how to want and how to abound, and in whatever state he happens to be in, therewith to be content: he is able to do all things through Christ that strengtheneth him, Phil. 4. 11, 12, 13. and having nothing, to possess all things. 2 Cor. 6. 10.

6. Which great event comes about, not only because all good things are eminently in the divine nature, and he who by Virtue and Religion possesses Him, thereby
by in a full equivalence has every thing; but also upon human measures, and the principles of Philosophy: the compendious address to wealth, as *Plato* rightly observ'd, being not to encrease possessions, but lessen desires. And if so, twill follow that the contented man must be abundantly provided for, being so entirely satisfied with what he has, as to have no desires at all. Indeed tis truly said of covetous men, and is equally verified of all who have any desire to gratify, that they want no less what they have, than what they have not: but the reverse of that Paradox is really made good by *Contentment*, which bestows on men the enjoiment of whatever they have, and also whatever they have not; and by teaching to want nothing, abundantly secures not to want happiness.

7. On the other side this one grace being absent, it is not in the power of any success or affluence to make life a tolerable thing. Let all the materials of earthly happiness be amassed together, and flung upon one man, they will without contentment be but like the fatal prize of *Tarpeia's* treason, who was prest to death with the weight of her booty. He that has the elements of felicity, and yet cannot form them
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them into a satisfaction, is more desperately miserable than he that wants them: for he who wants them has yet something to hope for, and thinks if he had them he might be happy; but he who insignificantly possesseth them, has no reserve, has not so much as the Flattery of an expectation: for he has nothing left to desire, and yet can be as little said to enjoy.

8. He therefore that would have the extract, the quintessence of happiness, must seek it in Content. All outward accessions are but the dross and earthy part; this alone is the spirit, which when tis once separated, depends not upon the fate of the other; but preserves its vigor when that is destroy'd. St. Paul whom I before mention'd, is a ready instance of it, who professes to be content in whatever state, Contentment being not so inseparably linked to external things, but that they may subsist apart. That those are often without it we are too sure, and that it may be without them is as certainly true; tho' by our own default we have not so many examples of it. A heart that rightly computes the difference between temporals and eternals, may resolve with the Prophet, Al-
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The figtree shall not blossom, neither shall fruit be on the vines, the labor of the olive shall fail, and the fields shall yield no meat, the flocks shall be cut off from the fold, and there shall be no herds in the stall; yet I will rejoice in the Lord, I will joy in the God of my Salvation. Hab. 3. 17, 18. He that has God, need not much deplore the want of any thing else: nor can he that considers the plenty and glory of his future state, be much dejected with the want or the abjectness of his present.

9. Y e t so indulgent is God to our infirmities, that knowing how unapt our impatient natures are to walk only by faith, and not at all by sight, 2 Cor. 5. 7. he is pleas’d to give us fair antepasts of satisfaction here, dispenses his temporal blessings tho not equally, yet so universally, that he that has leaft, has enough to oblige not only his acquiescence, but his thankfulness. Tho every man has not all he wishes, yet he has that which is more valuable then that he complains to want; nay which he himself could worse spare were it put to his option.

10. A N D now from such a disposition of things who would not expect that mankind should be the cheerfulllest part of the cre-
creation: that the sun should not more rejoice to run his course. Ps. 19. 5. then man should to finish his: that a journey which has so blessed an end, and such good accommodation by the way, should be past with all imaginable alacrity, and that we should live here practitioners and learners of that state of unmix'd interminable joys to which we aspire. But alas if we look upon the universality of men, we shall find it nothing so; but while all other creatures gladly follow the order of their creation, take pleasure in those things God has assign'd for them, we with a fullen perverseness quarrel at what we should enjoy, and in every thing make it our business, not to fit it for our use, but to find out some concealed quality which may render it unfit. We look insidiously upon our blessings, like men that design'd only to pick a quarrel, and start a pretence for mutining. From hence it is that man who was design'd the Lord of the world, to whose satisfactions all inferior beings were to contribute, is now the unhappiest of the creatures: nay as if the whole order of the universe were inverted, he becomes slave to his own vassals, courts all these
little sublunary things with such passion, that if they prove coy and fly his embraces, he is mad and desperate: if they fling themselves into his Arms, he is then glutted and satiated; like Amnon he hates more then he loved, 2 Sam. 13. 15. and is ficker of his possession, then he was of his desire.

And thus will it ever be till we can keep our desires more at home, and not suffer them to ramble after things without our reach. That honest Roman, who from his extraordinary industry upon his little spot of ground received such an increase, as brought him under suspicion of witchcraft, is a good example for us. God has placed none of us in so barren a soil, in so forlorn a state, but there is something in it which may afford us comfort; let us husband that to the utmost, and it is scarce imaginable what improvements even he that appears the most miserable may make of his condition. But if in a fullen humor we will not cultivate our own field, because we have perhaps more mind to our neighbors, we may thank our selves if we starve. The despising of what God has already given us, is sure but a cold invitation to farther bounty. Men are indeed forced somtimes to
to reward the mutinous: but God is not to be so attacked, nor is it that sort of violence which can ever force heaven. The Heathen could say that Jupiter sent his plagues among the poorer sort of men, because they were always repining: and indeed there is so much of truth in the observation, that our impatience and discontent at our present condition, is the greatest provocation to God to make it worse.

II. It must therefore be resolved to be very contrary to our interest, and surely tis no less to our duty. It is so if we do but own our selves men, for in that is implied a subordination and submission to that power that made us so, and to dispute his management of the world, to make other distributions of it then he has done, is to renounce our subjection, and set up for dominion. But this is yet more intolerable as we are Christians, it being a special part of the Evangelical discipline, cheerfully to conform to any condition: to know how to be abased, and how to abound, to be full and to be hungry, Phil. 4. 12. to be careful for nothing, ver. 6. Nay so little do's Christ give countenance to our peevish discontents, our wanton out-cries when we are
are not hurt, that he requires more than a contentment, an exultancy and transport of joy even under the heaviest pressures, under reproaches and persecutions. *Rejoice ye in that day, and leap for joy*, Luk. 6.23. And sure nothing can be more contrary to this, then to be always whining and complaining, crying in the Prophets phrase, *my leanness, my leanness, wo is me*. Isa. 24.16. when perhaps Moses's simile do's better fit our state, *Jesurun waxed fat and kicked*, Deut. 32.15.

12. And as this querulous humor is against our interest and duty, so it is visibly against our ease. Tis a sickness of the mind, a perpetual gnawing and craving of the appetite without any possibility of satisfaction: and indeed is the same in the heart which the *Caninus appetitus* is in the stomach, to which we may aptly enough apply that description we find in the Prophet, *he shall snatch on the right hand and be hungry, and he shall eat on the left and not be satisfied*, Esa. 9.20. Where this sharp, this fretting humor abounds, nothing converts into nourishment: every new accession do's but excite some new desire; and as tis observ'd of a trencher-fed dog, that he tastes not one bit for the greedy
dy expectation of the next, so a discontented mind is so intent upon his pursuits, that he has no relish of his acquisitions. So that what the Prophet speaks of the Covetous, is equally applicable to all other sorts of Male-contents: he enlarges his desire as hell, and is as death, and cannot be satisfied, Hab. 2. 5. And sure if the desire accomplished be as Solomon saith sweet to the soul, Prov. 13. 19. it must be exceedingly bitter, to be thus condemned to endless unaccomplishable desires; and yet this is the torture which every repining uncontented spirit provides for itself.

13. What a madness is it then for men to be so desperately bent against their interest and duty, as to renounce even their ease too for company? One would think this age were sensual enough to be at defiance with the least shadow of un easines. It is so I am sure where it ought not: every thing is laborious when tis in compliance with their duty: a few minutes spent in prayer Oh what a weariness is it! Mal. 2. 19. If they chance but to miss a meal, they are ready to cry out, their knees are weak thro fasting, Psa. 109. 23. yet they can without regret, or any self-com-
passion, macerate and cruciate themselves with anxious cares and vexations, and, as the Apostle speaks 1 Tim. 6. 10. pierce themselves thro' with many sorrows. That proposal therefore which was very rashly made by St. Peter to our Savior, Master pity thyself, Mat. 16. 22. which we render be it far from thee, would here be an advised motion to the generality of mankind, who are commonly made unhappy not by any thing without them, but by those restless impatiencies that are within them.

14. It may therefore be a seasonable office to endeavor the appeasing these storms, by recalling them to those sober rational considerations, which may shew as well the folly, as uneasiness of this repining unsatisfiable humor. Tis certain that in true reasoning, we can find nothing whereon to found it, but a great deal to enforce the contrary. Indeed tis so much against the dictate of reasonable nature to affect damage, sin, and torment, that were there nothing else to be said but what I have already mention'd, it might competently discover the great unreasonable-ness of this sin.

15. But
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15. But we need not confine our appeal to reason, as it is only a judge of utility and advantage, but enlarge it to another notion, as it is judge of equity and right; in which respect it gives as clear and peremptory a sentence against all murmuring and impatience. To evince this I shall insist upon these particulars.

1. That God is debtor to no man, and therefore what ever he affords to any, it is upon bounty not of right, a benevolence not a due. 2. That this bounty is not straight or narrow, confin'd to some few particular persons, and wholly overskipping the rest, but more or less universally diffused to all. So that he who has the least, cannot justly say but he has bin liberally dealt with. 3. That if we compare our blessings with our aliaies, our good things with our evil, we shall find our good far surmounting. 4. That we shall find them yet more so, if we compare them with the good we have don, as on the contrary we shall find our afflictions scarce discernible if balanced with our sins. 5. That as God is the Rector of the universe, so it appertains to him to make such allotments, such distributions, as may best preserve the state of the whole. 6. That God
God notwithstanding that universal care, has also a peculiar aspect on every particular Person, and disposes to him what he discerns best for him in special. If we compare our adversities, with those of other men, we shall always find something that equals if not exceeds our own. All these are certain irrefragable truths, and there is none of them single but may, if well prest upon the mind, charm it into a calmness and resignation; but when there is such a conspiration of arguments, it must be a very obstinate perverseness that can resist them: or should they fail to enforce a full conviction; will yet introduce those subsidiary proofs, which I have to alledg, so advantagiously, as will being put altogether amount unto perfect and uncontrollable Evidence.
Sect. II. Of Gods Absolute Soveraignty.

Sect. II.

Of Gods Absolute Soveraignty.

1. The first proposition that God is debtor to no man, is too clear and apparent to require much of illustration: for as he is a free agent and may act as he pleases, so he is the sole proprietary and can wrongfully detain from none, because all original right is in himself. This has bin so much acknowledg'd by the blindest Heathens, that none of them durst make insolent addresses to their Gods, challenge any thing of them as of debt, but by sacrifices and prayers own'd their dependence and wants, and implor'd supplies. And sure Christianity teaches us not to be more sawcy. If those Deities who ow'd their very being to their votaries, were yet acknowledg'd to be the spring and source of all, we can with no pretence deny it to that supreme power in whom we live, and move, and have our being. Acts 17. 28. For it were merely an act
act of his choice to give us a being, all his
subsequent bounties can have no other ori-
ginal then his own good pleasure. We could
put no obligation upon God before we were: and when we began to be, we were
his creatures, and so by the most indispu-
table right owe our selves to him, but
can have no antecedent title on which to
claim any thing from him: so that the
Apostle might well make the challenge
which he doth on Gods behalf, who hath
given any thing unto him, and it shall be re-
compenc'd unto him again? Rom. 11. 25.

2. Now ordinary discretion teaches us
not to be too bold in our expectations from
one to whom we can plead no right. It has
as little of prudence as of modesty, to press
impudently upon the bounty of a Patron,
and da's but give him temptation (at least
pretence) to deny. And if it be thus with
men, who possibly may sometimes have an
interest, sometimes a vanity to oblige us; it
must much more be so towards God, who
cannot be in want of us, and therefore need
not buy us: our good as the Psalmist speaks,
extends not to him. Ps. 16. 2. He has a
fundamental right in that little we are,
which will stand good tho it should ne-
ever be corroborated by greater benefits.

With
With what an humble bashfulness should we then sue for any thing, who have no argument to invite the least donation? being already so preingag’d, that we cannot mortgage so much as ourselves in consideration of any new favor: and surely extravagant hopes do very ill befit people in this condition. We see the modesty of good Mephibosheth, who tho he was by a slanderous accusation outed of half the estate David had given him, yet upon a reflexion that he deriv’d it all from his good pleasure, disputed not the sentence, but cheerfully resign’d the whole to the same disposition, from which he received it, saying, *Tis, let him take all.* 2 Sam. 19. 30. A rare example and fit for imitation, as being adapted to the present case, not only in that one circumstance of his having receiv’d all from the King, but also in that of the attainder of his blood, which he confesses in the former part of the verse, for *all my fathers house were but dead men before my Lord.* And alas may we not say the very same? was not our whole race tainted in our first Parent? So that if God had not the primary title of vassallage, he would in our fall have acquir’d that of confiscation and escheat. And can we think
think our selves then in terms to capitulate and make our own conditions, and expect God should humor us in all our wild demands?

3. This is indeed to keep up that old rebellion of our Progenitor, for that consisted in a discontent with that portion God had assign'd him, and coveting what he had restrain'd him. Nay indeed it comes up to the height of the Devils proposal, the attempting to be as God. Gen. 3. 5. For tis an endeavor to wrest the managery out of his hands, to supersede his Authority of dispensing to us, and to carve for our selves. This is so mad an insolence, that were it possible to state a case exactly parallel between man and man, it would raise the indignation of any that but pretended to ingenuity. Yet this is, without Hyperbole, the true meaning of every murmuring repining thought we entertain.

4. But as bad as it is, who is there of us, that can in this particular say, we have made our heart clean? Prov. 20.9. Tis true we make some formal acknowledgment sometimes that we receive all from Gods gift, custom teaches us from our infancy after every meal we eat to give him thanks (tho even that is now thought too much
much respect, and begins to be discarded as unfashionable. ) Yet sure he cannot be thought to do that in earnest, that has all the time of his eating bin grumbling that his table abounds not with such delicacies as his neighbors. And yet at this rate God knows are most of our thanksgivings. Indeed we have not so much ordinary civility to God, as we have to men. The common proverb teaches us not too curiously to pry into the blemishes of what is given us: but on Gods gifts we sit as Censors, nicely examine every thing which is any way disagreeable to our fancies, and as if we dealt with him under the notion of chapmen, disparage it, as Solomon saies buiers use to do, it is nought, it is nought, faith the buier, Prov. 20. 14. Nay we seem yet more absurdly to change the scene, and as if God were to make oblations to us, we as critically observe the defects of his benefactions, as the Levitical Priests were to do those of the sacrifice, and (like angry Deities) scornfully reject, what ever do's not perfectly answer our wanton appetites.

5. And now should God take us at our words, withdraw all those blessings which we so fastidiously despise, what a
condition were we in? 'Tis sure we have nothing to plead in reverse of that judgment. There is nothing in it against justice: for he takes but his own. This he intimates to Israel, Hos. 2. 9. I will return and take away my corn in the time thereof, and my wine in the season thereof, and will recover my wool and my flax: in which he afferts his own propriety, my corn, my wine, &c. and recalls them to the remembrance that they were but usufructuaries: and tis as evident that our tenure is but the same. Nay this proceeding would not be repugnant even to mercy, for even that is not oblig'd still to prostitute it self to our content. I am sure such a tolerance is beyond all the measures of human lenity. Should any of us offer an alms to an indigent wretch, and he when he sees tis Silver, should murmur and exclaim that it is not Gold, would we not draw back our hand, and reserve our charity for a more worthy object? 'Tis true indeed Gods thoughts are not as our thoughts, nor our narrow bowels equal mesures for the divine compassions, and we experimentally find that his long-suffering infinitely exceeds ours, yet we know he do's in the para-
parable of the Lord and the servant, Mat. 18. declare that he will proportion his mercy by ours in that instance; and we have no promise that he will not do it in this: nay we have all reason to expect that he should; for since his wisdom prompts him to do nothing in vain, and all his bounty to us is design'd to make us happy, when he sees that end utterly frustrated by our discontents, to what purpose should he continue that to us which we will be never the better for?

6. Besides tho he be exceedingly patient, yet he is not negligent or insensible, he takes particular notice, not only with what diligence we employ, but with what affections we resent every of his blessings. And as ingratitude is a vice odious to men, so it is extremely provoking to God: so that in this sense also, the words of our Savior are most true, from him that hath not (i.e.) that hath not a grateful sense and value, shall be taken away even that he hath, Mat. 25. 29. But we may find a threatning of this kind yet more express to Israel, because thou servedst not the Lord thy God with gladness and with joyness of heart for the abundance of all things, therefore shalt thou
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thou serve thine enemies, whom the Lord God will send among thee, in hunger and in thirst and in nakedness and in want of all things, Deut. 28. 27. 28. a sad and dismal inversion, yet founded wholly in the want of that cheerful recognition which God expected from them. And if Israel the lot of his own inheritance, that people whom he had singled out from all the nations of the world, could thus forfeit his favor by unthankfulness, sure none of us can suppose we have any sure entail of it. In a word as God loves a cheerful giver, so he also loves a cheerful receiver. One that complies with his end in bestowing, by taking a just complacence in his gifts. But the querulous and unsatisfied, reproach his bounty: accuse him of illiberality and narrowness of mind. So that he seems even in his honor engag'd to bring them to a righter apprehension of him, and by a deprivation teach them the value of those good things, which they could not learn by the enjoyment.

7. If therefore ingenuity and gratitude cannot, yet at least let prudence and self-love engage us against this sin of Murmuring, which we see do's abundantly justify the Character the Wise man gives
gives when he tells us *tis unprofitable*, Wis. 1. 11. he might have said pernicious also, for so it evidently is in its effects. Let us then arm our selves against it, and to that purpose impress deeply upon our minds the present consideration, that God owes us nothing, and that what ever we receive is an alms, and not a tribute. *Diogenes* being asked what wine drank the most pleasant, answered, that which is drunk at another's cost. And this circumstance we can never miss of to recommend our good things to us: for be they little or much, they come gratis. When therefore in a petty mood we find our selves apt to charge God foolishly, and to think him strait-handed towards us, let us imagine we hear God expostulating with us, as the householder in the parable, *Friend I do thee no wrong: is it not lawful for me to do what I will with mine own?* Mat. 20. 15. If God have not the right of disposing, let us find out those that have, and see how much better we shall speed: but if he hath, let us take heed of disputing with him. We that subsist merely by his favor, had need court and cherish it by all the arts of humble observance. Every man is ready to say how ill beggary
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and pride do agree. The first qualification we cannot put off; O let us not provide it of the other so inconvenient, so odious an adjunct. Let us leave off prescribing to God (which no ingenuous man would do to an earthly benefactor) and let us betake our selves to a more holy and successful policy, the acknowledgment of past mercies, and our own unworthiness. This was Jacobs method, I am not worthy of the least of all the mercies, and of all the truth which thou hast shew'd unto thy servant: for with my staff I passed over this Jordan, and now I am become two bands, and with this humble preface he introduces his petition for rescue in his present distress, Deliver me I pray thee from the hand of my brother, &c. Gen: 32. 10. 11. An excellent pattern of Divine Rhetoric, which the success demonstrates to have bin very prevalent. And we cannot transcribe a better copy, to render our desires as successful. Indeed we are so utterly destitute of all arguments from our selves, that we can make no reasonable form of address, if we found it not in somthing of God: and there is nothing even in him adapted to our purpose, but his mercy, nor can that be so advan-
tageously urged by any thing, as by the former instances it has given of it self: for as God only is fit to be a precedent to himself, so he loves to be so. Thus we find, not only Moses, but God often recollecting his miraculous favors towards Israel, as an argument to do more: let us therefore accost him in his own way, and by a frequent and grateful recounting of his former mercies, engage him to future. Nor need we be at a loss for matter of such recollection, if we will but seriously consider what we have already received, which is the subject of the next Section.
S E C T. III.

Of Gods Unlimited Bounty.

IT is the known character of an unworthy nature, to write injuries in Marble, and benefits in dust: and however some (as Seneca well observes) may acquit themselves of this imputation as to man, yet scarce any do so in relation to God. 'Tis true indeed the charge must be a little varied; for God neither will nor can do us injury: yet we receive any thing that is adverse with such a resentment as if it were, and engrave that in our memories with indelible characters, whilst his great and real benefits are either not at all observ'd, or with so transient an advertence, that the comparison of dust is beyond our pitch, and we may be more properly be said to write them in water. Nay so far are we from keeping records and registers of his favors, that even those standing and fixt ones which sense can prompt us to (without the aid of our memories) cannot obtain our notice.
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2. Were it not thus, it were impossible for men to be so perpetually in the complaining Key, as if their voices were capable of no other sound. One wants this, and another that, and a third something beyond them both, and so on ad infinitum; when all this while every one of them enjoys a multitude of good things without any remark. That very breath wherewith they utter their complaints, is a blessing, and a fundamental one too: for if God should withdraw that, they were incapable of whatsoever else they either have, or desire. Tis true that some mens impatiencies have risen so high, as to cast away life, because it was not clothed with all circumstances they wished. Yet these are rare instances, and do only shew such mens depraved judgment of things. A rich Jewel is not the less valuable, because a mad man in his raving fit flings it into the fire: but as to the generality of men, the devil (tho a liar) gave a true account of their sense, when he said, Skin for skin, and all that a man hath will he give for his life. Job. 2. 4. And tho perhaps in an angry fit many men have with Jonas, Chap. 4. 3. wished to die, yet ten to one should death then come, they would be as willing to
to divert it, as was the man in the Apologue, who wearied with his burden of sticks, flung it down and call'd for death, but when he came, own'd no other occasion for him, but to be helpt up again with his bundle. I dare in this appeal to the experience of those, who have seemed very weary of life, whether when any suddain danger has surprized them, it has not as suddainly altered their mind, and made them more desire life, then before they abhor'd it. Tis the common saying, As long as there is life there is hope: there is so as to secular concerns, for what strange revolutions do we often see in the age of a man? from what despicable beginnings have many arriv'd to the most splendid conditions? of which we have divers modern as well as ancient instances. And indeed tis admirable to see what time and industry will (with Gods blessing) effect. *But there is no work, nor device, nor knowledge, nor wisdom in the grave.* Ecc. 9. 10. we can improve no more when we are once transplanted thither.

3. *But this is yet much more considerable in respect of our spiritual state.* Our life is the day wherein we are to work, Joh. 9. 4. (yea to work out our Salvation:) but when the night comes (when death o-
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vertakes) no man can work. Now alas when tis consider'd how much of this day the most of us have loiter'd away, how many of us have stood idle till the fixt or ninth hour, it will be our concern not to have our day close before the eleventh. Nay alas tis yet worse with us: we have not only bin idle, but very often ill busied; so that we have a great part of our time to unravel, and that is not to be don in a moment. For tho our works may fitly enough be represented by the Prophets comparison of a spiders web, I-say. 59. 5. yet they want the best property even of that; they cannot be so soon undone. Vices that are radicated by time and custom, lie too deep to be lightly swept away. Tis no easy thing to persuade our selves to the will of parting with them. Many violences we must offer to our selves, a long and strict course of mortification must be gon thro', ere we can find in our hearts to bid them be gon: and yet when we do so, they are not so tractable as the Centurions servants. They will indeed come whenever we bid them, but they will scarce go so: they must be expell'd by force and by slow degrees; we must fight for every inch of ground we gain
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gain from them: and as God would not assist the Israelites to subdue the Canaanites at once, Deut. 7. 22. so neither ordinarily do's he us to master perfectly our corruption. Now a process of this difficulty is not to be dispacht on a sudden. And yet this is not all our task, for we have not only ill habits to extirpate, but we have also good ones to acquire: tis not a mere negative vertue will serve our turns, nor will empty lamps enter us into the marriage chamber, Mat. 25. 10. We must add to our faith vertue, and to vertue knowledge, and to knowledge temperance, &c. 2 Pet. 1. 5. No link must be wanting of that sacred chain, but we must (as the same Apostle advises) be holy in all manner of conversation. 1 Pet. 1. 15.

4. AND now I would desire the Reader seriously to consider, whether he can upon good grounds tell himself that this so difficult (and yet so necessary) a work is effectually wrought in him. If it be, he is a happy man, and can with no pretence complain of any external want: (he that is fed with Manna, must be strangely perverse if he murmur for a belly-full of leeks and onions. Num.11. 5.) But on the contrary he owes infinite thanks to God, that has
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has spared him time for this important business, and did not put a period to his natural life, before he had begun a spiritual. For I fear there are among the best of us few of so entire an innocence, but they may remember some, either habits or acts of sin, in which it would have bin dreadful for them to have bin snatchd away. And then how comprehensive, how prolific a mercy has life bin to them, when it has carried eternity in its womb, and their continuance on earth has qualified them for heaven? Neither are such persons only to look on it as a blessing in the retrospect, as it relates to the past, but also in the present and future: which if they continue to employ well, do’s not only confirm, but advance their reward. Besides God may please by them to glorify himself, make them instrumental to his service, which as it is the greatest honor, so it is also the greatest satisfaction to a good heart. He shews himself too mercenary that so longs for his reward, as to grow impatient of his attendances: he that loves God, thinks himself blest in the opportunity of doing work, as well as in receiving wages. Thus we see how life is under all these aspects a mercy to
a pious man; and such as not only obliges him to contentment, but gratitude.

5. But supposing a man cannot give this comfortable account of his life, but is conscious that he has spent it to a very different purpose, yet do's not that at all lessen his obligations to God, who meant he should have employ'd it better; and that he has not done so is merely his own fault. Nay indeed the worse his state is, the greater mercy it is, that God has not yet made it irreversible, that he has not cut him off at once from the earth and the possibility of heaven too, but affords him yet a longer day, if yet he will hear his voice, Psal. 95. 7. This long-suffering is one of the most transcendent acts of divine goodness, and therefore the Apostle rightly stiles it the riches of his goodness and long-suffering and forbearance, Rom. 2. 4. and so at last we commonly acknowledg it, when we have worn it out, and can no longer receive advantage by it. What a value do's a gasping despairing soul put upon a small parcel of that time, which before he knew not how fast enough to squander? Oh that men would set the same estimate on it before, and then certainly, as it would make them better husbands of it, so it would also ren-
der them more thankful for it, *Accounting that the long-suffering of our Lord is Salvation.* 2 Pet. 3. 15.

6. **Indeed did men but rightly compute the benefit of life upon this score, all secular encumbrances and uneasinesses of it would be overwhelmed, and stand only as Cyphers in the account. What a shame is it then that we should spend our breath in sighs and outcries? which if we would employ to those nobler ends for which twas given, would supersede our complaints, and make us confess we were well dealt with, that our life (tho bare and stript of all outward accessearies) is given us for a prey. Jer. 45. 5. And indeed he that has yet the great work of life to do, can very ill spare time or sorrow to bestow upon the regretting any temporal distress, since his whole stock is little e-nough to bewail and repair his neglects of his eternal concerns. Were all our lives therefore destitute of all outward com-fort, nay were they nothing but a scene of perpetual disasters, yet this one ad- vantage of life would infinitely outweigh them all, and render our murmurings very inexcusuable.
7. But God has not put this to the utmost trial, has never plac'd any man in such a state of unmixt calamity, but that he still affords many and great allayes: he finds it fit somtimes to defalk some of our outward comfort, and perhaps im-bitter others, but he never takes all away. This must be acknowledg'd, if we do but consider how many things there are in which the whole race of mankind do in common partake. The four Elements, fire and water, air and earth, do not more make up every mans composition, then they supply his needs: the whole host of heaven, the Sun, Moon and Stars, Moses will tell us, are by God divided to all nations under the whole Heaven, Deut. 4. 19. Those resplendent bodies, equally afford their light and influence to all. The Sun shines as bright on the poor Cottage, as on the most magnificent Palace; and the Stars have their benign Aspects, as well for him, that is behind the Mill, as for him that sitteth on the Throne. Ex. 11. 5. Propriety (that great incendiary below) breeds no confusion in those celestial Orbs, but they are every mans trefure, yet no mans peculiar (as if they meant to teach us, that our love of appropriation descends not from above
above, Jam. 3.15. is no heavenly quality.)

8. AND as they make no distinction of the ranks and degrees of men, so neither do they of their vertues. Our Savior tells us, God causes his Sun to rise on the good and on the evil, and sendeth rain on the just and on the unjust, Mat. 5.45. If now we descend lower to the sublunary creatures, they equally pay their homage to man, do not disdain the dominion of the poor, and submit to that of the rich, but shew us that that their instinct extends to the whole nature. An horse draws the poor mans plough, as tamely as the Prince's chariot, and the beggars hungry cur follows him with as much obsequiousness and affection as the pamper'd lap-dogs of the nicest Ladies. The sheep obey a poor mercenary shepherd as well as they did the Daughters of the wealthy Laban, Gen.29. 9. or of Jethro a Prince, Exod. 2.16. and as willingly yield their fleece to clothe Lazarus, as to make purple for Dives. And as animals, so vegetables are as communicative of their qualities to one man as another. The corn nourishes, the fruits refresh, the flowers delight, the simples cure the poor man as well as the rich.

9. BUT I foresee it will be objected, that
that these natural privileges are insignificant, because they are evacuated by those positive laws which bound property, and that therefore no one man could use the creatures as well as another, yet every man has them not to use. I answer, that for some of the things I have mentioned, they are still in their native latitude, cannot be inclosed or monopoliz'd. The most ravenous oppressor could never yet lock up the sun in his chest: be that lies house to house, and land to land, till there be no place, Esa. 5. 8. cannot inclose the common air: and the like may be said of divers of the rest, so that there are some (and those no mean) blessings, which continue still the indefeasible right of mankind in general.

10. As for those other things which are liable to the restrictive terms of meum and tuum, 'tis not to be denied but there is vast difference in the dispensing them, as great as Nathan's parable describes, when he speaks of the numerous flocks of the rich man, and the single ewe lamb of the poor, 2 Sam. 12. 2. yet there is scarce any so deplorably indigent, but that by one means or other, he has or may have the necessary supports of life. Perhaps they fall
fall not into his lap by birth-right and inheritance, yet they are acquirable by labor and industry, which is perhaps the better tenure. They cannot it may be arrive to Sodoms fulness of bread: yet if they have not her abundance of Idleness, Ez. 16.49. they commonly need not want that, which was the height of Agurs wish, food convenient, Pro. 30.8. Tis true indeed, if they will fold their hands in their bosom, if with Solomons sluggard, they will not plough by reason of the cold, they must take his fate in the summer, as they have his ease in the winter, they may beg in harvest, and have nothing, Prov. 20.4. but then tis visible they are the Authors of their own necessities. And indeed to men of such lazy careless natures, tis hard to say, what degree of Gods bounty can keep them from want, since we often see the fairest fortunes dissipated as well by the supine negligence, as the riotous prodigality of the owners. And therefore if men will be idle, they are not to accuse God, but themselves if they be indigent.

11. But then there is one case wherein men seem more inevitably expos’d, and that is when by age, sickness, or decrepitness, they are disabled from work; or
or when their family is too numerous for their work to maintain. And this indeed seems the most forlorn state of poverty: yet God has provided for them also, by assigning such persons to the care of the rich; nay he has put an extraordinary mark of favor on them, given them the honor of being his proxies and representatives, made them letters of Attorney (as it were) to demand relief in his name, and upon his account. And though it is too true, that even that authority will not prevail with many of the rich to open their purses, yet even in this Age of frozen charity, there are still some who remember upon what terms they received their wealth, and employ it accordingly. And though the number of them is not so great as were to be wished, yet there are in all parts some scattered here and there like Cities of refuge in the Land, Deut. 19. 2. to which these poor distressed creatures may flee for succour. And I think I may say, that between the legal provisions that are made in this case and voluntary contributions, there are not very many that want the things that are of absolute necessity: and we know St. Paul comprizes those in a small compass, food and raiment, and proposes them.
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them as sufficient materials of Content.

1 Tim. 6. 8. I say not this to contract any mans bowels, or lessen his compassions to such poor wretches. For how much soever they lend, I wish as Joab did in another case to David, the Lord increase it a hundred-fold, 2 Sam. 24. 3. I only urge it as an evidence of the assertion I am to prove, that no man is so pretermitted by God or his disposal of temporals, but that even he that seems the most abandon'd has a share in his providence, and consequently cannot justly murmur, since even this state which is the highest instance of human indigence, is not without its receits from God.

12. But the number in this form are but few, compar'd to those in a higher: for between this and the highest affluence, how many intermedial degrees are there, in which men partake not only of the necessaries, but comforts of life, that have not only food and raiment, but their distinction of holy-day and working-day fare and apparel? He that is but one step advanced from beggary has so much, he that has got to a second has more then is necessary: and so every degree rises in plenty till it comes to vanity and excess.
And even there too there are gradual risings, some having so muchfewel for luxury, that they are at as great a loss for invention, as others can be for materials, and complain that there are no farther riots left for them to essay. How many are there who have so cloi’d and glutted their senses, that they want some other inlets for pleasure, and with the rich man in the Gospel, are in distress where to bestow their abundance?

And sure such as these cannot deny that they have receiv’d good things, yet generally there are none less contented; which is a clear demonstration, that our repinings proceed not from any defect of bounty in God, but from the malignant temper of our own hearts. And as it is an easier thing to satisfy the cravings of an hungry, then to cure the nauseous recoilings of a surfeited stomach; so certainly the discontents of the poor, are much easier allai’d then those of the rich: the indigence of the one has contracted his desires, and has taught him not to look farther then a little beyond bare necessaries, so that a moderate Alms satisfies, and a liberal transports him: but he who by a perpetual repletion has his desires stretcht and
and extended, is capable of no such satisfaction: when his enjoiments fore-stall all particular pursuits, and he knows not upon what to fasten his next wish; yet even then he has some confused uniform'd appetites, and thinks himself miserable, because he cannot tell what would make him more happy. And yet this is that envi'd state which men with so much greediness aspire to: every man looks on it as the top of felicity to have nothing more to wish in the world. And yet alas even that when attain'd, would be their torment. Let men never think then that Contentment is to be caught by long and foreign chases; he is likeliest to find it who sits at home, and duly contemplates those blessings which God has brought within his reach, of which every man has a fair proportion, if he will advert to it.

14. For besides these external acquisitions (of which the meanest have some, the middle sort a great deal, and the uppermost rather too much) man is a principality within himself, and has in his composure so many excellent impressions of his Makers power and goodness, that he need not ask leave of any exterior thing to be happy, if he know but aright how
to value himself. The very meanest part of him, his body is a piece of admirable workmanship, of a most incomprehensible contrivance, as the Psalmist saies, he is fearfully and wonderfully made; and tis astonishing to think of what a symmetry of parts this beautiful fabric is made up. Nor are they only for show, but use: every member, every limb is endowed with a particular faculty to render it serviceable to the whole; and so admirable is the contexture of veins and arteries, sinues and muscles, nerves and tendons, that none are superfluous, but some way or other contribute to vegetation, sense, or motion. Nay the most noble and most useful parts are all of them double, not only as a reserve in case of misadventure of one part; but also as an instance of the bounty of the Donor. And indeed it is observable of Galen in his writings, that after he had taken great care to exempt himself and all of his Profession from taking notice of the Deity, by laying that to discourse concerning the Gods, was the task of speculative Philosophers; yet coming to write de usu partium, and considering the frame of human bodies, and therein discovering the wonderful contrivance
vance of every part in reference to itself, and also to the whole; their strength, agility, and various movement, infinitely surpassing the powers of all Mechanic engines; he seems to have had the fate we read of Saul in holy Scripture, and against his genius and purpose to become a Prophet, breaking frequently out into Hymns and sacred raptures; saying, these Mysteries are more divine then the Samothracian or Eleusinian; and confessing they both strictly require and infinitely excell the low returns of human praise. But beyond the fabric of parts as organic, what an extract of wonder are our senses, those five operations of the Lord, as the son of Syrach rightly (and by way of eminence) stiles them, Ecclus. 17. 5. By these we draw all outward objects to our selves. What were the beauties of the universe to us, if we had not sight to behold them, or the most melodious sounds, if we had not hearing? and so of the rest. And yet these are not only generally given, but also preserved to the greater part of men: and perhaps would be to more, did not our base undervaluing of common mercies, force God somtimes to instruct us in their worth, by making us feel what it is to want them.
15. **Multitude** of refreshments also God has provided for our bodies, particularly that of sleep, of which he has bin so considerate, as in his distributions of time, to make a solemn allotment for it: yet who almost when he lies down considers the mercy, or when he rises refreshed, rises thankful also? But if our rest at any time be interrupted by the cares of our mind, or pains of our bodies, then, (and not till then) we consider, that is God who gives his beloved sleep, Ps. 127. 2. and think it a blessing worth our esteem. Thus it is with health, strength, and every thing else, we despise it whilst we have it, and impatiently desire it whilst we have it not; but in the interim sure we cannot complain, that Gods hand is shortened towards us, when in the ordinary course of his providence we commonly enjoy these mercies many years, which we find so much miss of, if they be withdrawn but for a few hours. And indeed there is not a greater instance of human pravity then our senseles content of blessings, merely because they are customary; which in true reason is an argument why we should prize them the more. When we deal with men, we dif-
discern it well enough: he that gives me once a hundred pounds, I account not so much my benefactor, as if he made it my annual revenue; yet God must lose his thanks, by multiplying his favors; and his benefits grow more invisible by their being always before us.

16. But the body (with its enjoyment) is but the lowest instance of God's bounty: tis but a decent case for that inestimable Jewel he has put in it: the soul, like the Ark, is the thing for which this whole tabernacle was framed, and that is a spark of Divinity in which alone it is that God accomplished his design of making man in his own image, Gen. 1. 26. Twould be too long to attempt an exact survey of its particular excellencies; the mere intellectual powers wherewith it is indued, have exercised the curiosity and raised the admiration of the great contemplators of nature in all ages: yet after all, of so subtle composure is the soul, that it is inscrutable even to itself: and tho' the simplest man knows he has the faculties of Imagination, Apprehension, Memory, Reflecting; yet the learned cannot assign where they are seated, or by what means they operate. Tis enough to
to us that we have them, and many excellent uses for them; one whereof (and a most necessary one) is a thankful reflection on the goodness of God who gave them. He might have made us in the very lowest form of creatures, insensible as stocks or stones; or if he had advanced us a step higher, he might have placed us among mere animals, transcripts perhaps of the noxious, at the best of the tamer sort of beasts: but he has placed us in the highest rank of visible creatures, and not only given *Dominion over the works of his hands*, Psal. 8.6, but has given us the use of reason wherewith to manage that sovereignty, without which we had only been the more masterful sort of brutes.

17. Yet still the soul is to be considered in a higher notion, that of its immortality and capacity of endless bliss. And here indeed it owns its extraction, and is an image of the first being, whose felicity is coexistent with himself. This as it is the most transcendent accomplishment of our nature, so it is most universal. Whatever disparity there may be between man and man in other respects, yet in this all are equal: the poor beggar at the gate has a soul as capacious of eter-
eternal happiness, as he whole crumbs he begs for (nay sometimes better prepar'd for it, as that parable shews, Luk. 16:21.) And tho the dignities of earth are the prize of the rich and noble, the subtle and designing; yet heaven is as easily mounted from the dung-hill as the throne, and an honest simplicity will sooner bring us thither, than all the Machiavelian policy. Nay God has not only design'd us to so glorious an end, but has don all on his part to secure us of it, sent his Son to lead us the way, his spirit to quicken us in it. - We need not dispute how universal this is, tis sure it concerns all to whom I am now speaking, those that are within the pale of the church: and if it should prove confin'd only to them, the more peculiar is their obligation, that are thus singled out from the rest of the world, and the greater ought to be their thankfulness. The heathen Philosopher made it matter of his solemn acknowledgment to fortune, that he was born a Grecian and not a barbarian: and sure the advantages of our Christianity are of a much higher strain, and ought to be infinitely more celebrated. The Apostle we find often applauding this glorious privilege, as that which
whofe makes us fellow citizens with the Saints, and of the household of God, Ephes. 3.

19. nay which elevates us to a higher state, the adoption of sons, Gal. 4. 5. nor only Sons, but Heirs also of God, and joint Heirs with Christ, Rom. 8.17. And what ambition is there so greedy which this will not satisfy? yet this is our common state, the birth-right of our regeneration, if we do not degrade our selves, and with Esau basely fell our title.

18. And now methinks every man may interrogate himself in the fame form, wherein Jonadab did Amm. 2 Sam. 13.4. why art thou, being the Kings son, thus lean from day to day? Why should a Person who is adopted by the King of Kings, thus languish and pine? What is there below the sun worthy his notice, much less his desires, that hath a Kingdom above it? Certainly did we but know how to estimate our selves upon this account, twere impossible for us with such fordid condeccentions to court every petty worldly interest, and so impatiently vex our selves when we cannot attain it. Alas how unworthily do we bear the name of Christians, when that which carried the Fore-fathers of our Faith thro the moft fiery tri-
als, cannot support us under the disappointment of any extravagant desire? They had such respect to the recompence of the reward, Heb. 11. 26. as made them cheerfully expose their Fame to ignominy, their Goods to rapine, their Bodies to the most exquisite tortures, and their Lives to death. Yet the same hopes cannot work us to any tolerable degree of patience, when we suffer but the smallest diminution in any of these. What shall we say? Is Heaven grown less valuable, or Earth more then it was then? No surely, but we are more infatuated in our estimates: we have so long abetted the rivalry of the hand-maid, that the Mistress, like Sarah, appears despicable. Like Jonah we sit down sullen upon the withering of a gourd, never considering that God has provided us a better shelter, a building of God eternal in the Heavens, 2. Cor. 5. 1. Indeed there can be no temporal destitution so great, which such an expectation cannot make supportable. Were we in Job's condition sitting upon a dunghill, and scraping our selves with a potsherd, yet as long as we can say with him our redeemer liveth, Job. 19. 25. we have all reason to say with him also, blessed be the name of the Lord.
Chap. 1. 21. What a madness is it then for us to expose our selves to be pierc'd and wounded by every temporal adversity, who have so impenetrable an armour? nay what an ungrateful contumely is it to that goodness of God, to shew that we cannot make him a counterpoise to the most trivial secular satisfaction? on which account sure he may again take up that exprobrating complaint we find in the Prophet, A goodly price that I was valued at by them. Zac. 11. 13.

19. But how mean soever he is in our eies, tho Christ seem the same to us in his glory which he did in his abjection, to have no beauty that we should desire him; yet he puts another rate upon himself, and tell us, He that loves Father or Mother, Son or Daughter more then me, is not worthy of me. Mat. 10. 37. Now our love and our joy are passions coincident, and therefore whatever we joy more in then we do in him, we may be presum'd to love better; and if he cannot endure the competition of those more ingenuous objects of our love he there mentions, how will he suffer that of our vanities, our childish wanton appetites? And yet those are the things after which we so impatiently
ently rave. For I believe I may truly affirm, that if there were a scrutiny made into all the discontents of mankind, for one that were fastned upon any great considerable calamity, there are many that are founded only in the irregularity of our own desires.

20. By what has been said we may justly conclude in the Prophets Phrase, *God hath not bin to us a wilderness, a land of darkness*, Jer. 2. 31. but has graciously dispens’d to us in all our interests. Yet the instances here given are only common, such as relate to all, or at least the far greater part of mankind: but what volumes might be made, should every man set down his own particular experiences of mercy? In that case twould be no extravagant Hyperbole we find Joh. 22. 25. *That even the world itself could not contain the books which should be written.* God knows our memories are very frail, and our observations flight in this point: yet abstracting from all the forgotten or neglected favors, what vast catalogues may every man make to himself, if he would but yet recollect, what effects he has had of God’s bounty in giving, of his providence in protecting, of his grace in restraining,
and exciting, of his patience in forbear-
ing? And certainly all these productions
of the divine goodness were never de-
sign'd to die in the birth. The Psalmist
will tell us, the Lord hath so don his mar-
vellous works, that they ought to be had in re-
membrance. Ps.111.4. Let every man then
make it his daily care to recount to him-
selt the wonders God hath don, as for
the children of men in general, so for
himself in particular. When the Israelites
murmured under their bondage, Pha-
roh imputes it to their idlenes's, and
prescribes them more work, as the rea-
diest cure: a piece indeed of inhuman
Tyranny in him, but may with equity
and success be practiced by us upon our
selves. When we find our appetites mu-
tinous, complaining of our present con-
dition, let us set our selves to work, im-
pose it as a task upon our selves to re-
collect the many instances of Gods mer-
cies. And surely if we do it sincerely,
and with intention, we cannot have palt
thro half our stages, before our sullen
murmurs will be beat out of counte-
nance, and retire with shame, when they
are confronted with such a cloud of wit-
nesses, such signal testimonies of Gods
good.
goodness to us: for when we have mu-
ster'd up all our little grievances, most
critically examin'd all our wants, we shall
find them very unproportionable to our
comforts, and to our receits; in which
comparative notion, the next Section is
to consider them.
Sect. IV.

Of the Surplusage of our Enjoyments above our Sufferings.

To regulate our estimate of those things which we either enjoy or suffer, there are three precedent queries to be made: the first of their number or plenty, the second of their weight, the third of their constancy and continuance; for according as they partake more of these properties, every good is more good, and every evil is more evil. It will therefore be our best method of trial in the present case, to compare our blessings and our calamities in these three respects.

2. And first in that of plenty. The mercies of God are the source of all our good, are set out to us in holy scripture in the most superlative strain, They are multitudes, Psal. 102. 20. Plenteous redemption, Psal. 130. 7. as high as the heaven, Psal. 103. 11. He fills all things living with plenteousness, Psal. 145. 16. His mercies indeed
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Indeed are such as come not within the compass of number, but stretch themselves to infinity, and are best represented by such a calculation as God made to Abraham, when he shew'd him the nume-

rariness of his posterity by the innumerable of the stars, Gen. 15. 5. Were there but a single mercy apportion'd to each minute of our lives, the sum would arise very high; but how is our Arithmetic confounded, when every minute has more then we can distinctly number? for besides the original stock mention'd in the last section, and the accession of new bounty, the giving us somewhat which we had not before; what an accumulative mercy is it, the preserving what we have? We are made up of so many pieces, have such varieties of interests, spiritual, temporal, public, and private; for our selves, for our friends, and dependents; that it is not a confused general regard that will keep all these in security one moment. We are like a vast building, which costs as much to maintain, as to erect. And indeed considering the corruptibility of our materials, our preservation is no less a work of Omnipotence, then our first forming: nay perhaps tis rather a greater. Our
Our original clay tho it had no aptness, yet it had no aversions to the receiving a human form; but was in the hand of the potter to make it what he pleased: but we now have principles of decay within us, which vehemently tend to dissolution; we want the supplies of several things without us, the failing whereof returns us again to our dust. Nay we do not only need the aid, but we fear the hostility of outward things. That very air which sometimes refreshes us, may at another starve and freeze us: that which warms and comforts us, has also a power of consuming us. Yea that very meat which nourishes, may choak and stifle us. In a word there is no creature so despicable, so inconsiderable, which may not sometimes serve us, and which may not at any time (if God permit) ruine us. Now whence is it that we so constantly, so frequently find the good, the benign efficacy of these things, and so seldom, so rarely the evil? whence I say is it, but from the active unwearied providence, which draws forth the better properties of the creatures for our use, and restrains the worser for our security? which with a particular adventence watches not only over every Person,
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Ifon, but over every several concern of that person. And how astonishing a contemplation is this? If the mere ebbing and flowing of the sea, put the Philosopher into such an extasy, that he flung himself into it, because he could not comprehend the inscrutable cause of it; in what perpetual raptures of admiration may we be, who have every minute within us, and about us, more and greater wonders, and those too in our favor, when we deserve rather the divine power should exert itself in our destruction?

3. But alas our danger from the visible creatures, is little compar'd with those from the spirits of darkness. We wrestle not only with flesh and blood, but with Principalities and Powers, with spiritual wickedness, &c. Eph. 6. 12. So inveterate is the enmity between the Serpent and the seed of the Woman in general, that he watches all advantages against us, not only in our souls, but even our bodies, our goods, and in every part of our concerns. Thus we see he not only assaulted Job's soul by the wicked insinuations of his Wife, but (with more effect) his body with boiles and sores, his possessions by the Chaldeans and Sabeans, and the images
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Images of himself, his dearest Children, by a wind from the wilderness. Job. 1. And can we think his malice is now worn out? no surely he still wishes as ill to mankind as ever, and we should soon see the woful effects of it, did not the same power which let him loose for Job's trial, restrain him for our safety. Nay had he but power to affright, tho not to hurt us, even that would make our lives very uncomfortable. We cannot hear the relation of Sprights or apparitions, but our blood chills upon it, and a horror runs thro our veins: what should we then do if he should make his night-walks thro our chambers, and with his illusory terrors disturb our rest? Yet all this and much more he would do, if God did not chain up this old Dragon, Rev. 20. Nay if he were not at the expense of a guard about ns, and those no less then Angels. I shall not dispute whether every person hath not his peculiar Guardian: for tho many have not improbably asserted it, we have ground enough of acquiescence in the general affirmation of the Apostle, that they are all ministering Spirits, sent forth to minister for them, who shall be heirs of Salvation, Heb. 1. 4.

And now if the Reader please to sum up how
how many are his concerns, and how many are the dangers which await him in them all, he cannot sure render the account of those mercies which preserve the one, and divert the other, in any other phrase then that of the Psalmist. They are more then I am able to express. Psal. 40. 7.

4. We may now challenge the most miserable, or the most querulous man living, to produce causes of complaint, proportionable to those of thanks-giving. He that has the greatest stock of calamities, can never vye with the heaps of benefits; the disproportion is greater then that of the armies of Ahab and Benhadad. 1 Kings. 20. 27. whereof the one was like two little flocks of Kids, the other filled the country. God has told us that he affiicts not willingly, nor grieves the children of men. Lam. 3. 33. whereas on the contrary, he delighteth in mercy. Mich. 7. 18. We may judge by our selves which he is the likeliest often to repete, those acts which he doth with regret and reluctancy, or those which he do's with plesure and delight. But we need no inferences where we have the attestation of experience, Let every man therefore make this his judge in the case, let him every night re-
recollect, how many things within and about him he is concern'd in, and consider how many of those have been preserved entire to him, still accounting every thing so continued as a new donation. If he begin with his spiritual state, 'tis too possible he may sometimes find he has lost his innocence, committed some, perhaps many sins: but even in these he will find cause to justify God, if he do but recollect with what inward checks and admonitions, and outward restraints, God has endeavored to bridle him. If he will break thro' those fences, that do's not at all derogate from the mercy of God which so guarded him, but it rather illustrates his goodness, that after so many quenchings of his Spirit, do's yet continue its influence. So that even he that has the most deplorably violated his integrity, is yet to confess that God's purpose was to have preserved it entire: and he might really so have kept it, had he complied with those aids which were afforded him. But in temporal concerns we are not so apt to undermine our selves, and therefore shall much more rarely find we have suffered detriment in them, than in our spiritual; but are there ordinarily like to meet with a better
better account. Let a man therefore con-
consider what is lacking to him of all the se-
cular good things he had in the morn-
ing, and tell me whither for the most
part he may not give such an account,
as the Israelitish officers did of their men
after the slaughter of the Midianites, that
be hath not lost one. Num. 31. 30. Or if
somtimes he do suffer a diminution, yet
at the worst he will find that many more
good things have bin preserv'd to him,
then have bin taken from him. A man
may perhaps meet with some damage in
his estate, yet tis manifold odds that that
damage is but partial, and that he has
still more left then is lost: Or if it be
more intire; yet if he have his health, his
limbs, his sences, his friends, and all things
beside his estate left him, so that for one
thing he has lost, he still retains a multi-
tude, he may say of it as the Disciples of
the few Loaves, what is this among so many?
Mat. 14. 17. Aristippus being bemoan'd for
the losse of a Farm, repli'd with some sharp-
ness upon his Condoler, you have but one
field, and I have yet three left, why should
I not rather grieve for you? intimating
that a man is not so much to estimate what
he has lost, as what he has left. A piece
of wisdom which if we would transcribe, we might quickly convince ourselves, that even in our most adverse estate there are as Elijah speaks, more with us then against us, 2 King. 6. 16. that our enjoyments are more then our sufferings, and God's acts of grace, do far out-number those of his severity.

5. And as they do out-number, so also do they out-weigh them. The mercies we receive from God are (as the last Section has shew'd) of the greatest importance, the most substantial solid goods; and the greatest of all, I mean those which concern our eternal state, are so firmly fixt on us, that unless we will voluntarily quit our clame, tis not in the power of men or devils to defeate us. Light bodies are easily blown away by every gust of wind, but this weight of glory, as the Apostle calls it, 2 Cor. 4. 17. continues firm and stable, is proof against all storms, like the shadow of a great rock in a weary Land. Isa. 32. 2. Those dark adumbrations we have of it, might have served to refresh and deceive the tediousnes of our pilgrimage, and therefore the most formidable calamities of this life are below all measures of comparison with this hope of our calling, this riches of the glory of our inheritance. Eph.
Eph. 3.16. The heaviest and most pressing of our afflictions are to that, but like the small dust of the balance: Esa. 40. 15. So that if we should here stop our inquisition, we have a sufficient resolution of the present question, and must conclude, that God has given us an abundant counterpoise of all; we either do or can suffer here.

6. If therefore there be any so forlorn as to temporals, that he can fetch thence no evidence of God's fatherly care of him, yet this one consideration may solve his doubts, and convince him that he is not abdicated by him. We read of no gifts Abraham gave Isaac, yet to the sons of the concubins 'tis said he did, Gen. 25. 6. It had bin a very fallacious inference, if Isaac should have concluded himself neglected, because his far greater portion was but in reversions. And it will be the same in any of us, if we argue an unkindness from any temporal wants who have the entail of an eternal inheritance. But surely God do's not leave himself without witness, Act. 14. 17. even in secular things; there is no man breathing but has some blessings of his left hand, as well as his right, as I have already mention'd: I
and unless it be some few prodigies of Calamity in whose punishment or patience God designs signally to glorify himself, there are none who enjoy not greater comforts of life then those they want, I mean such as are really greater, tho perhaps, to their prejudicated fancies they do not appear so. Thus in point of health, if a man be disaffected in one part, yet all the rest of his body may be (and often is) well; or if he have a complication, and have more then one disease, yet there is no man that has all, or half so many as are incident to human bodies, so that he is comparatively more healthy then sick. So again it is not very common for a man to lose a limb, or sense, the generality of men keep them to their last, and they who do, have in that an overbalance to most outward adversities; and even they who are so unhappy to lose one, yet commonly keep the rest; at least the Major part: or if at any time any man is left a mere breathing trunk, yet it is by such stupifying diseases as dead the sense, or such mortal ones as soon take them away; and so the remedy overtakes the Malady. Besides it pleases God very often, to make compensation for
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for the want of one member or faculty by improving the use of another. We have seen feet supply all the necessary uses of hands to those who have had none; and it is a thing of daily observation that men that are blind, have the greater internal light: have their intellects more vigorous and active, by their abstractions from visible objects.

7. Thus also it is in the matter of wealth, he that is forced to get his bread by the sweat of his brows, tis true he cannot have those delicacies wherewith rich men abound; yet his labor helps him to a more poignant, a more savory sauce than a whole College of Epicures can compound. His hunger gives a higher gust to his dry crust, then the surfeited stomach can find in the most costly, most elaborate mixtures: so verifying the observation of Solomon, the full soul loatheth the honied comb, but to the hungry soul every bitter thing is sweet, Prov. 27. 7. He cannot indeed stretch himself upon his bed of Ivory, Am. 6. 4. yet his sleeps are fonder then those that can. The wise man tells us, and experience do's so too, that the sleep of a laboring man is sweet. Eccles. 5. 12. He is not clothed Gorgeously, has
has not the splendor of glittering apparel, so neither has he the care of contriving it, the fears of being forestalled in a new invention, or any of those unmanly solicitudes which attend that vanity. He has the proper genuine use of clothing; the preventing shame and cold, and is happily determin’d to that which the wiser men of the world have voluntarily chosen. To conclude, he has one advantage beyond all these; his necessities rescue him from idleness, and all its consequent temptations; which is so great a benefit, that if rich men be not their own taskmasters as his wants are his, if they do not provide themselves of business; that one want of theirs is infinitely more deplorable then all his: and he is not only happy comparatively with himself, in having better things then he wants, but with them also.

8. If we come now to reputation and fame, the account will be much the same. He that is eminent in the world for some great archievement, is set up as an object of every mans remark; when as his excellencies on the one hand are visible, so his faults and blemishes are on the other. And as human frailty makes it too pro-
probable these latter will be really more; so human envy makes it sure that they shall be more precisely, more curiously observed, and more loudly blazon'd. So that upon the whole, a good quiet security, tho it be not the road to glory, yet is the likeliest fence against infamy. And indeed he that can keep up the repute of a sober integrity within his own private sphere, need not envy the triumphant fallies of others, which often meet with a fatal turn at the later end of the day. But twill be said that even that more moderate sort of reputation is not every man's portion, but that many lie under great ignominy and scandals. I shall here ask whether those be just or unjust: If they be just they belong not to our present subject, which relates only to those inflictions which are the effects of God's immediate providence, not of our own crimes; for I never doubted but that by those we may divest ourselves of any, nay of all the good things God has design'd us. But if the obloquy be unjust, tis probable that it is taken up only by ill men, and that the good pass a more equitable sentence; and then surely the attestation of a few such, is able to out-weigh
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weigh a multitude of the others. And in this case a man may not only find patience but pleasure in reproches. Socrates lookt with trouble and jealousy on himself when ill men commended him, saying what ill have I don? and sure a Christian has a farther reason to be pleas'd with their revilings, they being his security against the woe pronounc'd to those whom all men speak well of, Luk. 6.26.

But sometimes it happens, that even good men are seduc'd, and either by the artifices of the wicked, or their own too hasty credulity, give credit to unjust reports. And this I confess is a sharp trial to the injur'd person, yet even this cannot often be universal, there can scarce be any innocence so forlorn but that there may be opportunities of clearing it to some or other, and by them propagating it to more, and if the cloud ever come to be dispers'd, their fame will appear with the brighter luster. But if none of this happen, they have yet a certain and more blessed retreat, even an appeal to the unerring judg, who never beholds us with more approbation, then when we are under the unjust condemnation of men. Indeed we have then a double tie upon him, not only his justice,
but his pity is concern'd in our cause. God particularly owns himself as the refuge of the oppressed, and there is scarce a sharper and more sensible oppression than this of Calumny: yet even this proves advantage, whilst it procures God's immediate patronage, makes us the objects of his more peculiar care and compassion, who can make our righteousness as clear as the light, Ps. 37. 6. if he see it fit; but if in his wisdom he chuse not that for us, tis comfort enough for us that we have approv'd it to him. Twas Elkanah's question to Hannah in her disconsolation, Am not I better to thee than ten Sons? 1 Sam. 1. 8. And sure we may say the like of God's approbation, that tis better to us I say not then ten, but ten thousand Eulogies of men. The very Echo of it in the testimony of a good conscience is an unspeakable comfort, and this voice sounds more audibly, more sweetly, among the loudest, the harshest accusations of men. So that we see even this assault too is not without its guard, and these waters of Marah, Exod. 15. 23. may be render'd not only wholesome but pleasant.

9. I have now instanced in the three most general concerns of human life, the Body,
Body, Goods, and Fame, to which heads may be reduced most of the afflictions incident to our outward state, as far as immediately concerns our selves. But there is no man stands so single in the world, but he has some relations or friends in which he thinks himself interested, and many times those oblique strokes which wound us thro them, are as painful as the more direct: yet here also God is ordinarily pleas'd to provide some alliages, if we would but take notice of them. He who has had one friend die, has ordinarily divers others surviving; or if he have not that, usually God raises him up others. Tis true we cannot have a succession of Fathers and Mothers, yet we often have of other friends that are no less helpful to us: and indeed there are scarce in any thing more remarkable evidences of Providence, then in this particular. He that is able out of stones to raise up children to Abraham, Mat. 3. 9. do's many times by as unexpected a production supply friends to the desolate. But we do sometimes lose our friends while they are living, they withdraw their kindness which is the soul of friendship: and if this happen by our own demerit, we can accuse
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neither God nor them for it: nor can we rationally expect that God should provide supplies, when we wilfully despoil our selves. But when they are unkind without provocation, then is the season for his interposition, who uses to take up those whom Father and Mother forsake, Psal. 27. 10. and we frequently see signal proofs of his care in exciting the companions of other friends and relatives, or perhaps of mere strangers. Nay somtimes God makes the inhumanity of a mans relations, the occasion of his advantage. Thus the barbarous malice of Josephs brethren was the first step to his Dominion over Egypt. And it is a common observation in Families, that the most discomteanced child oft makes better proof, then the dearling.

10. We are yet liable to a third afflication by the calamity of our friends, which by the Sympathy of Kindness presses us no less (perhaps more) sensibly then our own: but then tis to be consider'd that theirs are capable of the same allaying circumstances that ours are, and God has the same arts of alleviating their burdens; so that we have the same arguments for acquiescence in their sufferings that
that we have in our own; and shall do a more friendly office in impressing those upon them, then in the most passionate adopting their sorrows.

11. The last and greatest discomfort from friends, is that of their sin: and if ever we may be allow'd that disconsolate strain of the Prophet, Isa. 22.4. Turn away from me, I will weep bitterly, labor not to comfort me; this seems to be the time. Yet even this valley of Achor is not without a door of hope, Hos. 22.15. A vicious person may be recalled, multitudes have bin; so that as long as God continues life, we ought no more to deposite our hope then to quit our endeavor. Besides there are few that make this complaint that have not something to balance, or at least to lighten it. I shall instance in that relation which is the nearest and most tender, that of a Parent. He that has one bad child may have divers good. If he have but one virtuous tis a very great mercy, and tis another that he may be the better taught to value it by the opposition of the contrary. But if any be so unhappy as to have many children, and all to consume his eies and grieve his heart,

1 Sam 2.33; it may be a seasonable reflexion for
for him to examine how far he has contributed to it, either by Elies fond indulgence, or by a remiss and careless education: or which is worst of all, by his most impious example. If any, or all of these be found the cause, he is not so much to seek for allies to his grief, as for pardon of his sin: and when he has penitently retracted his own faults, he may then have better ground of hope that God may reform those of his children. In the mean time he may look on his own affliction in them as God's discipline on him, and gather at least this comfort from it, that his heavenly Father has more care of him, then he had of his; and do's not leave him uncorrected.

12. Thus we see in all the concerns (which are the most common and important of human life, and wherein the justest of our complaints are usually founded) there is such a temperature and mixture, that the good do's more then equal the ill; and that not only in the greater bulk, when our whole state is weighed together, but in every single branch of it: God having herein dealt with this little world Man, as he has don with the greater, wherein he is observ'd to have...
furnished every country with Specific re-
medies for their peculiar diseases. I have
only given these short hints by way of
effay and pattern for the Readers contempla-
ion, which when he shall have ex-
tended to all those more minute particu-
lar wherein he is especially concern'd,
more curiously compar'd his sufferings
with his allayes and comforts; I cannot
doubt but he will own himself an instance
of the truth of the present Thesis, and
confess, that he has much more cause of
thankfulness then complaint.

13. Thi s I fay supposing his afflictions to be of those more solid and consider-
able sorts I have before mention'd. But
how many are there who have few or none
of such, who seem to be seated in the land
of Goshen, in a place exempt from all the
plagues that infest their Neighbors? And
these one would think should give a rea-
dy suffrage to this conclusion, as having
no temptation to oppugn it; yet I doubt
tis far otherwise, and that such men are
of all the most unsatisfied. For tho they
have no crosses of Gods imposing, they
usually create a multitude to themselves.
And here we may say with David, it is
better to fall into the hand of God, then in-

to the band of man, 2 Sam. 24. 14. tis easier to bear the afflictions God sends, then those we make to our selves. His are limited both for quantity and quality, but our own are as boundless as those extravagant desires from which they spring.

14. And this is the true cause why contentment is so much a stranger to those who have all the outward causes of it. They have no definite measure of their desires; tis not the supply of all their real wants will serve their turn: their appetites are precarious and depend upon contingencies. They hunger not because they are emty, but because others are full. Many a man would have liked his own portion well enough, had he not seen another have something he liked better. Nay even the most inconsiderable things acquire a value by being anothers, when we despise much greater of our own. Abab might well have satisfied himself with the Kingdom of Isreal, had not Naboths poor plot lain in his eie: but so raving were his desires after it, that he disrelishes all the pomps of a Crown, yea the ordinary refreshments of Nature, can eat no bread till he have that to furnish him with Sallads. 1 King. 21. 2. And how many are
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are there now adaies whose cloths sit uneasy if they see another have had but the luck to be a little more ingeniously vain; whole meat is unsavory if they have seen but a greater rarity, a newer cookery at another's Table: in a word who make other peoples excesses the standard of their own felicities.

15. Nor are our appetites only excited thus by our outward objects, but precipitated and hurried on by our inward lusts. The proud man so longs for homage and adoration, that nothing can please him if that be wanting. Haman can find no gust in all the sensualities of the Persian Court, because a poor despicable Jew denies his abaisance, Est. 5. 13. The lustful so impatiently pursues his impure designs, that any difficulty he meets in them, makes him pine and languish like Amnon, who could no way recover his own health but by violating his sister's honor. 2 Sam. 13. 14. The revengeful labors under an Hydropic thirst till he have the blood of his enemy: all the liquor of Absaloms sheep-sheering could not quench his, without the slaughter of his brother, 2 Sam. 13. 22. And thus every one of our passions keeps us upon the rack till they have
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have obtained their designs. Nay when they have, the very emtiness of those acquisitions is a new torment, and puts us upon fresh pursuits. Thus between the impetuousness of our desires, and the emtiness of our enjoiments, we still disquiet ourselves in vain, Ps. 39. 7. And while we have such cruel task-masters, tis not strange to find us groaning under our burdens. If we will indulge to all our vicious or foolish appetites, think our lives bound up with them, and solicit the satisfaction of them with as impatient a vehemence, as Rachel did for children, Gen. 30. 1. give me them or I die: no wonder that we are alwaies complaining of disappointments, since in these the very success is a defeat, and is but the exchanging the pain of a craving ravenous stomach, for that of a cloi'd and nauseated. Indeed men of this temper condemn themselves to a perpetual restlessness: they are like phantastic mutineers, who when their superiors send them blanks to write their own conditions, know not what will please them: and even Omnipotence itself cannot satisfy these till it have new moulded them, and reduced their desires to a certainty.
16. But in the mean time how unjustly do they accuse God of illiberality, because every thing answers not their humor? He has made them reasonable creatures, and has provided them satisfactions proportionable to their nature; but if they will have wild irrational expectations, neither his wisdom, nor his goodness is concern'd to satisfy those. His supplies are real and solid, and therefore have no correspondence to imaginary wants. If we will create such to our selves, why do we not create an imaginary satisfaction to them? Twere the merrier frenzy of the two, to be like the mad Athenian that thought all the ships that came into his harbor his own: and twere better Ixion like to have our Arms fill'd with a cloud, then to have them perpetually beating our own breasts, and be still tormenting our selves with unsatisfiable desires. Yet this is the state to which men voluntarily subject themselves, and then quarrel at God because they will not let themselves be happy. But sure their very complaints justify God, and argue that he has dealt very kindly with them, and afforded them all the necessary accommodations of life: for did they want them, they
they would not be so sensible of the want of the other. He that is at perfect ease may feel with some vexation the biting of a flea or gnat, which would not be at all observable if he were upon the rack. And should God change the scene, and make these nice people feel the destitution of necessaries; all these regrets about superfluities would be overwhelmed. In the mean time how deplorable a thing is it, that we are still the poorer for God's bounty, that those to whom he has opened his hand widest, should open their mouth so too, in outcries and murmurs? For I think I may say that generally, those that are the farthest remov'd from want, are so from content too; they take no notice of all the real substantial blessings they enjoy, leave these (like the ninty nine sheep in the wilderness) forgotten and neglected, to go in quest after some fugitive satisfaction, which like a shadow flies still faster in proportion to their pursuit.

17. A N D now would God they could be recalled from this unprofitable chase, and instead of the Horfleeches note, Give, give, Prov. 30. 15. take up that of the Psalmist, what shall I render to the Lord L
for all the benefits he hath done unto me? Ps. xix. 12. Let them count how many valuable or rather inestimable things they have received from his mercy, and then confront them with those corrections they have found from his justice, and if they do this impartially, I doubt not they will find wherewithal to check their highest mutinies, and will join with me in confessing, that their good things abundantly outweigh their ill.

18. If now we carry on the comparison to the last circumstance, and consider the Constancy, we shall find as wide a difference. Let us take the Psalmist's testimony, and there will appear a very distant date of his mercies and punishments. *His mercies endure for ever,* Ps. 136. whereas his wrath *endures but the twinkling of an eye,* Ps. 30. 5. And accordingly God owns his acts of severity as his *strange work,* Isa. 28. 21. that which he resorls to only upon special emergencies; but his mercies are *renewed every morning,* Lam. 3. 25. and doubtless we may all upon trial affirm the same. There are many of the most necessary comforts of life which do not only sometimes visit us as guests, but dwell with us as inmates and domestics. How many
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many are there who have lived in a perpetual affluence from their cradles to their graves, have never known what it is to want? And tho the goods of fortune are perhaps less constant to some, yet the refreshments of nature are usually so to us all. We eat and drink, we sleep, we recreate, we converse in a continued circle; and go our round almost as constantly as the Sun do's his. Or if God do's sometimes a little interrupt us in it, put some short restraint upon our refreshments, yet that comparatively to the time we enjoy them, is but proportionable to the stop he has sometimes made of the Sun, Jos. 10. 13. 2 Kings 20. 8. or of the sea, Exod. 14. 21. which as they were no subversions of the course of nature, so neither are those short pauses he sometimes makes, a repeal of those fixed and customary benefits his providence usually allots us. But who is there can say that any one of his afflictions has bin of equal continuance, or has prest him with so few intermissions? Perhaps he may have mist some few nights sleep: but what is that to twelve-months, or perhaps a whole lives enjoying it? Tis possible his stomach and his meat have not alwaies bin ready to-
gether, but how much oftener have they met to his delight? and generally those things that are most useful, are but rarely interrupted. Nay to a great many even the delicacies of life are no less constant, and their luxuries are as quotidiano as their bread: whereas unless their vices or their fancies create uneasinesses to them, those that come immediately from God's hand, make long intermissions and short stays. Yet for all this they that should measure by the unceasingness of men's complaints, would judge that the scene was quite reverst, and that our good things are as Job speaks, swifter then a weavers shuttle, Job. 7. 6. whilst our ill, like Gehazi, leprosy, cleave inseparably to us. 2 Kings 5. 10.

19. The truth is, we will not let ourselves enjoy those intervals God allows us, but when a calamity do's retire we will still keep it in fiction and imagination; revolve it in our minds, and because it is possible it may return, look upon it as not gone. Like Aguish patients we count our selves sick on our well-days, because we expect a fit the next. A strange stupid folly thus to court vexation, and be miserable in Chimera. Do's any man
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or indeed any beast desire to keep a dis-
ftastful relish still in his mouth, to chew
the cud upon gall and wormwood? Yet
certainly there are a multitude of people
whose lives are imbitter’d to them mere-
ly by these fantastic imaginary sufferings.
Nor do we only fright ourselves with i-
images and Ideas of past calamities, but
we dress up new bugbears and mormoes,
are Poetic and aerial in our inventions,
and lay Romantic scenes of distresses.
This is a thing very incident to jealous
natures, who are alwaies raising alarms
to themselves. A suspicious man looks
on every body with dread. One man he
fears has designs upon his fortune, an-
other on his reputation, perhaps a third
upon his life; whilst in the mean time,
the only ill design against him is mana-
ged by himself; his own causeless fears
and jealousies which put him in a state
of hostility with all the world; and do
often betray him to the very things he
groundlessly suspected. For it is not sel-
dom seen that men have incurr’d real
mischiefs by a fond solicititude of a-
voiding imaginary ones. I do not que-
ftion but this is a state calamitous e-
ough, and shall acknowledg it very
like-
likely that such persons shall have little or no truce from their troubles, who have such an unexhausted spring within themselves; yet we may say to them as the Prophet did to the house of Jacob, *Is the Spirit of the Lord straitned? are these his doings?* Mich. 2. 7. Such men must not cry out that Gods hand lies heavy upon them, but their own; and so can be no impeachment to the truth of our observations, that Gods blessings are of a longer duration, keep a more fixt steady course than his punishments. The result of all is, that the generality of mankind have good things (even as to temporals) which do in the three respects foremention'd exceed the ill. I mean the true and real things which God sends, tho not those fanciful ones they raise to themselves.

20. A N D now why should it not appear a reasonable proposition that men should entertain themselves with the pleasant parts of Gods dispensations to them, and not alwaies pore upon the harsher: especially since the former are so much a fairer object, and perpetually in their eie, why should we look on the
the more sadning spectacles of human frailty or misfortune, thro all the magnifying optics our fancies can supply, and perversly turn away our eyes from the cheerfuller? Yet this God knows is too much the case with most of us. How nicely and critically do we observe every little adverse accident of our lives? What tragical stories of them do our memories present us with? When alas a whole current of prosperity glides by without our notice. Like little children our fingers are never off the sore place, till we have pickt every light scratch into an Ulcer. Nay like the leuder sort of beggars, we make artificial sores to give us a pretence of complaint. And can we then expect God should concern himself in the cure? Indeed in the course of his ordinary providence there is no cure for such people, unless it be by revulsion, the making them feel the smart of some very great and pressing affliction. They therefore put themselves under an unhappy dilemma, either to continue their own tormentors, or to endure the severest course of Gods discipline. Tis true the laft is the more cli-
eligible; but I am sure the best way is to prevent both, by a just and grateful sense of God's mercies: which will be yet farther illustrated if we compare them with our own demerits.
Sect. V. Of our Demerit towards God. 89

Sect. V.

Of our Demerit towards God.

1. It is the common fault of our nature, that we are very apt to be partial to ourselves; and to square our expectations more by what we wish, than by what we deserve. Something of this is visible in our dealings with men. We oft look to reap where we have not sown, Mat. 25. 25. expect benefits where we do none: yet in civil transactions there are still remaining such footsteps of natural justice, that we are not universally so unreasonable: all traffic and commerce subsisting upon the principle of equal retribution, giving one good thing for another equivalent; so that no man expects to buy corn with chaff, or Gold with dross. But in our dealings with God, we put off even this common equity; are vast in our expectations, but penurious and base in our returns; and as if God were our steward, not our Lord, we require of him with a confidence proper only to those who ask their own
own: whilst in the interim, what we offer to him is with such a disdainful lightness, as if we meant it rather an alms then an homage.

2. God indeed is so munificent, that he prevents us with his blessings, Ps. 21. 3. gives us many things before we ask: had he not done so, we could not have bin so much as in a capacity of asking. But tho the first and fundamental mercies are absolute and free, yet the subsequent are conditional: and accordingly we find in scripture, that God makes no promise either concerning this life or a better, but on condition of Obedience. The Jews who had much larger proposals of temporal happiness then Christians have, yet never had them upon other terms. God expressly articled for the performance of his commands, and made all their enjoiments forfeitable upon the failure, as we may see at large in the book of Deuteronomy. And under the Gospel St. Paul appropriates the promises as well of this life as that to come unto godliness, 1 Tim. 4. 8. It will therefore be a material inquiry for every man, whether he have kept his title entire, and have not by breach of the condition forfeited his claim, even to the most common or-
Sect. V. Of our Demerit towards God. 91

Ordinary blessings; for if he have, common reason will tell him he can challenge none: and that the utmost he can hope for, must be only upon a new score of unmerited favor.

3. And here certainly every mouth must be stopped, and all the world become guilty before God, Rom. 3. 19. For alas who is there that can say his obedience has bin in any degree proportionable to his obligation? Tis manifest we have all received abundantly from Gods hand, but what has he had from ours? I may challenge the best man, to cast up the account of his best day, and tell me whether his receits have not infinitly exceeded his disbursments: whether for any one good thing he has don, he has not received many. Nor is the disparity only in number, but much more in value. Gods works are perfect, all he do's for us like the first six daies productions, are all very good, Gen. 1. but alas our very righteousness is as filthy rags, Esa. 64. 6. we offer him the blind and the lame, Mal. 1. 9. a few yawning drowfy praizers perhaps, wherein he has the left share: the fuller current of our thoughts running towards our secular or sinful concerns. We drop it may be a scanty Alms, where-
in this odds our vain-glory scrambles for a share with him; if it do not wholly ingross it. We sit an hour at a sermon, but it is rather to hear the wit or eloquence of the preacher, then the word of God. Like the duller sort of animals, we like well to have our itching ears scratcht, but grow sturdy and restive when we should do what we are there taught. In a word all our services at the best are miserably maim'd, and imperfect; and too often corrupt and unsound. So that God may well upbraid us as he did Israel, offer it now to the governor, will he be pleased with it? Mal. 1.8. These very iniquities of our holy things, are enough to defeat all our pretences to any good from God's hand; yet God knows this is much the best side of us: tis not every one that can make so fair an appearance as this amounts to. With many, there is no place to complain of the blemishes of their sacrifices, for they offer none, of whom we may say in the words of the Psalmist, God is not in all their thoughts, Psal. 10.4. I fear there want not those who drive away the day, the week, nay the year, without remembering in whole hand their time is, Psal. 31.15. or paying him any solemn tribute of
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crit; who enjoy the services of all inferior creatures, without considering that theirs are more due to the supreme Lord: in a word, who live as if they were absolutely independent; had their existence purely from themselves, and had no Creator to whom they owed their being, or any consequent duty. And sure men who thus discard themselves from God's family, have very little reason to expect the provisions of it: yet even such as these have the impudence to complain, if anything be wanting to their needs (shall I say) or to their lusts; can ravingly profane God's name in their impatiencies, which they know not how to use in their prayers: as if the Deity were considerable in no other notion, than that of their caretaker or steward.

4. If now we seriously reflect, what can be more admirable than that infinit patience of God; who notwithstanding the miserable infirmities of the pious, and the lead content of the impious, still goes on resolutely in his bounty, and continues to all mankind some, and to some all his temporal blessings? He has no obligation of justice to do so, for it is no part of his compact; he has none of gra-
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titude, for he is perpetually affronted and disobliged. Surely we may well say with David, Is this after the manner of men, O Lord? 1. Chro. 17. 17. Can the highest human indulgence bear any proportion with his divine Clemency: no certainly, no finite patience but would be exhausted with the thousandth part of our provocations.

5. But is not our dealing too as little after the manner of men? I mean of reasonable creatures: for us who have forfeited our right to all, and yet by mere favor are still kept in the possession of many great blessings: for us to grow mutinous, because there is perhaps something more trifling which is denied us, is such a stupid ingratitude, as one would think impossible to human nature. Should a Tenant with us have at once forfeited his lease and maliciously affronted his Landlord, he would surely think himself very gently dealt with, if he were suffer'd to enjoy but a part of his first estate; but we should think him not only insolent, but mad, who when the whole were left him, should quarrel and clamor if he might not have his Cottage adorn'd with marble floors, and gilded roofs. Yet at this wild rate
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rate we behave our selves to our great Landlord, grow pettish and angry if we have not every thing we can fancy, tho' we enjoy many more useful, merely by his indulgence. And can there be any thing imagin'd more unreasonable? Let us therefore if not for piety, yet at least to justify our claim to rationality, be more ingenuous; let us not consult only with our fond appetites, and be thus perpetually soliciting their satisfaction; but rather reflect on what tenure we hold what we already have, even that of superabundant mercy; and fear least like insolent beggars by the impudence of our demands we divert even that charity which was design'd us. In short let every man when he computes what he wants of his desires, reckon as exactly how much he is short of his duty; and when he has duly ponder'd both, he will think it a very gentle composition to have the one unsupplied, so he may have the other remitted; and will see cause contentedly to sit down and may with honest Mephibosheth, What right have I to cry any more unto the King? 2 Sam. 19. 28. But if it be thus with us upon the mere score of our imperfections or omissions, what an obnoxious state do our in-
innumerable actual sins put us in? If the spots of our sacrifices are provoking, what are our sacrileges and bold profanations? If those who neglect or forget God are lifted among his enemies, what are those who avowedly defy him? Indeed he that soberly considers the world, and sees how daringly the divine Majesty is daily affronted, cannot but wonder that the per-versions of our manners, those prodigies in morality, should not be answer'd with as great prodigies in calamity too; that we should ever have other ruin then that of Sodom, or the earth serve us for any other purpose then to be, as it was to Korah, Num. 16. our living sepulcher.

6. Nor is this longanimity of God observable only towards the mal and collective body of mankind, but to every man in particular. Who is there that if he ranfack his conscience, shall not find guilts enow to justify God in the utmost severities towards him? So that how much foever his punishments are short of that, so much he evidently owes to the lenity and compassion of God. And who is there that suffers in this world the utmost that God can inflict? We have a great many suffering capacities, and if those were
were all fill'd up to the height, our condition would scarce differ from that of the damned in any thing but duration. But God is more merciful, and never inflicts at that rate on us here. Every man's experience can tell him, that God discharges not his whole quiver at once upon him, but exempts him in many more particulars then he afflicts him; and yet the same experience will probably tell most of us, that we are not so modest in our assaults upon God; we attack him in all his concerns (as far as our feeble malice can reach) in his Sovereignty, in his honor, in his relatives, nay sometimes in his very essence and being. And as they are universal in respect of him, so also in regard of our selves: we engage all our powers in this war, do not only yield (as the Apostle speaks) our members instruments of unrighteousness, Rom. 6.18. but we press them upon the service of sensual and vile lusts, even beyond our native propensions. Nor are only the members of our body, but the faculties of our souls also thus employ'd; our understandings are busied first in contriving sins, and then excuses and disguises for them; our wills are yet more sturdy rebels, and when the understand-
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ing is beat out of all its out-works, yet
fully keep their hold in spite of all
conviction; and our affections madly rush
on like the horse into the battle, Jer. 8. 6.
deterred by nothing of danger, so there be
but sin enough in the attempt.

7. And now with what face can peo-
ple that thus pursue an hostility, expect
that it should not be return'd to them?
Do's any man denounce war, and yet ex-
pect from his adversary all the careless, the
obligements of friendship? Self-defence
will prompt even the meekest nature to de-
spoil his enemy at least of those things
which he uses to his annoyance; and if
God should give way even to that lowest
degree of anger, where or what were we?
For since we employ our whole selves a-
gainst him, nothing but destruction can
avert our injuries. But tis happy for us
we have to do with one who cannot fear
us, who knows the impotence of our wild
attempts, and so allays his resentment of
our insolence, with his pity of our follies.
Were it not for this, we should not be
left in a possibility so oft to iterate our pro-
vocations. Every wicked imagination and
black design, would be at once defeated
and punish'd by infatuation and frenzy; eve-
ry
ry blasphemous Atheistical speech would wither the tongue like that arm of Jeroboam which he stretcht against the Prophet, 2 King. 13. 4. and every impious act would like the prohibited retrospect of Lots Wife, fix us perpetual monuments of divine vengeance.

8. And then how much do we owe to the mercy and commiseration of our God, that he suffers not his whole displeasure to arise, Pla. 78. 39. that he abates any thing of that just severity he mightuse towards us? He that is condemned to the Gallowes, would think it a mercy to escape with any inferior penalty: why have we then such mean thoughts of Gods Clemency, when he descends to such low compositions with us, corrects us so lightly, as if twere only matter of ceremony and punctilio, the regard of his honor, rather then the execution of his wrath? For alas let him among us that is the most innocent, and undeservedly afflicted, muster up his sins and sufferings, and he will see a vast inequality: and (had he not other grounds of assurance) would be almost tempted to think those were not the provoking cause, they are so unproportionably answered. He sins in innumerable instances, and is
punisht in few; he sins habitually and perpetually, and suffers rarely and seldom; nay perhaps he has sometimes sinned with greediness, and yet God has punished with regret and reluctance, *How shall I give thee up O Ephraim?* Hos. 11.8. And when all these disparities are considered, we must certainly join heartily in Ezras confession, *Thou O God hast punished us less then our iniquities deserve,* Ezra. 9. 13.

9. Nay besides all our antecedent, we have after guilt no less provoking, I mean our ungracious repinings at the light chastisements of our former sins, our out-cries upon every little uneasiness, which may justly cause God to turn our whips into scorpions; and according as he threatened *Israel*, Lev. 26. 18. *to punish us yet seven times more.* And yet even this do's not immediately exasperate him. The *Jews* were an instance how long he could bear with a murmuring generation, but certainly we of this nation are a greater: *yet let us not be high-minded but fear,* Rom. 11. 20. for we see at last the doom fell heavy tho it was protracted: a succession of miraculous judgments pursued those murmurers, so that not one of them enter'd *Canaan.* And tis very ob-
obsorableable that whereas to other sins God's
denunciations are in scripture condition-
al and reversible; this was absolute and
bound with an oath, *He sware in his wrath
that they should not enter into his rest*, Psal.
95. 11. And yet if we compare the hard-
ships of the *Israelites* in the wilderness,
with most of our sufferings, we shall be
forced to confess our mutinies have less
tempation, and consequently less excuse.
From whence tis very reasonable to infer,
as the greatness of our danger if we per-
sift, so the greatness of Gods long-suffer-
ing towards us, who yet allows us space
to reform: and sure new complaints found
very ill from us, who are liable to so se-
vere an account for our old ones. I fear
the most resign'd persons of us will upon
recollecttion find, they have upon one
occasion or other out-vied the number
of the *Israelites* murmurs: therefore unless
we will emulate them in their plagues,
let us fear to add one more, lest that make
up the fatal sum, and render our destruc-
tion irrevocable.

10. Upon all these considerations it
appears how little reason any of us have to
repine at our heaviest pressures; but there
is yet a farther circumstance to be advert-
ed
ed to, and is too applicable to many of us, that is, that our sins are not only the constant meritorious cause of our sufferings, but they are also very often the instrumental cause also; and produce them not only by way of retaliation from God, but by a natural efficacy. Solomon tells us he that loves pleasure, shall be a poor man, and that a whorish woman will bring a man to a piece of bread, Prov. 6. 26. that he that sits long at the wine shall have redness of eyes, Chap. 23. 29. 30. that the loathful soul shall suffer hunger, 19. 15. and all these not by immediate supernatural infliction from God, but as the proper genuine effects of those respective vices. Indeed God in his original establishment of things, has made so close a connexion between sin and punishment, that he is not often put to exert his power in any extraordinary way, but may trust us to be our own Lectors, our own base minds reprove us, Jer. 2. 19. and our iniquities are of themselves enough to become our ruin, Exod. 18. 35.

11. It may therefore be a reasonable question for every man to put to himself, whether the troubles he labors under be not of this sort; whether the poverty he com-
complains of, be not the effect of his riot and profanation, his sloth and negligence? whether when he cries out that his comeliness is turned into corruption, Dan. 10. 8. he may not answer himself, that they are his visits to the harlots houses which have thus made rottenness enter into his bones, Hab. 3. 16. whether when he is beset with contentions, and has wounds without cause, he has not tarried long at the wine; when he has lost his friend, whether he have not by some treacherous wound, Eccle. 22. 22. forced him to depart: or when he lies under infamy, whether it be not only the Echo of his own scandalous crimes. If he find it thus with him, certainly his mouth is stopped, and he cannot without the most disingenuous impudence complain of any but himself. He could not be ignorant that such effects did naturally attend such causes, and therefore if he would take the one, he must take the other also. No man sure can be so mad, as to think God should work miracles (disunite those things which nature hath conjoin'd) only that he may sin at ease, have all the bestial pleasures he can project, and none of the consequent smart. We read indeed God divided the sea, but it
it was to make the way for the ransomed of the Lord to pass over, Isa. 15. 10. those who were his own people, and went in at his command; but when they were secured, we find the waters immediately return’d to their channel, and overwhelmed the Egyptians, who ventured without the same warrant. And sure the case is alike here, when any man can produce God’s mandate for him to run into all excess of riot, to defecrate the temple of the holy Ghost, and make his body the member of an harlot, 1. Cor. 6. 15. in a word when God bids him do any of those things, which God and good men abhor, then and not before he may hope he may sever such acts from their native penal effects; for till then (how profuse forever some Legendary stories represent him) he will certainly never so bestow his miracles.

12. But I fear upon scrutiny there will appear a yet farther circumstance upon which to arraign our mutinies: for tho it be unreasonable enough to charge God with the ill effects of our own leudness, yet tis a higher step to murmur because we have not materials to be wicked enough. And this I fear is the case with too many of us, who tho they are not so
of our Deport towards God. 105
so despoil'd by their sins, but that they can keep up their round of vicious pleasures, yet they are discontented because they think some others have them more exquisite, think their vices are not Gentile enough, unless they be very expensive, and are covetous only that they may be more luxurious. These are such as St. James speaks of, who ask amiss, that they may consume it upon their lusts. Jam. 4. 3. and sure to be mutinous on this account is one of the highest pieces of frenzy. Would any man in his wits tell another he will cut his throat, and then expect he should furnish him with a knife for it? And yet to this amount our murmurs against God, for his not giving us those things wherewith we only design to wage war with him. For surely if the discontents of mankind were closely inspected, I doubt a great many would be found of this kind. It concerns the Reader therefore to make the inquisition in his own breast, both in this and all the former particulars; and I doubt not, if he do it with any ingenuity and uprightness, he will be abundantly convinced that for his few mites of obedience he pays to God, he receives talents of mercies (even temporal) from him: and that
on the other side, that God as much under-
paiés his sins, as he overpaies his services:
by which God do's sufficiently attest how
little he delights in our affliction, how
gladly he takes any light occasion of ca-
ressing and cherishing, and over-skips those
of punishing us. Which sure ought to
make us convert all our displeasures against
our sins, which extort those acts of severi-
ty from him, to which his nature is most
averse. And here indeed our resentments
cannot be too sharp, but towards God our
fittest address will be in the penitential
form of the prophet Daniel, O Lord, to us
belongeth confusion of face, but to the Lord
our God belong mercies and forgiveness, tho
we have rebelled against him, Dan. 9.8,9.
And as his justice is to be revered in his
inflictions, so is his wisdom also, in so dis-
posing of events to particular persons, as
may best consist with the universal Oeco-
nomy and managery of the world, the
consideration whereof is the design of the
next Section.
Sect. VI. Of God's general Providence.

When God made the universe, he intended not only to glorify himself in one transient act of his power, and then leave this great and wonderful production of his, as the Ostrich her eggs in the wilderness, Lam. 4. 3. but having drawn it out of its first Chaos, he secur'd it from returning thither again, by establishing as a due symmetry of parts, so also a regular order of motion. Hence it is that the heavens have their constant revolutions, the earth its succession of determinate seasons, animals their alternate course of generation and corruption: and by this wise Economy, the world after so many thousand years, seems still in its spring and first beauty. But it had bin in vain to have thus secured the defection of the creatures, if man for whose sake they were made had bin excluded from this care. His faculty of reason would have
have made him but the more fatal instrument of confusion, and taught him the more compendious ways of disturbing the world. *Job* compares him to *the wild ass's colt.* Job. ii. 12. which takes its range without adverting to any thing of the common good. God has therefore doubly hedged in this unruly creature, made a fence of laws about him (both natural and positive) and besides has taken him into the common circle of his providence, so that he, as well as the rest of the creation, has his particular station assign'd him, and that not only in reference to other creatures, but himself; has put a difference between one man and another, ordained several ranks and Classes of men, and endowed them with special and appropriate qualifications for those stations wherein he has set them.

2. *This, as it is a work of infinit wisdom in God, so it is of unspeakable advantage to men. Without this regular disposition, the world would have bin in the same confusion which we read of in the host of the Midianites, every man's sword against his fellow, Jud. 7. 22. Nothing but force could determin who should do, or enjoy anything; and even that decision also*
also would have bin repelable by a greater force: so that we have all reason to confess the utility of that order God has set among men: and even he that bears the lowest and most despicable place in it, is certainly infinitely more happy by contributing to that general Harmony, then he could be in any state of discord.

3. Were this now well consider’d, methinks it should silence all our complaints, and men should not be so vehemently concern’d in what part of the structure it pleases the great Architect to put them: for every man is to look on himself only as a small parcel of those materials which God is to put into form. Every stone is not fit for the corner, nor every little rafter for the main beam: the wisdom of the Master builder is alone to determine that. And sure there cannot be a more vile content of the divine wisdom then to dispute his choice. Had God wisdom enough to contrive this vast and beautiful fabric, and may he not be trusted with one of us poor worms? Did he by his wisdom make the heavens, and by his understanding stretch out the clouds, Prov. 3. 19. and shall he not know where to place a little lump of figur’d earth? This is certainly
tainly the most absurd distrust imaginable, and yet this is really the true meaning of our repining at the condition he has placed us in.

4. This truth is, we are so full of ourselves, that we can see nothing beyond it: every man expects God should place him where he has a mind to be, tho by it he discompose the whole scheme of his providence. But tho we are so senselessly partial, yet God is not so: he that comprehends at once the whole concern of mankind, applies himself to the accommodating those, not the humoring any particular person. *He has made the great and the small, and careth for all alike*, Wild.

6. 7. He is the common Father of mankind, and disposes things for the public advantage of this great family, and tis not all the impatient cravings of a sroward child that shall make him recede from his designed method. We are apt enough, I am sure, to tax it not only as a weakness, but injustice too in a Prince, when he indulges any thing to a private favorite to the public disadvantage; yet so unequal are we, that we murmur at God for not doing that, which we murmur at men for doing.
5. **Besides a man is to consider, that other men have the same appetites with himself. If he dislike an inferior state, why should he not think others do so too? And then as the wise man speaks, whose voice shall the Lord hear? Eccles. 3:4.**

This sure great insolence in me to expect that God should be more concern'd to honor me, then those multitudes of others who have the same desires. And the more impatient my longings are, the less in season should be my hopes; for mutiny no such endearing quality as to render my man a darling to God. But if all men should have equal satisfactions, we shoulduzzle even Omnipotence itself. Every man would be above and superior: yet those are comparative terms, and if no man were below, no man could be above.

In wealth, most men desire more, but every man does at least desire to keep what he has; how then shall one part of the world be supplied without the diminution of the other, unless there should be a miraculous a multiplication of treasure or mens avarice, as there was of Loaves for their hunger, Mat. 16:9. It was a good answer which the Ambassadors of an opulent Province made to Antony, If O Empe-
而后，你将会有双重税赋从我们，你必须帮助我们，使我们的春季和收获增加。而且，上帝必须在新创造的费用上做双倍。如果他必须满足所有人的不合理欲望，为什么不应该让所有的人得到满足？如果他不能满足所有人，为什么不应该让所有人得到满足？

6. 但是，尽管不合理，大多数人仍然有这种信念。不是所有人都对有高有低，有贫有富感到满意。但是，有理智的人都认为有价值。然而，如果他们自己处于较低的阶层，他们会像世界被颠覆一样喊叫。这明显表明他们认为，治国者应该为他们服务，分配给他们认为美好的东西。这种过度的自我爱是大多数问题的根源，使我们成为自己的不公正法官，促使我们对自己提出洞见和例外。

亚伯拉罕曾如约书亚所言，让她儿子，见你不要将这少年人亚比米勒。撒母耳记下18:15

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as if God were to manage the government of the world with a particular regard to our liking, and were like the Angels at Sodom, Gen. 19. 22. to do nothing till we had got into Zoar, had all our demands secured to us.

7. It would indeed astonish a considering man to see, that altho the concerns of men are all disposed by an unerring Wisdom, and acknowledged by themselves to be so, yet that scarce any man is pleased. The truth is, we have generally in us the worser part of the Levellers principle, and tho we can very contentedly behold multitudes below us, yet are impatient to see any above us; not only the foot (to use the Apostles simile) complains that it is not the hand, but the ear because it is not the eye, 1 Cor. 12. 15. 16. Not only the lowermost, but the higher ranks of men are uneasy, if there be any one step above them. Nay so importunate is this aspiring humor, that we see men are forced to feed it thro' but with air and shadows. He that cannot make any real advance in his quality, will yet do it in effigie, in all little gaieties and pageantries of it. Every degree in these respects not only emulates, but imitates its
superior, till at last by that impatience of
their proper distance they make it greater,
and sink even below their first state by their
ridiculous profusion. Indeed the world
seems to be so over-run with this vanity,
that there is little visible distinction of de-
grees, and one had need go to the Heralds
office to know mens qualities, for neither
their habit nor equipage do now adies
inform us with any certainty.

But by all these it appears that
men look on themselves only as single per-
sons, without reference to the commu-
nity whereof they are members. For did
they consider that, they would endeavor
rather to become the places wherein they
were set, by doing the duties belonging
to them, then be perpetually projecting
for a change. A tree that is every year
transplanted will never bear fruit, and a
mind that is always hurried from its pro-
er station, will scarce ever do good in an-
y. This is excellently exprest to us by
Solomon, As a bird that wandereth from
his nest, so is a man that wandereth from
his place, Prov. 27. 8. Tis eazy to divine
the fate of those young ones from whom
the dam wanders, and tis as easy to guess
how the duties of that place will be per-
form.
formed, whose owner is always upon the wing and making towards another. I wish we had not too costly experiments both in Church and State of the truth of this observation. Alas we forget that we are all servants to the same Master, and that he is to appoint in what office we shall serve him. How should we like it in any of our own families, to have an inferior officer leave his work undone, because he has more mind to be Major-Domo? Yet this insolence we every day repeat towards God, fully dispute his orders, and unless we may chuse our own employments, will do nothing.

9. This evident this perverse temper of mankind breeds a great deal of mischief and disturbance in the world, but would breed arrant confusion and subversion, if it were suffer’d to have its full range. If God permit but one ambitious spirit to break loose in an age as the instrument of his wrath, what destruction does it often times make? How do’s it cause the whole earth to tremble, and shake Kingdoms, as is said of Nebuchadnezzar, Isa. 14. 16. and may be said of many others of those whole-sale robbers who have dignified the trade? But if every aspiring
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ing humor should be as prosperous, where would it find fuel to maintain the flame? No doubt every age produces men of as unbounded desires as Alexander or Caesar, but God gives them not the same opportunities to trouble the world. And accordingly in the more petty ambitions of private men he often orders it so, that those soaring minds can find no benign gale to help their mounting. He that lets bounds to the sea, saying, 

kitherto shalt thou come and no farther, and the the waves thereof toss themselves yet can they not prevail, they roar yet can they not pass over, Jer. 5. 22. do's also depress the swelling pride of men, hangs clogs and weights upon them that they cannot rise to their affected height. For tho we are all willing to forget it, yet God remembers that he is the Rector of the Universe, and will assert his Dominion. The subtlest contrivance cannot circumvent him, the most daring pretender cannot wrest any thing out of his hand, the Lord will still be King, be the people never so impatient, Psal. 99. 1. Twill therefore sure be as well our prudence as our duty to be still, and know that be is God, Psal. 46. 10. with an humble dereliction of our own wills acquiesce in his,
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his, and not by ineffective struglings provoke, whom we are sure never to subdue. We may like unmanaged horses some and fret, but still God has the bridle in our jaws, and we cannot advance a step farther then he permits us. Why should we then create torment to our selves by our repinings, which only sets us farther from our aims. Tis Gods declared method to exalt the lowly, and tis observable in the first two Kings of Israel who were of Gods immediate election, that he surprised them with that dignity when they were about mean and humble employments, the one searching his fathers Asses, the other keeping his fathers sheep: and would men honestly and diligently exercise themselves in the business of their proper calling, they might perhaps find it a more direct road to advancement, then all the sinister arts by which ambitious men endeavor to climb. Solomon sets it down as an Aphorism, seeft thou a man diligent in his business, he shall stand before Kings, he shall not stand before mean men, Pro. 22. 29. But whether it happen to have that effect or no, it will have a better, for it will sweeten his present condition, divert his mind from mutinous reflections on
on other mens height, and his own low-
ness, for tis commonly men who mind
not their work that are at so much leis-
ure to gaze. He that carefully plies his
own business will have his thoughts more
concentred. And doubtles tis no small
happiness to have them so, for tis their
gadding too much abroad, looking on
other mens conditions, that sends them
back (like Dinah deflowred) to put all
in an uproar at home. The son of Syrach
speaks with transportation of the state e-
ven of him that labors and is content,
and calls it a sweet life, Ecclus. 40. 18.
And certainly tis infinitly more so then
that of the greatest Prince whose mind
swells beyond his territories.

10. Upon all these considerations it
cannot but appear very reasonable that we
should leave God to govern the world,
not be putting in like the sons of Zebedee
for the highest feats; but contentedly rest
ourselves where he has placed us, till his
providence (not our own designs) ad-
Vance us. We can no where be so obscure
as to be hid from his eies; who as he va-
lued the widows mite above the great ob-
lations of the rich, so he will no less gra-
ciously accept the humble endevoirs of the
mean,
mean, then the more eminent services of
the mighty; himself having declared, that
he accepts according to what a man hath,
and not according to what he hath not, 2
Cor. 8.12. So that in what rank soever
a man is set, he has still the same oppor
tunity of approving himself to God: and
tho in the eie of the world he be a ves
sel of dishonor, yet in the day when God
comes to make up his jewels, Mal. 3.17.
there will be another estimate made of him
who regularly moves in his own sphere.
And sure he that sits down in this acqui
escence is a happier man, then he that en
joies the greatest worldly splendor: but
infinitly more so then he who impatiently
covets but cannot attain them; for such
a man puts himself upon a perpetual rack,
keeps his appetites up at the utmost stretch,
and yet has nothing wherewith to satisf
y them. Let therefore our ease if not our
duty prompt us to acquiescence, and a
ready submission to Gods dispositions, to
which we have yet a farther inducement
from that distinct care he hath over every
mans peculiar, by which he proportions
himself to him what is really best for him; of which
we are farther to consider in the next Se-
Sect.
SECT. VII.

Of Gods particular Providence.

It is the imperfection of our finite nature that we cannot at once attend to divers things, but the more vehement our intention is upon one, the greater is our neglect of the rest. But Gods infinity cannot be so bounded; his eyes at once see, and his providence at once orders all the most distant and disparate things in the world. He is not such an Epicurean Deity, as to sequester himself wholly to the enjoiment of his own felicity, and to despise the concerns of poor mortals; but tho he have his dwelling so high, yet he humbleth himself to behold the things in heaven and earth, Psal. 113. 5. Nor do's his providence confine it self to the more splendid and greater parts of managery, the conduct of Empires and States, but it descends to the lowest parts of his creation, to the fowles of the air, to the lilies of the field, and then
then sure our Saviors inference as to mankind is irrefragable, Are ye not much better when they? Mat. 6. 26. If a sparrow (as he elsewhere tells his disciples) cannot fall to the ground without Gods particular notice, surely no human creature is less considerable to him; nay if our very haires are numbred, we cannot think the excrescence is of more value then the stock, but must conclude that God with a particular advertence watches over the concerns of every man.

2. Now God being infinitly good, cannot thus attend us upon any infidious design of doing us mischief: he watches over us as a guardian not as a spy; and directs his observation to the more reasonable adapting his benefits. And as he is thus gracious in designing our advantage; so he is no less wise in contriving it. All things saies the wise man are not profitable for all men, Ecclus. 37. 28. Indeed nothing is absolutly good but God: all created things are good or ill in reference to that to which they are applied. Meat is good, but to a forseited stomach tis not only nauseous but dangerous. Fire is good, but if put in our bosoms, not only burns our cloths but flesh. And as hu-
man wisdom directs the right application of these and the like, so the supreme and divine orders events according to the disposition of the person concern'd; he knows our frame, Plal. 103. 14. and discerns what operation such or such things will have upon us, while we who know neither our selves nor them, can make but random guesses, and worse choices. And sure he that do's but thus in the general acknowledg Gods providence, goodness and wisdom (which he is no Christian who do's not) has a sufficient amulet against all his solicititudes, much more his repinings. He cannot think he suffers unawares to him who sees all things. He cannot think his sufferings are design'd for ill to him, because they are dispos'd by him who intends and projects his good. Nor can he fear those intentions can miscarry, which are guided by an infinit and unerring wisdom, and backt by an uncontrollable power.

And sure this is as the Apostle speaks, Heb. 6. 18. strong consolation, if we would but duly apply it.

3. Yet because general notions do often make but light impressions on us, it may not be amiss to make a little more inspection, and to observe how appli-
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Applicable they are to the several kinds of our discontents. Now those may be reduced to two: for either we are troubled at the want of something we desire, or at the suffering of something we would avert; so that the two notions of privative and positive, divide between them all our affliction.

4. The first of these is usually the most comprehensive, for there are few who have not more torment from the apprehension of something they want, than from the want of any thing they feel. And indeed whilst our desires are so vagrant and exorbitant, they will be sure to furnish matter enough for our discontents. But certainly there is not in the world such a charm for them, as the consideration that God is more wise to discern, and more careful to provide what is really good for us than we our selves. We poor blind creatures look only on the surface of things, and if we see a beautiful appearance, something that invites our senses, we court it with the utmost earnestness; but God penetrates deeper, he sees to the bottom both of us and those things we desire, and finds often that tho' they may please our appetite, they will hurt our health.
health: and will no more give them to us, then a careful father will to his child those gilded poisons he cries for. Perhaps this man is taken with the enchanting music of fame, likes not his own obscure station, but would fain present himself upon a more public Theater, come into the eie and crowd of the world; but how little do's he know how he shall act his part there: whether he shall come off with a plaudite or a hiss? He may render himself but the more public spectacle of scorn; or if he do not that, he may by a better success feed up his vain glory to such a bulk, as may render him too great a weight for that tottering pinnacle whereon he stands: and so after he has made a towering circle, he may fall back with more ignominy to his first point. Another it may be no less eagerly desires wealth, thinks (as once Croesus did) that he that abounds in trefure cannot be empty of felicity; but alas how knows he how he shall employ it? There are two contrary temptations that attend riches; riots, and covetousness: and he is sure a little too confident, that dares promise himself that when there is such odds against him, he shall certainly chuse the one just mean: and
and if he do not, he do's only inflame his account at the great Audit. Besides the more wealth he has, the fairer booty he is to the avarice of others; and it has bin often seen, that many a man had not died so poor, if he had lived less rich. Another perhaps thinks not himself so much to want wealth as children to heir it, and complains with Abraham, Lord what wilt thou give me seeing I go childless? Gen. 15. 2. yet how knows he whether that child he so much desires shall be a wise man or a fool, Eccle. 2. 19. a comfort or a vexation to himself if he live to see his proof? and if he do not, he do's but project for an access to his dying cares in what hands to leave him. Rachel sollicited this satisfaction with the greatest impatience, give me children or I die, Gen. 30. 1. and tis observable that the grant of her wish proved the loss of her life.

5. Thus in these and innumerable other instances we drive on blindfold, and very often impetuously pursue that which would ruin us: and were God as short-sighted as we, into what precipices should we minutely hurry our selves? or were he so unkind as to consider our impor- tunity more then our interest, we should quick-
quickly sink under the weight of our own wishes; and as Juvenal in his tenth Satyr excellently observes, perish by the success and grant of our Prayers. I suppose there is no man that soberly recollecteds the events of his life, but can experimentally say, he has sometimes desired things which would have bin to his mischief if he had had them, and that himself has after lookt on the denial as a mercy: as on the other side when he has prosper'd in his aims, and had what his soul lufted after, it has bin but like the quailes to the Israelites, a conviction and punishment, rather then a satisfaction. And now surely God may complain of us as he did of Israel, How long will it be ere you believe me? Num. 14. 11. After all the attestations he has given of his care and Providence over us, after all the experiments we have had of the folly of our own elections, we cannot yet be brought either to distrust our selves, or rely upon him. We will still be chusing, and look on him as no farther concern'd, then as the executioner of our designs.

6. This is certainly a strange perverseness, and such as no sensible man would be guilty of in any other instance. In all
our secular affairs we trust those whom we have cause to think understand them better than our selves, and rely upon men in their own faculty. We put our estates in the Lawyers hand, our bodies into the Physicians, and submit to their advice tho it be against our humor, merely because we account them more competent judges. Yet this deference we cannot be persuaded to pay to God, but will still be prescribing to him, and are very angry if his dispensations do not exactly answer our fancies. And can we offer him a greater affront then thus to distrust him? What is it but interpretatively to deny either his wisdom, or his goodness, or both? and so derogate from him in two of his essential attributes. For there can be no rational account given by any who believe those, why they should not remit their whole concerns to him. So that the short account is, that in our distrusts we either deny him to be God, or our selves to be men, by resisting the most evident dictates of that reason which distinguishes us from brutes. For certainly there is not in human discourse a more irrefragable Maxim, then that we ought for our own sakes to resign our selves to
to him, who we are infallibly sure, can, and will chuse better for us, then we for our selves.

7. This was so apparent by mere natural light, that Socrates advised men to pray only for blessings in general, and leave the particular kinds of them to God's election, who best knows what is good for us. And sure this is such a piece of divinity, as extremely reproches us Christians, who cannot match a Heathen in his implicit faith to God. Nay indeed tis the vilest defamation upon God himself, that we who pretend to know him more, should trust him less. So that we see our repinings do not terminate in their own proper guilt, but do in their consequences swell higher, and our discontents propagate themselves into Blasphemy. For while we impatiently complain of our wants, we do tacitly tax God to want either that wisdom, power, or love, whereby he should supply us. And sure he must be very Atheistical to whom this will not give a competent prejudice against this sin.

8. AND this very consideration will equally prejudg the other branch of our discontents, I mean those which repine at
at the ills we suffer. And not only our privative, but our positive afflictions may by it have their bitterness taken off: for the same goodness and wisdom which denies those things we like, because they are hurtful for us, do's upon the very same reason give us those distasteful things which he sees profitable. A wise Physician do's not only diet, but if occasion be purge his patient also. And surely there is not such a purifier, such a cleanser of the soul as are afflictions, if we do not (like disorderly patients) frustrate their efficacy by the irregular managery of our selves under them.
Of the Advantage of Afflictions.

1. It were the work of a volume to give an exact and minute account of the benefit of afflictions. I shall only point at some of the more general and obvious. And first it is one of the most awakening calls to repentance, and to this end it is that God most usually designs it. We see the whole scene of it, Hos. 5.15. I will go and return to my place, till they acknowledge their offence, and seek my face: in their affliction they will seek me early: and in the very next verse we find this voice of God echoed forth by a penitential note, Come and let us return unto the Lord, for he hath torn, and he will heal us, he hath smitten, and he will bind us up. Thus we find the Brethren of Joseph, tho there had a long interval passed betwixt their barbarous usage of him, and his feigned rigor to them, yet when they saw themselves distress'd by the one, then they begin to recollect the other,
other, saying, *We are verily guilty concern-
ing our brother*, Gen. 42. 21. Prosperity
is an intoxicating thing, and there are
few brains strong enough to bear it; it
causes us a sleep, and amuses us with plea-
ant dreams, whilst in the mean time Sa-
tan rifles our treasures, and spoils us by
the deceitful charms of sin of our inno-
cency and real happiness. And can there
be a more friendly office done for a man
in this condition, then to rouse him, and
bring him to apprehend the designs that
are laid against him? And this is the ex-
ample on which afflictions are sent: so that
we have reason to look on them as our
friends and confederates that intend our
rescue, and to take the alarm they give
us, and diligently seek out those intestine
enemies of which they warn us. And he
that instead of this quarrels at their in-
terposing, thinks them his enemies because
they tell him the truth, Gal. 4. 6. do's mi-
erably pervert the counsel of God against
himself, Luk. 7. 30. and may at last ve-
ify his own jealousies; and by so provok-
ing an ingratitude, convert those into
the wounds of an enemy, which were
originally meant as the corrections of a
Father.
2. And as afflictions do thus in general admonish us of sins, so it pleases God most frequently so to model and frame them, that they bear the very image and impress of those particular guilts they are to chastise, and are the dark shadows that attend our gay delights, or flagrant insolencies. The wise man observes that the turning the Egyptian waters into blood, was a manifest reproof of that cruel commandment for the murdering of the Hebrew infants, Wisd. 12. 5. And surely we might in most if not all our sufferings, see some such corresponding circumstances, as may lead us to the immediate provoking cause of it. God who do's all things in number, weight, and measure, do's in punishments also observe a symmetry and proportion, and adapts them not only to the heinousness, but even the very specific kind of our crimes. The only fixt immutable rule he has given for his Vice-gerents on earth to punish by, is that in the case of murder, which is we see grounded on this rule of proportion, *He that sheddeth mans blood, by man shall his blood be shed*, Gen. 9. 6. And tho he have now rescinded the inferior retaliations of the eie for the eie, the tooth
for the tooth, Exod. 21. 24. (probably for the hardness of our hearts, because he saw our revengeful natures would be too much pleased with it) yet he has not precluded himself from acting by those measures, but we see he does very often signally make men feel the smart of those violences or injustices they have used to others. Of this the Sacred story affords several examples (as Adonibezek, Jud. 1. 6. and Ahab, 1 King. 21. 19.) and profane many more, and daily experience and observation most of all. And tho this method of retaliation is not always so evident and apparent to the world, because men's sins are not always so, yet I believe if men would duly recollect, it would be for the most part discernable to their own consciences, and they would apparently see, that their calamities did but trace the footsteps of their sins.

3. Now if we rightly weigh this, we cannot but think it a very advantageous circumstance. We are naturally blind when we look inward, and if we have not some adventitious light to clear the object, will be very apt to overlook it. Therefore since the end of all our afflictions is our repentance, it is a wise and gracious dis-
posal, that they do thus point to us those particular sins of which we are to repent. The body of sin will not be destroyed in the whole entire bulk, but must be dismembered, pull'd to pieces limb by limb. He that attaketh otherwise, will be like Sertorius's soldier, who ineffectively tugg'd at the horse's tail to get it off at once, when he that pull'd it hair by hair, quickly did it. Therefore as it is a great part of our spiritual Wisdom to know in what especial parts the Sampson-like strength of our corruptions lie, so it is a great instance of God's care of us, thus by his corrections to discipline and instruct us in it.

4. In all our afflictions therefore it is our concern, nicely and critically to observe them. I mean not to enhance our murmurs and complaints, but to learn by them what is God's peculiar controversy against us. This is indeed to hear the rod, and who hath appointed it, Mich. 6.9. Let him therefore that suffers in any of his concerns, examin whether he have not some corresponding guilt which answers to it, as face answers face, Prov. 27.19. He that is impoverished in his estate, let him consider first how he acquired it, whether there were not something of fraud.
or injustice, which like a cancrous humor, mixt in its very elements and constitution, and eat out its bowels: or whether some sacrilegious prize, some coal from the altar have not fired his nest. Or if nothing can be charged upon the quest, let him consider how he has used it; whether he have not made it the fuel of his lusts, in riot and excesses, or the object of his adoration in an inordinate value of it. In like manner he who is afflicted in his body, groans under the torment of some grievous disease, may very reasonably interrogate himself, whether it have not bin contracted by his vice, whether his bones be not (in a more literal sense when Job meant it) full of the sins of his youth, Job. 20. 11. and his surfeiting and drunkenness be not the cause, that his soul, as the Psalmist speaks, abhors all manner of meat, and is even hard at death's door, Mal. 107. 18. or at least whether the not employing his health and strength to those purposes for which twas given, is not the reason of its being withdrawn. He also that is invaded in his reputation, that lies under some great infamy, is to consider whether it be not deserved; whether some part if not the whole guilt of which he is
is accused, stick not to him: or if he be clear in that particular instance, whether some concealed sin of his would not if it were known, incur as great scandal: for in that case he has in right forfeited his reputation, and God may make the seizure as well by an unjust, as a just accusation. Or if his heart accuse him not here, yet let him farther reflect, whether his vain-glorious pursuits of praise and high conceits of himself, have not made this an apt and necessary humiliation for him. Or lastly let him recollect how he has behaved himself towards others in this kind: whether he have had a just tenderness of his neighbors fame, or have not rather exposed and prostituted it. In these and many other instances such a particular scrutiny, would (in all probability) discover the affinity and cognation between our guilts and our punishments, and by marking out the spring and fountain head, direct us how to stop or divert the current. And he that would diligently employ himself in this inquisition, would find little leisure and less cause to condole his afflictions, but would divert all his complaints upon himself, accept of the punishment of his iniquity.
ty, and thank the Lord for thus giving him
warning, Psal. 16. 8.

5. A second benefit which God designs us in our afflictions is the weaning us from the world, to disentangle us from its fetters and charms, and draw us to himself. We read in the story of the Deluge, that so long as the earth was covered with waters, the very Raven was contented to take shelter in the Ark, but when all was fair and dry, even the Dove finally forsook it, Gen. 8. 12. And as much so with us: the worst of men will commonly in distresses have recourse to God (the very heathen mariners in a storm could rebuke Jonah for not calling upon his God, Jon. 1. 6,) when yet the very best of us, are apt to forget him amidst the blandishments and insinuations of prosperity. The kind aspects of the world are very enchanting, apt to inveigle and besot us, and therefore it is God's care over us, to let us sometimes see her more averting countenance in her frowns and storms; that, as children frightened by some ugly appearance, we may run into the arms of our father. Alas were all things exactly fitted to our humors here, when should we think of a

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remove? and had not death some harbingers to prepare us for him, what a surprising guest would he be to us? Tis story of Antigonus, that seeing a soldier in his camp of so daring a courage, that he always courted the most hazardous attempts, and observing him also of a very infirm sickly habit, he took a particular care of him, and by medicines and good attendance recovered him; which no sooner he had done, but the man grew more cautious, and would no longer expose himself as formerly; and gave this reason for it, that now he was healthy his life was of some value to him, and not to be hazarded at the same rate, as when it was only a burden: and should God cure all our complaints, render us perfectly at ease, I fear too many of us would be of the soldiers mind, think our lives too good to resign to him, much more to hazard for him, as our Christianity in many cases obliges us. The son of Syrach observes how dreadful death is to a man that is at rest in his possessions, that hath abundance of all things, and hath nothing to vex him: nay he descends much lower; and puts in him who is yet able to receive meat, Ecclus. 14. 1. The truth is we do so passionately dote upon
upon the world, that like besotted lovers, we can bear a great deal of ill usage, before we quit our pursuit. Any little slight favor atones us after multiplied affronts, and we must be disciplined by repeated disappointments, ere we can withdraw our confidence. But how fatally secure should we be, if God should permit this Syren always to entertain us with her music, and should not by some discordant grating notes interrupt our raptures, and recall us to sober thoughts.

6. Indeed tis one of the highest instances of God's love, and of his clemency also, thus to project our reducement. We were all in our Baptism affianced to him, with a particular abnegation of the world, so that we cannot without the greatest disloyalty cast our selves into its embraces; and yet when we have thus broken the covenant of God, Prov. 2. 17, he do's not pursue us with a jealous rage, with the severity which an abused rival'd kindness would suggest; doth not give us a bill of divorce and disclaim his relation; but contrives how he may reclame and bring us back to himself. The transcendency of this lenity God excellently describes by the Prophet in the case of Israel, They
They say if a man put away his wife, and she become another man's, shall he return unto her again? but thou hast played the harlot with many lovers, yet return unto me faith the Lord, Jer. 3.1. And this thou great height of indulgence, is no more then he daily repetes to us. After we have basely adulterated with the world, converted our affections from God to it, he do's not give us over, abandon us to our leud course, and consequent ruin, but still invites our return; and left that may not serve, he do's with a great deal of holy artifice essay to break that accursed League into which we are enter'd, pulls of the disguise in which the world courted us, and makes us see it as it is in it self, a scene of vanity and vexation of spirit, Eccles. 1.14.

6. And as he do's this in general, so also with a particular application to those temporal satisfactions wherewith we were most transported; the things to which we are more indifferent do not so much endanger us, tis those upon which we have more vehemently set our hearts which become our snares, and awake his jealousy; and accordingly we frequently see that tis in those he choses to cross us. How
often do's it happen that those which are enamoured of themselves, dote upon their own features, do meet with some disease or accident which blasts their beauty, withers that fair flower, and makes their winter overtake their spring? So in our friends and relations tis usually seen, we soonest loose those for whom we have the greatest, the most immoderate passion. If there be one fondling among our children, tis odds but that is taken away, or made as much the object of our grief and sorrow, as ever it was of our joy and love. When God sees our hearts so excessively cleave to any transient thing, he knows tis necessary to sever them: for whilst we have such clogs upon us, our souls will cleave to the dust, Ps. 119. 1. will not be able to soar up to the higher region for which they are design'd.

7. In a word, God so loves us, that he removes what ever he sees will obstruct that intimate union which he desires with us: and sure this is so obliging, that tho he should bid us to our loss, tho he could not recompence us for what he takes from us, yet we must be very ill natur'd if we can be angry at so much kindness. But
when to this is added that all this is principally, nay solely design’d for our advantage, that God takes from us all these empty delusory contentments merely that he may instate us in solid and durable joys; we betray as much ignorance of our interest, as insensibleness of our obligation, if we repine that God makes us so much his care. Tis true indeed, the things to which we have so inordinately adhered, do stick so close, that they cannot be pull’d away without some pain: yet for our corporal security we can endure the suffering of parts that do not only cleave, but grow to us. He that has a gangren’d member suffers it to be cut off to save his whole body; and do’s not revile, but thank and reward the Chirurgion. Yet where our souls are concern’d, and where the things have no native union with us, but are only cemented by our passions, we are impatient of the method, and think God deals very hardly with us, not to let us perish with what we love. The sum of all is this, God tho he be abundantly condescending, yet he will never stoop so low as to share his interest in us with the world: if we will devote our selves to it, tis not all our empty forms of service will satisfy him,
him: if he cannot divorce our hearts from it, he will divorce himself eternally from us. And the case being thus, we are sure very ill advised if we do not contentedly resign ourselves to his methods, and cheerfully endure them how sharp soever. The only expedient we have for our own ease, is to shorten the cure by giving our assistance, and not by struglings to render it more difficult and painful. Let us entirely surrender our wills to him, and when we have don that, we may without much pain let him take any thing else. But the more difficult we find it to be disentangled from the world, the greater should our caution be against all future engagements to it. If our escape hath bin as the Apostle saies, so as by fire, Jud. 23. with much smart and hazard, let us at least have so much wit, as the common proverb allows children, and not again expose our selves: let us never glue our hearts to any external thing, but let all the concerns of the world hang loose about us: by that means we shall be able to put them off insensible when ever God calls for them, or perhaps we shall prevent his calling for them at all, it being for the most part, our too close adhesion to them which prompts him to it.
8. A third advantage of afflictions is that it is a mark and signature of our adoption, a witness of our legitimation. What son is he (saith the Apostle) whom the Father chastiseth not? but if ye be without chastisement whereof all are partakers, then are ye bastards and not sons, Heb. 12. 7, 8.

Jacob clad his dearling Joseph in a party-coloured Coat, and Gods favorites do here wear a Livery inter-woven with a mixture of dark and gloomy colours; their long white robes are laid up for them against they come to the marriage of the Lamb, Rev. 19. 7. Indeed we much mistake the design of Christianity, if we think it calls us to a condition of ease and security. It might suit well enough with the votaries of the Golden Calf, to sit down to eat and drink, and rise up to play, Exod. 32. 6. but the disciples of the crucified Savior are trained to another discipline, our profession enters us into a state of warfare: and accordingly our very Baptismal engagement runs all in military terms, and we are not only servants of Christ's family, but soldiers of his camp. Now we know in a war men must not expect to pas their time in ease and softness, but besides all the dangers and dis-
iculties of the combat, have many other hardships to endure; hunger and thirst, heat and cold, hard lodgings and weary marches: and he that is too nice for those, will not long stick to his colours. And it is the same in our spiritual warfare: many pressures and sufferings are annexed to it, and our passive valor is no less tried then our active. In respect of this it is that our Savior admonishes his Profelytes to compute first the difficulties incident to their profession, and that he may not ensnare us by proposing too easy terms, he bids us reckon upon the worst, and tells us, that he that forsakes not all that he hath, shall not be his disciple, Luke 14. 26. and that we must through much tribulation enter into the kingdom of God, Acts 14. 22. Indeed it were very absurd for us to expect easier conditions, when these are the same to which our Leader has submitted, the Captain of our Salvation was perfected by sufferings, Heb. 2. 10. and if it behooved Christ to suffer before he entered into his glory, Luke 24. 46. it were insolent madness for us to look to be carried thither upon our beds of Ivory, or from the noise of our Harps and Viols be immediately rapt into the Choire of Angels.
8. This has bin so much consider'd by pious Men, that they have lookt upon their secular prosperities with fear and jealoufie, and many have solemnly petition'd for crosies, as thinking them the necessary attestation of their Son-ship, and means of assimulation to their elder brother. Why then should that which was so desirable to them, appear so formidable to us? or why should we so vehemently deprecate what they so earnestly invited? If we indeed think it a privilege to be the Sons of God, and fellow-heirs with Christ, why do we grudg' at the condition? The Roman Captain tells St. Paul, that he obtained the immunities of a Roman with a great sum, Acts 22. 28. and shall we expect so much a nobler and more advantageous adoption perfectly gratis? Look that God should change his whole Oeconomy for our ease, give us an eternal Inheritance discharged of those temporal incumbrances himself has annexed to it. This were sure as unjust a hope as it would be a vain one. When David had that ensnaring proposal made him of being the Kings son in law, 1 Sam. 18. 21. he set such a value upon the dignity, that he despised the difficulty of the condition; and sure
 Sect. VIII. Advantage of Afflictions. 147

Sure we must have very low abject souls, if when so infinitely a higher advancement is sincerely offered us, we can suffer any apprehension of hardship to divert us. In word, let us remember that of the Apostle, if we suffer, we shall also reign with him, 2 Tim. 2. 12. And tho our afflictions be in themselves not joyous but grievous, yet when they are considered as the earnest of our future Inheritance, they put on another face, and may rather enamour then fright us.

9. A fourth advantage of affliction is, that they excite our compassion towards others: there is nothing qualifies us so rightly to estimate the suffering of others, as the having our selves felt them: without this our apprehensions of them are as dull and confused, as a blind man's of colours, or a deaf man's of sounds. They that stretch themselves upon their couches, that eat the lambs out of the flock, and the calves out of the midst of the stall: that chant to the sound of the viol, drink wine in bowls, and anoint themselves with the chief ointments, will not much be grieved with the afflictions of Joseph, Amos 6. 4. Nay so necessary is our experience towards our commiseration, that we see 'twas thought a requisite

T 2 ac-
accomplishment of our High Priest (that highest example of unbounded compassion) and therefore faith the Apostle, 

*It behooved him in all things to be made like his brethren, that he might be a merciful and faithful High-priest in things pertaining to God, to make reconciliation for the sins of the people, for in that he himself hath suffered being tempted, he is able also to succour them that are tempted,* Heb. 2. 17, 18.

But if he whose mere sense of our miseries brought him down to us, chose this expedient to advance his pity, how necessary is it to our petrified bowels? And since God has assign'd our mercies to our Brethren, as the standard by which he will proportion his to us, 'tis more ours then their advantage to have them enlarged: so that when by making us taste of their cup, acquainting us with the bitter relish of their sufferings, he prepares us to a Christian sympathy with them, 'tis but a remoter way of obliging and qualifying us for a more ample portion of his mercy. Nay besides the profit, there is honor accrues to us by it; compassion is one of the best properties of our nature, and we unman our selves when we put it off; nay more, 'tis an attribute of the Divinity,
nity, and the more we advance in it, the
closer approaches we make to him. And
therefore we have all reason to bless him
for that discipline by which he promotes
us in so excellent, so necessary a Grace.

10. A fifth benefit of Afflictions is, that
it is an improvement of Devotion, sets
us with more heartiness to our Prayers.
Whilst prosperity flows in upon us we bath
our selves in its streams, but are very apt
to forget its source; so that God is fain
to stop the current, leave us dry and
 parched that our needs may make us do
what our gratitude would not, trace our
Blessings up to the original Spring, and
both acknowledg and invoke him as the
Author of all our good. This effect of
Afflictions is observ'd by the Prophet,
"Lord in trouble have they visitted thee,
"they poured out a prayer when thy chast-
"ning was upon them," Isa. 26 16. And I be-
lieve I may appeal to every Mans experi-
ence, whether his prayers be not more fre-
quently, and more hearty too, when he is un-
der some distress. Then how importunate
are we in our petitions? how profuse in our
vows and promises? saying with Israel, De-
liver us only we pray thee this day: and they
put away the strange gods from among them,
and served the Lord; Jud. 10. 15. I confess 'tis no good indication of our temper, that we need thus to be put in the press ere we will yield any thing? Yet since we are so disingenuous, 'tis a mercy in God to adapt his methods to us ; to extort when we will not give, and if he can have no free-will-offerings, yet at least to exact his tribute. Nor do's he design the effect of this should cease with the calamity that rais'd it, but expects our compell'd Ad- dresse shou'd bring us into the way of voluntary ones, and happily enslave us in to piety. And indeed herein are we worse then brutish if it do not. We think it a barbarous rudeness to engage a Man in our Affairs, and as soon as we have served our own turns, never take farther notice of him. Nay indeed the very Beasts may lecture us in this piece of Morality, many of them paying a signal gratitude where they have received benefits: and shall we not come up at least to their pitch? Shall not the endearment of our deliverance bring our deliverer into some repute and consideration with us, and make us desire to keep up an acquaintance and intercourse with him? Yet if ingenuity work not with us, let interest at least pre-
vail, and the remembrance how soon we may need him again, admonish us not to make our selves strangers to him. God complains of Israel, Wherefore say my people we are Lords? we will come no more at thee, Jer. vii. 31. A very insolent folly to renounce that dependance by which alone they subsisted, and no less will it be in any of us if we stop our recourse to him because we have had advantage by it. We have no assurance that the same occasion shall not recur; but with what face can we then resume that intercourse which in the interval we despised? So that if we have but any ordinary Providence, we shall still so celebrate past Rescues as to continue in a capacity of begging more, and then we cannot but also confess the benefit of those first Calamities which inspirited our Devotion, and taught us to pray in earnest, and will be ashamed that our thanks should be uttered in a fainter accent then our petitions; or our daily spiritual concerns should be more coldly solicited then our temporal accidental ones.

Nor is it only our devotion that is thus improved by our distresses, but many other Graces; our Faith, our Hope, our Pati-
Patience, our Christian sufferance and fortitude. It is no triumph of Faith to trust God for those good things which he gives us in hand; this is rather to walk by Sense then Faith, but to rely on him in the greatest destitution, and against hope to believe in hope, this is the faith of a true child of Abraham, and will be imputed to us (as it was to him) for righteousness, Rom. 4. 23. So also our Patience owes all its opportunities of exercise to our afflictions, and consequently owes also a great part of its being to them: for we know desuetude will loose habits. What imaginable use is there of Patience, where there is nothing to suffer? In our prosperous state, we may indeed employ our temperance, our humility, our caution; but patience seems then a useless vertue: nay indeed for ought we know may be counterfeit, till adversity bring it to the test. And yet this is the most glorious accomplishment of a Christian, that which most eminently conforms him to the Image of his Savior, whose whole life was a perpetual exercise of his grace; and therefore we love our ease to well, if we are unwilling to buy this Pearl at any price.
12. Lastly, Our thankfulness is (at least ought to be) increas’d by our distresses. ’Tis very natural for us to reflect with value and esteem upon those blessings we have lost, and we too often do it to aggravate our discontent: but sure the more rational use of it is to raise our thankfulness for the time wherein we enjoyed them. Nay, not only our former enjoiments, but even our present deprivations deserves our gratitude, if we consider the happy advantages we may reap from them. If we will perversely cast them away, that unworthy contempt paises no scores, for we still stand answerable in Gods account for the good he designed, and we might have had by it, and we become liable to a new charge for our ingratitude in thus despising the chastisement of the Lord, Heb. 12. 5.

13. And now if all these benefits of afflictions (which are yet but imperfectly recited) may be thought worth considering, it cannot but reconcile us to the sharpest of Gods methods; unless we will own our selves such mere animals, as to have no other apprehensions then what our bodily senses convey to us; for sure he that has reason enough to under-
and that he has an immortal Soul, cannot but assent that its interests should be served, tho with the displacency of his flesh. Yet even in regard of that, our murmurings are oft very unjust; for we do many times ignorantly prejudg Gods designs towards us even in temporals, who frequently makes a little transient uneasiness the passage to secular Felicities. Moses, when he fled out of Egypt, probably little thought that he should return thither a God unto Pharaoh, Exod. 4. 16. and as little did Joseph when he was brought thither a slave, that he was to be a Ruler there: yet as distant as those states were, the Divine Providence had so connected them, that the one depends upon the other. And certainly we may often observe the like over-ruling Hand in our own distresses, that those events which we have entertained with the greatest regret, have in the consequences bin very beneficial to us.

14. To conclude, we have certainly both from speculation & experience, abundant matter to calm all our disquiets, to satisfy our distrusts, and to fix in us an entire resignation to Gods disposals, who has designs which we cannot penetrate, but none.
none which we need fear, unless we ourselves pervert them. We have our Saviour's word for it, that he will not give us a stone when we ask bread, nor a scorpion when we ask a fish, Matth. 7. 9. Nay, his love secures us yet farther from the errors of our own wild choice, and do's not give us those stones and scorpions which we importune him for. Let us then leave our concerns to him who best knows them, and make it our sole care to entertain his dispensations with as much submission and duty, as he dispenses them with love and wisdom. And if we can but do so, we may are all the power of Earth and Hell too, to make us miserable: for be our afflictions that they can, we are sure they are but that we in some respect or other need; be they privative or positive, the want of what we wish, or the suffering of what we wish not, they are the dispositions of him who cannot err, and we shall finally have cause to cry with the Psalmist, It is good for me that have been afflicted, Psal. 119. 71.
Sect. IX.

Of our Misfortunes compared with other Mens.

WE come now to impress an equally just and useful Consideration, the comparing our Misfortunes with those of other Mens: and he that do's that, will certainly see so little cause to think himself singular, that he will not find himself superlative in calamity; for there is no man living that can with reason affirm himself to be the very unhappiest man, there being innumerable distresses of others which he knows not of, and consequently cannot bring them in balance with his own. A multitude of men there are whose person he knows not, and even of those he do's he may be much a stranger to their distresses; many sorrows may lie at the heart of him who carries a smiling face; and many a man has bin an object of envy to those who look but on the surface of his state, who yet to those who know his private griefs appears more worthy of compassion. And sure this confused uncertain
tain estimate of other Mens afflictions, may divert us from all loud out-cries of our own. Solon seeing a Friend much oppressed with grief, carried him up to a Town that over-look'd the City of Athens, and shewing him all the Buildings, said to him, consider how many sorrows have, do, and shall in future Ages inhabit under all those roofs, and do not vex thy self with those inconveniencies which are common to mortality, as if they were only yours. And sure 'twas good advice: for suffering is almost as inseparded an adjunct of our nature, as dying is: yet we do not see Men very apt to imbitter their whole lives by the fore-sight that they must die, but seeing it a thing as universal as inevitable, they are more forward to take up the Epicures resolution, *Let us eat and drink, for to morrow we die*, 1 Cor.15.32. And why should we not look upon Afflictions also as the common lot of humanity, and as we take the advantages, so be content to bear the incumbrances of that state?

2. But besides that implicite allowance that is thus to be made for the unknown Calamities of others, if we survey but those that lie open and visible to us, the most of us shall find enough to dis-
oft see men at a little mis-shaping of a garment, a scarce discernable error in their Cook, or their shortest interruption in their Sports, in such transports of trouble, as if they were the most unfortunate men in the world; yet for all that, you shall hardly persuade them to change with him whose course clothing supersedes all care of the fashion, whose appetite was never disappointed for want of sauce, and whose perpetual toil makes him insensible what the defeat of sport signifies.

4. Nay even where the exchange seems more equal, where the Afflictions are on both sides solid and substantial, yet a prudent Man would scarce venture upon the barter. 'Tis no small advantage to know what we have to contest with, to have experimented the worst of its attacks, by which we become better able to guard our selves: but a new evil comes with the force of a surprize, and finds us open and disarmed. It is indeed almost a miraculous Power that Custom has in reconciling us to things otherwise displeasing; all our Senses are taught to remit of their aversion by familiarity with ungrateful Objects: that ugly form which at first makes us start, by use divests it
Sect. IX. Misfortunes compar'd.

terror, and we reconcile our selves to
harsh-sounds & ill relishes by long custom.
And sure it has the very same effect upon
our minds: the most fierce calamities do
by acquaintance grow more tractable; so
that he that exchanges an old one for a
new, do's but bring a wild Lion into his
house instead of a tame: it may for ought
he knows immediatly tear him in pieces,
but at least must cost him a great deal of
pains to render it gentle and familiar,
and certainly no wise man would wish to
make such a bargain.

5. By all this it appears that how extra-
ragantly soever we aggravate our own
calamities and extenuate other mens, we
are not upon recollection stand to our
own estimate: and what can be said more
a prejudice of our discontents? Tis a grant-
d maxim, that every man must have affli-
tions. Man that is born of a woman, saies
Job, is of few years, and full of trouble Job.
3. 4. and we must reverse Gods funda-
mental law, before we can hope for a to-
al exemption. All that any man can aspire
to, is to have but an equal share with o-
thers, and the generality of men have
at least none can prove he has not so;
and till he can, his murmurs will sure be
very
very unjustifiable, especially when they have this convincing circumstance against them, that he dares not upon sober thoughts change his afflictions with most of his neighbors. He is an ill member of a community, who in public assessments would shuffle off all payments: and he is no better who in this common tax God has laid upon our nature, is not content to bear his share.

6. And truly would we but consider that in all our sufferings nothing befalls us but what is common to our kind, nay which is extremely exceeded by many within the verge of our own observation, we must be senselessly partial to be impatient. The Apostle thought it a competent consolation for the first Christians, that there had no temptation befallen them but what was common to men, 1 Cor. 10. 13. and we betray very extravagant opinions of our selves if it be not so to us. Indeed 'twas scarce possible for us to be so unsatisfied, as the greatest part of us are, did we in the comparing our selves with others, proceed with any tolerable ingenuity.

7. But alas we are very fallacious and deceitful in the point, we do not compare
pare the good of others with our good, 
or their evil with our evil; but with an 
envious curiosity we amass together all 
the desireable circumstances of our neigh-
bors condition, and with as prying dis-
content weransack all our grievances, 
and confront to them. This is so unsin-
cere a way of proceeding, as the most or-
dinary understanding can detect. If I 
should wager that my arm were longer 
than another mans, and for trial mesure 
my arm with his finger, he must be stu-
pidly filly, that should award for me; 
and yet this were not a groffer cheat, then 
that which we put upon our selves in our 
comparisons with others. And 'tis a little 
strange to observe unto what various pur-
poses we can apply this one thin piece of 
Sophistry: for when we compare our 
neighbors and our selves in point of mo-
rality, we do but reverse the fallacy, and 
presently make his vices as much exceed 
ours, as our calamities did his in the o-
 ther instance. They are indeed both great 
violeces to reason and justice, yet the la-
ter is sure the pleasanter kind of deceit. 
A man has some joy in thinking himself 
less wicked then his neighbor, but what 
imaginable comfort can he take in think-
The Art of Contentment.

ing himself more miserable? Certainly he
that would submit to a coulenage, had
much better shift the scene, and think
his sufferings less than they are, rather
more; for since opinion is the thing that
usually sets an edg upon our calamities, it
might be a profitable deceit that could steal
that from us.

8. But we need not blindfold our
elves if we would but use our eies aright,
and see things in their true shapes; and if
we did thus, what a strange turn would
there be in the common estimates of the
world? How many of the gilded troubles
of greatness, which men at a distance
look on with so much admiration and de-
sire, would then be as much contemned
as now they are courted? A competency
would then get the better of abundance,
and the now envied pomp of princes,
when balanced with the cares and hazards
annext, would be so far from a bait, that
men like Saul 1 Sam. 10. 22, would hide
themselves from the preferment; and he
that understood the weight, would rather
chuse to weild a Flaile then a Scepter;
yet so childishly are we besotted with the
glittering appearance of things, that we
conclude felicity must needs dwell where
there
there is a magnificent Portico, and being possessed with this fancy we over-look her in our own humbler Cottages, where she would more constantly reside, if she could but find us at home: but we are commonly engag'd in a rambling pursuit of her where she is feldomest to be found, and in the interim miss of her at our own doors.

9. **Indeed** there is scarce a greater folly or unhappiness incident to man's nature, than this fond admiration of other men's enjoyments, and content of our own. And whilst we have that humour, it will supplant not only our present, but all possibilities of our future content. For tho' we could draw to our selves all those things for which we envy others, we should have no sooner made them our own, then they will grow despicable and nauseous to us. This is a speculation which has been attested by innumerable experiments, there being nothing more frequent, then to see men with impatient eagerness, nay often with extreme hazards pursue those acquests, which when they have them, they are immediately sick of. There is scarce any man that may not give himself instances of this in his own particular: and yet so fatally stupid are we, that no de-

feats
feats will discipline us, or take us off from these false estimates of other men's happiness. And truly while we state our comparisons so unequally, they are as mischievous as the common proverb speaks them odious: but if we could begin at the right end, and look with as much compassion on the adversities of our brethren, as we do with envy on their prosperities, every man would find cause to sit down contentedly with his own burden, and confess that he bears but the proportionable share of his common nature, unless perhaps it be where some extraordinary demerits of his own have added to the weight; and in that case he has more reason to admire his afflictions are so few, then so many. And certainly every man knows so many more ills by himself, then it is possible for him to do by another, that he that really sees himself exceed others in his sufferings, will find cause enough to think he do's in sins also.

10. But if we stretch the comparison beyond our contemporaries, and look back to the generations of old, we shall have yet farther cause to acknowledge God's great indulgence to us. Abraham the friend of God was not exempted from severe
vere trials; he was first made to wander from his Country, and betake himself to a kind of vagrant life, was a long time suspended from the blessing of his desired off-spring; and when at last his beloved Isaac was obtained, it caused a domestic jarre, which he was fain to compose by the expulsion of Ishmael, tho his son also. But what a contest may we think there was in his own bowels when that rigorous task was imposed on him of sacrificing his Isaac and tho his faith gloriously triumphed over it, yet sure there could not be a greater pressure upon human nature. David the man after Gods own heart is no less signal for his afflictions then for his piety: he was for a great while an exile from his Countrey, and (which he most bewailed) from the Sanctuary by the persecutions of Saul: and after he was settled in that throne to which Gods immediate assignation had intitled him, what a succession of calamities had he in his own family? the incestuous rape of his Daughter, the retaliation of that by the as unnatural murder of Amnon, and that seconded by another no less barbarous conspiracy of Absalom against himself, his expulsion from Jerusalem, the base revilings of Shimei, and
and finally the loss of that dearling son in the act of his sin. A cluster of afflictions, in comparison whereof the most of ours are but like the gleanings (as the Prophet speaks) after the vintage is don. It were indeed endless to instance in all the several Fore-fathers of our Faith before Christ's incarnation: the Apostle gives us a brief, but very comprehensive compendium of their sufferings, They had trial of cruel mockings and scourgings; yea moreover, of bonds and imprisonments: they were stoned, were sawn asunder, were tempted, were slain with the sword: they wandered about in sheep-skins, and goat-skins, being destitute, afflicted, tormented: they wandered in deserts, and in mountains, and in dens, and caves of the earth, Heb. 11. 36. 37. 38. And if we look on the Primitive Christians, we shall see them perfectly the counterpart to them, their privileges consisted not in any immunities from calamities; for their whole lives were scenes of sufferings. St. Paul gives us an account of his own, in labors more abundant, in stripes above measure, in prisons more frequent, in deaths oft: of the Jews five times received I forty stripes save one. Thrice was I beaten with rods, once was I
stoned, thrice I suffer'd shipwreck, a night and a day have I bin in the deep, in journeying often, &c. 2 Cor. 11. 23. and if his single hardships rose thus high, what may we think the whole sum of all his fellow-laborers amounted to together, with that noble Army of martyrs who sealed their faith with their blood; of whose sufferings Ecclesiastic history gives us such astonishing relations?

II. AND now being compassed about with so great a cloud of witnesses, the Apostle's inference is very irrefragable, let us run with patience the race which is set before us, Heb. 12. 1, 2. But yet it is more so, if we proceed on to that consideration he adjoins, Looking unto Jesus the Author and finisher of our faith, who for the joy that was set before him, endur'd the cross, despising the shame, verse 3. Indeed if we contemplate him in the whole course of his life, we shall find him rightly stiled by the Prophet a man of sorrows, Isai. 51. And as if he had charged himself with all our griefs as well as our sins, there is scarce any human calamity which we may not find exemplified in him. Do's any complain of the lowness and poverty of his condition? Alas his whole life was a state
state of indigence: he was forced to be an inmate with the beasts, be laid in a stable at his birth, and after himself professes that he had not where to lay his head, Luk. 9. 58. Is any oppressed with infamy and reproach? he may see his Savior accused as a glutton and a wine-bibber, Luke 7. 34. a Blasphemer, Joh. 10. 33. a forcerer, Mat. 12. 24. a perverter of the nation, Luk. 23. 2. yea to such a fordid Iownness had they sunk his repute, that a seditious thief and murderer was thought the more eligible person, not this man but Barabbas, Joh. 18. 40. And finally all this scene of indignities clos'd with the spightful pageantry of mockery acted by the soldiers, Mat. 27. 28. and the yet more barbarous insultings of Priests and Scribes, verse 41. Is any man despised or deserted by his friends? he was contemned by his country-men, thought frantic by his friends, betrayed by one of his disciples, abandon'd by all, unless that one who followed him longest, to renounce him the most shamefully by a three-fold abjuration. Nay what is infinitly more then this, he seem'd deserted by God also, as is witnessed by that doleful exclamation, My God, my God, why hast thou forsaken me? Mar. 27. 64. Is any
ny dissatisfied with the hard-ships or la-
boriousness of his life? let him remember 
his Saviors was not a life of delicacy or 
eafe: he was never enter’d in those Aca-
demies of luxury, where men are gorgeously 
apparel’d and live delicately, Luk. 7. 25. 
but he was brought under the mean roof 
of a Carpenter, and consequently subje-
ceted to all the lowness of such an educa-
tion. His initiation to his Prophetic of-
vice was with the miraculous severity of 
a 40. daies fast, and in his discharge of 
it, we find him in perpetual labors, go-
ing about doing good, Act. 10. 38. and that 
not in triumph, like a prince bestowing 
his largesses, but in weary peregrinations, 
ever riding but once, and that only up-
on a borrow’d beast, and to fulfill a pro-
phency, Mat. 24. Do's any man groan 
under sharp and acute pains? let him con-
sider what his redeemer endur’d, how in 
his infancy at his circumcision he offer’d 
the first fruits, as an earnest of that bloody 
vintage when he trod the winepress alone 
Isaiah 63. 3. Let him attend him thro 
all the states of his direful passion, and 
behold his arms pinion’d with rough cords, 
his head smote with a reed, and torn with 
his crown of thorns, his back ploughed

Y 2
with those long furrows (Psal. 120. 3.) the 1courges had made; his macerated feeble body oppress'd with the weight of his cross, and at last rackt and extended on it; his hands and feet, those nervous and consequently most sensible parts transfixed with nailes, his whole body fastned to that accursed tree, and expos'd naked to the air in a cold season; his throat parched with thirst, and yet more afflicted with that vinegar and gall wherewith they pretended to relieve him; and finally his life expiring amidst the full sense of these accurate torments. Lasty do's any man labor under the bitterest of all sorrows, importunate temptations to, or a wounded spirit for sin? even here also he may find that he has an high Priest who hath been touched with the sense of his infirmities, Heb. 4. 15. He was violently assaulted with a succession of temptations, Mat. 4. and we cannot doubt but Satan would on him employ the utmost of his skill. Nor was he less oppress'd with the burden of sin, (ours I mean, tho not his own.) What may we think were his apprehensions in the Garden, when he so earnestly deprecated that which was his whole errand into the world? What a dreadful pres-
pressure was that which wrung from him that bloody sweat, and cast him into that inexplicable agony, the horror whereof was beyond the comprehensions of any but his who felt it? And finally how amazing was the sense of divine wrath, which extorted that stupendous complaint, that strong cry on the cross, Heb. 5. 7. the sharp accent whereof, if it do a-right sound in our hearts, must certainly quite overwhelm our loudest groans? And now certainly I may say with Pilate, Ecce homo, behold the man, or rather with a more divine Author, Behold if ever there were sorrows like unto his sorrows, Lam. 1. 12.

12. And sure it were but a reasonable inference, that which we find made by Christ himself, if these things be done in a green tree, what shall be done in the dry? Luk. 23. 31. If an imputative guilt could nourish so scorching a flame, pull down so severe a wrath, what can we expect who are merely made up of combustible matter, whose proper personal sins cry for vengeance? Sure were we to judge by human measures, we should reckon to have more than a double portion of our Saviors sufferings entail’d upon us: yet such is the efficacy of his, that they have commuted for
for ours, and have left us only such a share, as may evidence our relation to our crucified Lord: such as may serve only for badges and cognizances to whom we retain. For alas, let the most afflicted of us weigh our sorrows with his, how absurdly unequal will the comparison appear? And therefore as the best expedient to baffle our mutinies, to shame us out of our repinings, let us often draw this uneven parallel, confront our petty uneasinesses with his unspeakable torments; and sure tis impossible but our admiration and gratitude must supplant our impatiencies.

13. This is indeed the method to which the Apostle directs us, Consider him that endured such contradiction of sinners against himself; lest ye be weary and faint in your minds: ye have not yet resisted unto blood, Heb. 12. 34. Was he contradicted, and shall we expect to be humor'd and compli'd with? Did he resist to blood, and shall we think those pressures intolerable, which force only a few tears from us? This is such an unmanly niceness, as utterly makes us unfit to follow the Captain of our Salvation. What a soldier is he like to make, that will take no share of the hazards and hardships of His General? Honest Uriah would
would not take the lawful solaces of his own house, upon the consideration that his Lord Joab (tho but his fellow subject) lay incamped in the open fields, 2 Sam. 11. yea tho he was sent by him from the Camp. And shall we basely forfake ours in pursuit of our ease? He is of a degenerate spirit, whom the example of his superior will not animate. Plutarch tells us, that Cato marching thro the deserts, was so distrest for water, that a small quantity was brought to him in a helmet as a great prize, which he refusing because he could not help his soldiers to the like, they were so transported with that generosity, that it extinguished the sense of their thirst, and they were ashamed to complain of what their Leader voluntarily endur’d for their sakes. And surely we extremely discredite our institution, if we cannot equal their ingenuity, and follow ours with as great alacrity thro all the difficulties he has traced before us, and for us.

14. Nor let us think to excuse our selves upon the impotency of our flesh, which wants the assistance which his divinity gave him: for that plea is superseded by the fore-mention’d examples of the Saints, men of like passions with us, who
who not only patiently, but joyfully endur'd all tribulations; by which it appears it is not impossible to our nature, with those aids of grace which are common to us with them: for certainly the difference between them and us, is not so much in the degrees of the aids, as in the diligence of employing them. Let us therefore, as the Apostle advises, lift up the hands which hang down, and the feeble knees, Heb. 12. 12. and with a noble emulation follow those heroic patterns they have set us. And since we see that even those Favorites of heaven, have smarted so severely, let us never dream of an immunity; but whenever we find our selves inclining to any such flattering hope, let every one of us upbraid our selves in those terms the Jews did our Savior, Art thou greater then Abraham, and the Prophets, whom makest thou thy self? Joh. 8. 52. Nay we may descend lower and take in not only all the inferior Saints of former times, but all those our contemporaries in sufferings, which are most within our view, and may ask the Apostles question, what then? are we better then they? Rom. 3. 9. If we think we are, tis certain we are so much worse by that insolence; and if we confess we are not, upon what
score can we pretend to be better treated? To conclude, let us not pore only upon our peculiar evils, but attentively look about us, and consider what others endure: and since in frolics we can sport our selves with many uneasinesses for company sake, let us not be more pusillanimous in our soberer moods, but every man cheerfully take his turn in bearing the common burden of mortality, till we put off both it and its appendages together, when this mortal shall put on immortality, 1 Cor. 15.54.
S E C T. X.

Of particular Aids for the gaining of Contentment.

1. We have now past thro all those considerations we at first proposed, and may trust the considering Reader to make his own collections: yet because impatience is the vice that has bin all this while arraigned, I am to fore-see it possible, that those who have the greatest degree of that, may be the least willing to attend the whole process, and therefore I think it may not be amiss, for their ease to suit and reduce all into some short directions and rules for the acquiring contentment.

2. The first and most fundamental is, the mortifying our pride, which as it is the seminary of most sins, so especially this of repining. Men that are highly opinion'd of themselves are commonly unsatisfiable: for how well ever they are treated, they still think it short of their merits. Princes have often experimented this
this in those who have don them signal services; but God finds it in those who have don him none, and we expect he shall dispense to us according to those false estimates we put upon our selves. Therefore he that aspires to Content, must first take truer measures of himself, and consider that as he was nothing till God gave him a being, so all that he can produce from that being, is Gods by original right, and therefore can pretend to nothing of reward; so that whatever he receives, is still upon the account of new bounty; and to complain that he has no more, is like the murmurs of an unthankful debtor, who would still encrease those scores which he knows he can never pay.

3. In the second place, let every man consider how many blessings (notwithstanding his no clame to any) he daily enjoys; and whether those he so impatiently raves after be not much inferior to them. Nay let him ask his own heart, whether he would quit all those he has, for them he wants, and if he would not (as I suppose no man in his wits would, those wits being part of the barter) let him then judge how unreasonable his repinings are, when himself confesses he has the better part of world-
worldly happiness, and never any man living had all.

4. In the third place therefore let him secure his duty of thankfulness for those good things he hath, and that will insensibly undermine his impatiencies for the rest, it being impossible to be at once thankful and murmuring. To this purpose it were very well, if he would keep a solemn catalogue of all the bounties, protections, and deliverances he has receiv'd from God's hand, and every night examin what accessions that day has brought to the sum: and he that did this, would undoubtedly find so many incitations to gratitude, that all those to discontent would be stifled in the crowd. And since acknowledgment of God's mercies is all the tribute he exacts for them, we must certainly look on that as an indispensable duty: and therefore he that finds that God shortens his hand, stops the efflux of his bounty towards him, should reflect on himself, whether he be not behind in that homage by which he holds, and have not by his unthankfulness turn'd away good things from him, Esa. 59. 8. And if he find it so (as who alas is there that may not?) he cannot sive for
shame complain, but must in prudence reinforce his gratitude for what is left, as the best means to recover what he has lost.

5. But his murmurs will yet be more amazingly silenced, if in the fourth place he compares the good things he enjoys with the ill he has done. Certainly this is a most infallible cure for our impatiencies, the holiest man living being able to accuse himself of such sins, as would according to all human measures of equity forfeit all blessings, and pull down a greater weight of judgment than the most miserable groan under. Therefore as before I advised to keep a catalogue of benefits receiv’d, so here it would be of use to draw up one of sins committed. And doubtless he that confronts the one with the other cannot but be astonished to find them both so numerous, equally wondering at God’s mercy in continuing his blessings, in despight of all his provocations, and at his own baseness in continuing his provocations, in despight of all those blessings. Indeed tis nothing but our affected ignorance of our own demerits, that makes it possible for us to repine under the severest of God’s dispensations. Would we
we but ransack our hearts, and see all the abominations that lie there, nay would the most of us but recollect those bare-fac’d crimes which even the world can wit-ness against us, we should find more than enough to balance the heaviest of our pres-
fures. When therefore by our impatient struglings we fret and gall our selves under our burdens, let us interrogate our souls in the words of the Prophet, *Why doth a living man complain, a man for the pu-nishment of his sin?* Let us not spend our breath in murmurs and out-cries, which will only serve to provoke more stripes: but *let us search and try our waies, and turn again to the Lord, Lam. 3. 39.* diligently seek out *that accursed thing which has caused our discomfeiture, Jos.6.18.* and by the removal of that, prepare the way for the access of mercy. But alas how preposterous a method do we take in our afflictions? We accuse every thing, but what we ought, furiously fly at all the se-
cond causes of our calamity, nay too of-
ten at the first by impious disputes of pro-
vidence, and in the mean time, as *Job speaks, the root of the matter is found in us,* Job. 19. 28. *We shelter and protect in our bosoms the real Author of our mise-
rices,*
ries. The true way then to allay the tense of our sufferings, is to sharpen that of our sins. The prodigal thought the meanest condition in his father's family a preferment, *Make me one of thy hired servants*, Luk. 15:19. And if we have his penitence, we shall have his submission also, and calmly attend God's dispositions of us.

617. As every man in his affliction is to look inward on his own heart, so also upward, and consider by whose providence all events are order'd. *Is there any evil (i.e. of punishment) in the city, and the Lord hath not done it?* Am. 3:6. and what are we worms that we should dispute with him? Shall a man contend with his Maker? *Let the potsherd strive with the potsherds of the earth,* Isa. 45:9. And as his power is not to be control'd, so neither is his justice to be impeach'd. *Shall not the judge of all the earth do right?* Gen. 18:25. And where we can neither resist nor appeal, what have we to do but humbly to submit? Nor are we only compell'd to it by necessity, but induced and invited by interest, since his dispensations are directed not barely to assert his dominion, but to evidence his paternal care over us. He discerns our needs, and accordingly applies
plies to us. The benignity of his nature permits him not to take delight in our dis-\nfortunes, he doth not afflict willingly, nor \ngrieve the children of men, Lam. 3. 33, and  
therefore when ever he administers to us a bitter cup, we may be sure the ingredi-

ents are medicinal, and such as our infirm-
ities require. He dares not trust our in-
temperate appetites with unmixt prospe-
rities, the lusiousness whereof tho it  
may please our palats, yet like St. Johns  
book, Rev. 10. 9. that hony in the mouth \nmay prove gall in the bowels, ingender the  
most fatal diseases. Let us therefore in  
our calamities not consult with flesh and \n
blood, Gal. 1. 16. (which the more it is  
bemoan'd, the more it complains) but  
look to the hand that strikes; and assure  
our selves, that the stripes are not more  
severe, then he sees necessary in order to  
our good: and since they are so, they  
ought in reason to be our choices as well  
as his; and not only religion, but self-love  
will prompt us to say, with old Ely, It is the  
Lord, let him do what seemeth him good,  
1 Sam. 3. 11. But alas we do not understand  
what is our interest; because we do not  
rightly understand what we are our selves.  
We consider our selves merely in our ani-
mal being, our bodies and those sensitive faculties vested in them, and when we are invaded there, we think we are undone, tho' that breach be made only, to relieve that diviner part within us, besieged and oppressed with the flesh about it (for so God knows it too often is;) or if we do not consider it in that notion of an enemy, yet at the utmost estimate, the body is to the soul, but as the garment to the body, a decent case or cover: now what man (not stark frantic) would not rather have his clothes cut than his flesh? and then by the rate of proportion, we may well question our own sobriety, when we repine that our souls are secur'd at the cost of our bodies, and that is certainly the worst, the unkindest design, that God has upon us; and our impatient resistances serve only to frustrate the kind, the medicinal part of afflictions, but will not at all rescue us from the severe. Our murmurings may ruin our souls, but will never avert any of our outward calamities.

7. A seventh help to contentment is to have a right estimate of the world, and the common state of humanity: to consider the world but as a stage and our selves but as actors, and to resolve that it is very lit-
tle material what part we play so we do it well. A Comedian may get as much applause by acting the slave as the conqueror, and he that acts the one to day, may to morrow reverse the part, and personate the other. So great are the vicissitudes of the world, that there is no building any firm hopes upon it. All the certainty we have of it, is, that in every condition it has its uneasinesses: so that when we court a change, we rather seek to vary then end our miseries. And certainly he that has well impressed upon his mind the vanity and vexation of the world, cannot be much surpris'd at any thing that befalls him in it. We expect no more of any thing but to do its kind, and we may as well be angry that we cannot bring the lions to our cribs, or fix the wind to a certain point, as that we cannot secure our selves from dangers and disappointments in this rough and mutable world. We are therefore to lay it as an infallible maxim, that in this vale of tears every man must meet with sorrows and disasters: and then sure we may take our peculiar with evenness of temper, as being but the natural consequent of our being men. And tho possibly we may every one think himself to have
have a double portion, yet that is usually from the deceitful comparisons we make of our selves with others. We take the magnifying glasses of discontent and envy when we view our own miseries and others felicities, but look on our enjoiments and their sufferings thro' the contracting optics of ingratitude and incompassion: and whilst we do thus, 'tis impossible but we must foment our own dissatisfactions. He that will compare to good purpose must do it honestly and sincerely, and view his neighbors calamities with the same attention he do's his own, and his own comforts with the same he do's his neighbors; and then many of the great seeming inequalities would come pretty neer a level.

8. But even where they do not, it in the 8th place deserves however to be consider'd how ill natur'd a thing it is, for any man to think himself more miserable because another is happy: and yet this is the very thing, by which alone many men have made themselves wretched: for many have created wants, merely from the envious contemplation of other mens abundance. And indeed there is nothing more disingenuous, or (to go higher) more
Diabolical. *Lucifer* was happy enough in his original state, yet could not think himself so because he was *not like the most high* Isa. 14. 14. And when by that intolent ambition he had forfeited bliss, it has ever since been an aggravation of his torment, that mankind is assumed to a capacity of it; and accordingly he makes it the design of his envious industry to defeat him. Now how perfectly are the two first parts of this copy transcribed, by those who first cannot be satisfied with any inferior degree of prosperity, and then when their impatiencies with other men's enjoyments of what they cannot attain? And tis much to be doubted, that they who go thus far may compleat the parallel, and endeavor when they have opportunity to undermine that happiness they envy. Therefore since Satan is so apt to impress his whole image, where he has drawn any of his lineaments, it concerns us warily to guard ourselves, and by a Christian sympathy with our brethren, *rejoice with them that do rejoice*, Rom. 12. 15. make the comforts of others, an allay not an improvement of our own miseries. Charity has a strange magnetic power, and attracts the concerns of our brethren to us, and
and he that has that in his breast can never want refreshment, whilst any about him are happy, for by adopting their interest, he shares in their jouies. *Jethro tho an alien rejoiced for all the good God had don to Israel*, Exod. 18. 9. and why should not we have as sensible a concurrence with our fellow Christians? And he that has so, will still find something to balance his own sufferings.

9. Let him that aspires to contentment set bounds to his desire. Tis our common fault in this affaire, we usually begin at the wrong end, we *enlarge our desires as hell, and cannot be satisfied*, Hab. 2. 5. and then think God uses us ill, if he do not fill our insatiable appetites: whereas if we would confine our expectations to those things which we need, or he has promis’d, there are few of us who would not find them abundantly answer’d. Alas how few things are there which our nature (if not stimulated by fancy and luxury) requires? And how rare is it to find them who want those? Nay who have not many additional for delight and pleasure? And yet Gods promise under the Gospel extends only to those necessaries, for where Christ assures his disciples that *these things shall be*.
be added unto them Mat. 6. 33. the context apparently restrains these things to meat and drink and clothing. Therefore take no thought for the life what you shall eat, or what you shall drink, nor yet for the body what you shall put on, verse 25. now what pretence have we to clame more then our Charter gives us? God never articed with the ambitious to give him honors, with the covetous to fill his bags, or with the voluptuous to feed his luxuries. Let us therefore, if we expect to be satisfied, modestly confine our desires within the limits he has set us: and then every accession which he superadds will appear (what it is) a largess and bounty. But whilst our appetites are boundless, and rather stretch then filled with our acquest’s, what possibility is there of their satisfaction? And when we importune God for it, we do but assign him such a task the Poets made a representation of their Hell, the filling a sieve with water, or the rolling a stone up a precipice.

190. A great expedient for contentment, is to confine our thoughts to the present, and not to let them loose to future events. Would we but do this, we might shake off a great part of our burden:
den: for we often heap fantastical loads upon our selves by anxious prelages of things which perhaps will never happen, and yet sink more under them, then under the real weight that is actually upon us. And this is certainly one of the greatest follies imaginable: for either the evil will come or it will not, if it will, tis sure no such desirable guest that we should go out to meet it, we shall feel it time enough when it falls on us, we need not project to anticipate our sense of it: but if it will not, what extreme madness is it for a man to torment himself with that which will never be, to create engines of tortures, and by such aerial afflictions, make himself as miserable as the most real ones could do? And truly this is all that we usually get by our fore-sights. Prevision is one of Gods attributes, and he mocks at all our pretences to it, by a frequent defeating of all our fore-calts. He do's it often in our hopes: some little croſſe circumstance many times demolishes those goodly machins we raise to our selves: and he do's it no less in our fears, those ills we solemnly expected often baulk us, and others from an unexpected coast suddenly invade us. And since we are so blind, so short-sighted, let
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let us never take upon us to be scouts, to discover danger at a distance (for tis manifold odds we shall only bring home false alarms) but let us rest our selves upon that most admirable Aphorism of our blessed Lord, Sufficient unto the day is the evil thereof, Mat. 6. 34. apply our selves with Christian courage to bear the present, and leave God either to augment or diminish, as he sees fit for the future. Or if we will needs be looking forward, let it be in obedience not contradiction to our duty: let us entertain our selves with those futurities which we are sure are not Chimaera's, death and judgment, heaven and hell. The nearer we draw these things to our view, the more insensible will all intermediate objects be; they will deceive our sense of present, and much more fore-stall the apprehension of future evils: for tis our neglect of things eternal, that leaves us thus at leisure for the transitory

11. In the last place let us in all our distresses supersede our anxieties and solicitudes by that most effectual remedy the Apostle prescribes, Is any man afflicted let him pray, Jam. 5. 14. And this sure is a most rational prescription: for alas what else can we do towards the redress of
of our griefs. We who are so impotent, that we have not power over the most despicable excrescence of our own body, cannot make one hair white or black, Mat. 5.39. what can we do towards the new moulding our condition, or modelling things without us? Our solicitudes serve only to bind our burdens faster upon us, but this expedient of Prayer will certainly relieve us. Call upon me, saies God, in the time of trouble, and I will hear thee, and thou shalt praise me, Psal. 50. 15. When ever therefore we are sinking in the floods of affliction, let us thus support our selves by representing our wants unto our gracious Lord, cry unto him as St. Peter did, Mat. 14. 30. and he will take us by the hand, and be the winds never so boisterous or contrary, preserve us from sinking: the waves or billows of this troubled world, will serve but to toss us closer into his arms, who can with a word appease the roughest tempest, or rescue from it. O let us not then be so unkind to our selves, as to neglect this infallible means of our deliverance! but with the Psalmist take our refuge under the shadow of the divine wings till the calamity be over-past. Psal. 57. 1. And as this is a sure
expedient in all our real important afflic-
tions, so is it a good test by which to
try what are so. We are often peevish
and disquieted at trifles, nay we take up
the quarrels of our lusts and vices, and are
discontented when they want their wish
supplies. Now in either of these cases,
no man that at all considers who he praieth
to, will dare to insert these in his praiers,
it being a content of God to invoke him
in things so flight as the one, or impious
as the other. It will therefore be good for
every man when he goes to address for re-
lief, to consider which of his pressures they
are, that are worthy of that solemn de-
precation: and when he has singled those
out, let him reflect, and he will find he
has in that prejudg'd all his other discon-
tents as frivolous or wicked. And then
sure he cannot think fit to harbour them,
but must for shame dismiss them, since
they are such, as he dares not avow to
him, from whom alone he can expect
relief. God alwaies pities our real mi-
series, but our imaginary ones dare
not demand it. Let us not then create
such diseases to our selves, as we can-
not declare to our Phyfitian: and when
those are precluded, for all the rest St.
Pauls
Paul's recipe is a Catholicon. Be careful for nothing, but in every thing by prayers and supplications, with thanksgiving, let your requests be made known to God. Phil. 4.6.
AND now amidst such variety of receits, twill be hard to instance any one sort of calamity which can escape their efficacy, if they be but duly appli'd. But indeed we have generally a compendious way of frustrating all remedies by never making use of them: like fantastic patients we are well enough content to have our disease discours'd, and medicines prescrib'd, but when the Physic comes, have still some pretence or other to protract the taking it. But I shall beseech the Reader to consider, that counsels are not charms, to work without any cooperation of the concern'd person: they must be adverted to, they must be ponder'd and consider'd, and finally they must be practic'd, or else the utmost good they can do us, is to give us a few hours divertisment in the reading: but they do us a mischief that infinitely out-weighs it, for they improve
prove our guilts by the ineffective tender they make of rescuing us from them, and leave us accountable not only for the original crimes, but our obstinate adhesion to them in spite of admonition.

2. I say this because it is a little too notorious, that many take up books only as they do cards or dice, as an instrument of diversion. Tis a good entertainment of their curiosity to see what can be laid upon any subject, and be it well or ill handled, they can please themselves equally with the ingenuity or ridiculousness of the compouer, and when they have don this, they have don all they design'd. This indeed may be tolerable in Romances and Play-books, but sure it ill befits Divinity. And yet I fear it oftnest happens there: for in the former some do project for some trivial improvements, as the embellishing of their title, the inspirtion of their fancies; and some men would scarce be able to drive their peddling trade of wit, did they not thus sweep the stage: but alas how many books of piety are read, of which one cannot discern the least tincture in mens conversations, which sure do's in a great measure proceed from the want of a determinate design in their
their reading, mens practice being not apt to be less rovers then their speculation. He that takes a practical subject in hand, must do it with a design to conform his practice to what he shall there be convince’d to be his duty, and he that comes not with this probity of mind, is not like to be much benefited by his reading.

3. But one would think this should be an unnecessary caution at this time, for since the intent of this tract, is only to shew men the way to contentment, tis to be suppos’d the Readers will be as much in earnest as the writer can be, it being every mans proper and most important interest, the initiating him in the highest and most supreme felicity that this world can admit: yet for all this fair probability, I doubt many will in this instance have the same indifference they have in their other spiritual concerns.

4. Tis true indeed that a querulous repining humor, is one of the most pernicious, the most ugly habits incident to mankind, but yet as deformed people are oft the most in love with themselves, so this crooked piece of our temper, is of all others the most indulgent to itself. Me-
lancholy is the most stubborn and untractable of all humors; and discontent being the offspring of that, partakes of that inflexibility: and accordingly we see how impregnable it often is, against all assaults of reason and Religion too. Jonah in a fallen mood would justify his discontent even to God himself, and in spite of that calm reproof, dost thou well to be angry? Jon. 4. 9. aver he did well to be angry even to the death. And do we not frequently see men upon an impatience of some disappointment, grow angry even at their comforts? Their friends, their children, their meat, their drink, every thing grows nauseous to them, and in a frantic discontent, they often fling away those things which they most value. Besides this peevish impatience is of so aerial a diet, that it is scarce possible to starve it. Twill nourish itself with Phantasms and Chimeras, stubborn thousand surmises and imaginary distresses to abet its pretences: and tho every one of us can remonstrate to one another, the unreasonableleness of this discontent; yet scarce any of us will draw the argument home, or suffer ourselves to be convinced by what we urge as irrefragable to others. Nay farther this humor is impatient of any di-
diversion, loves to converse only with it self. In bodily pains, men that despair of cure are yet glad of allaiies and mitigations, and strive by all arts, to divert and deceive the sense of their anguish; but in this diseaſe of the mind, men cherish and improve their torment, roll and chew the bitter pill in their mouths, that they may be sure to have its utmost flavor; and by devoting all their thoughts to the subject of their grief, keep up an uninterrupted sense of it: as if they had the fame Tyranny for themselves which Caligula had for others, and loved to feel themselves die. Indeed there is not a more absurd contradiction in the world, then to hear men cry out of the weight, the intolerable bitterness of their burden, and yet grasp it as fast as if their life were bound up in it; will not deposite it, no not for the smallest breathing time. A strange fascination sure, and yet so frequent, that it ought to be the fundamental care of him that would cure men of their discontents, to bring them to a hearty willingness of being cured.

5. It may be this will look like paradox, and every man will be apt to say he wishes nothing more in earnest, then to be
be cured of his present discontent. He that is poor would be cured by wealth, he that is low and obscure by honor and greatness: but so an Hydropic person may say he desires to have his thirst cur'd by a perpetual supply of drink: yet all sober people know, that that is the way only to increase it: but let the whole habit of the body be rectified, and then the thirst will cease of itself. And certainly 'tis the very same in the present case, no outward accessions will ever satisfy our cravings, our appetites must be tamed and reduced, and then they will never be able to raise tumults, or put us into mutiny and discontent: and he (and none but he) that submits to this method, can truly be said to desire a cure.

6. But he that thus attests the reality of his desires, and seeks contentment in its proper sphere, may surely arrive to some considerable degrees of it. We find in all ages men, that only by the direction of natural light have calmed their disquiets, and reason'd themselves into contentment even under great and sensible pressures; men who amidst the acutest torments, have still preserved a serenity of mind, and have frustrated contents
temts and reproches by disregarding them: and sure we give a very ill account of our Christianity, if we cannot do as much with it as they did without it.

7. I do not here propose such a Stoical insensibility as makes no distinction of events, which, tho it has bin vainly pretended to by many, yet sure was never attain'd by any upon the strength of discourse. Some natural dullness or casual stupefaction must concur to that, and perhaps by doing so, has had the luck to be canoniz'd for vertue. I mean only such a superiority of mind as raises us above our sufferings, tho it exempt us not from the sense of them. We cannot propose to our selves a higher pattern in any vertue then our blessed Lord: yet we see he not only felt that load under which he lay, but had the most pungent and quick sense of it, such as promted those earnest deprecations, father if it be possible let this cup pass: yet all those displacencies of his flesh were surmounted by the resignation of his spirit, nevertheless not what I will, but what thou wilt, Luk. 22. And certainly he that in imitation of this pattern, do's in spight of all the reluctancies of his sense, thus entirely submit his will, how-
however he may be sad, yet he is not impatient; nor is he like to be sad long, for to him that is thus resign'd, light will spring up, Psal. 97. 11. some good Angel will be sent like that to our Savior to relieve his disconsolation. God will send either some outward allayes, or give such interior comforts and supports, as shall counterpoise those afflictions he takes not off.

8. Indeed the grand design of God in correcting us is (the same with that of a prudent parent towards his child) to break our wills. That stubborn faculty will scarce bend with easy touches, and therefore do's require some force: and when by that rougher handling, he has brought it to a pliantness, the work is don. Tis therefore our interest to cooperate with this design, to assist as much as we are able towards the subjugating this unruly part of our selves. This is that Sheba 2Sam. 20. the surrendering of whom is God's expectation in all the close sieges he laies to us. Let us then be so wise, as by an early resigning it to divert his farther hostilities, and buy our peace with him.

9. And truly this is the way not only to gain peace with him, but our selves too,
too: tis the usurpation of our will over our reason which breeds all the confusion and tumults within our own breasts, and there is no possibility of curbing its insolence, but by putting it into safe custody, committing it to him who (as our Church teaches us) alone can order the unruly wills of sinful men. Indeed nothing but experience can fully inform us of the serenity and calm of that soul, who has resign'd his will to God. All care of chusing for himself is happily superseded, he is contented to no anxious forecasts for future events, for he knows nothing can happen in contradiction of that supreme will, in which he hath sanctuary: which will certainly choose for him with that tenderness and regard, that a faithful Guardian would for his pupil, an indulgent father for his child that calls its self into his arms. Certainly there is not in the world such a holy sort of artifice, so Divine a charm to tie our God to us, as this of resigning our selves to him. We find the Gibeonites by yielding themselves vassals to the Israelites, had their whole army at their beck to rescue them in their danger Jof. 10. 5, and can we think God is less considerate of his homagers and dependents? No
No certainly, his honor as well as his compassion is concern'd in the relief of those who have surrendered themselves to him.

10. Farther yet, when by resignation we have united our wills to God, we have quite changed the scene, and we who when our wills stood single were liable to perpetual defeats, in this blessed combination can never be crost. When our will is twisted and involved with God's the same omnipotence which backs his will, do's also attend ours. Gods will, we are sure, admits of no controle, can never be resisted, and we have the same securi-ty for ours, so long as it concurs with it. By this means all calamities are unsetting'd, and even those things which are most repugnant to our sensitive natures, are yet very agreeable to our spirits, when we consider they are implicitly our own choice, since they are certainly his, whom we have deputies to elect for us. Indeed there can be no face of adversity so avertering and formidable, which let in this light will not look amiable. We see daily how many uneasinesses and prejudices men will contentedly suffer in pursuit of their wills: and if we have really espoused Gods, made his will ours, we shall with
with as great (nay far greater) alacrity embrace its distributions, how uneasy forever to our sense; our souls will more acquiesce in the accomplishment of the Divine will, then our flesh can reluct to any severe effects of it.

11. Here then is that footing of firm ground, on which whosoever can stand, may indeed do that which Archimedes boasted, move the whole world. He may as to himself subvert the whole course of sublunary things, unvenem all those calamities which are to others the gall of Asps; and in a farther sense verify that Evangelical prophecy, of beating swords into plough-shares, and spears into pruning hooks, Esay. 2. 4. the most hostile weapons, the most adverse events, shall be by him converted into instruments of fertility, shall only advance his spiritual growth.

12. And now who can chuse but confess this a much more eligible state, then to be alwaies harrassed with solicitudes and cares, perpetually either fearing future defeats, or bewailing the past. And then what can we call it less then madness or enchantment, for men to act so contrary to their own dictates, yea to their
their very sense and experience, too see and acknowledge the inexplicable felicity of a resigned will, and yet perversely to hold out theirs, tho they can get nothing by it, but the fullen pleasure of opposing God, and tormenting themselves? Let us therefore if not for our duty or ease, yet at least for our reputation, the as- serting our selves men of sobriety and common sense, do that which upon all these interests we are obliged; let us but give up our wills, and with them we shall certainly divest our selves of all our fruitless anxieties, and cast our burdens upon him who invites us to do so. He who bears all our sins, will bear all our sorrows, our griefs too: if we will but be content to deposite them, he will relieve us from all those oppressing weights, which make our souls cleave to the dust, Psal. 119. 25. and will in exchange give us only his light, his pleasant burden, Mat. 11. 33. In a word there will be no care left for us, but that of keeping our selves in a capacity of his: let us but secure our love to him, and we are ascertain'd that all things shall work together for our good, Rom. 8. 28.

To conclude, Resignation and Contentment are virtues not only of a near cogna-
cognition and resemblance, but they are linked as the Cause and the Effect. Let us but make sure of Resignation, and Content will flow into us without our farther industry: as on the contrary whilst our wills are at defiance with Gods, we shall alwaies find things at as great defiance with ours. All our subtleties or industries will never mould them to our satisfactions, till we have moulded ourselves into that pliant temper that we can cordially say, *It is the Lord, let him do what seemeth him good.* 1 Sam. 3. 18.
The Close.

1. This short institution of the Art of Contentment, cannot more naturally, or more desirably draw to a conclusion, then in the resort we have given it, in the bosom of divine Providence. The Roman conquerors as the last pitch of all their triumphs, went to the Capitol, and laid their Garlands in the lap of Jupiter: but the Christian has an easier way to Triumph, to put his crown of thornes (for that is the trophy of his victories) within the arms of his gracious God; there lodg his fears, his wants, his forrows, and himself too, as in the best repository.

2. The Gospel command of not caring for the morrow, Mat. 6. 34, and being careful for nothing, Phil. 4. 6. nakedly propos'd, might seem the abandoning of us to all the calamities of life: but when we are directed to cast all our care upon a gracious and all-powerful Parent, and are assur'd that he cares for us, 1 Pet. 5. 7. that tho a woman may forget her sucking child, that she should not have compassion of
of the son of her womb, yet will be not for­get his children, Isa. 49. 15. this will abundantly supersede all cavil and obje­ction. Whilst worldly men trust in an arm of flesh, lay up trefure on earth, a prey for rust and moth, Mat. 6. 19. and a tor­ment to themselves, Jam. 5. 3. the Chris­tian has Omnipotence for his support, and a trefure in heaven, where no thief approaches, nor moth corrupts, Mat. 6. 20.

Whilft bold inquirers call in question Gods secret will, oblige him to their sub or supralaplarian schemes, their absolute or conditional decrees, their grace fore­seen or predetermin'd; the pious man with aweful acquiescence submits to that which is revel'd: resolves for ever to obey, but never to dispute; as knowing that the belov'd Disciple lean'd on his Masters bo­some; but tis the thieves and traitors part to go about to rifle it.

3. Tis surely a modest demand in the behalf of God Almighty, that we should allow him as much privilege in his World, as every Peasant claims in his Cottage; to be Master there, and dispose of his house­hold as he thinks best: to say to this man, Go, and he goeth: and to another, Come, and he cometh: and to his servant, Do this, and
The Close.

and he doth it, Mat. 8. 9. And if we would afford him this liberty, there would be an immediate end put to all clamor and complaint.

4. We make it our daily prayer that the will of God may be done in earth as it is in heaven, with a ready, swift, and uninterrupted constancy. As tis Giant-like rebellion to set up our will against his, so is it mad perverseness to set it up against our own; be displeas’d that our requests are granted, and repine that his, and therewith our will is done. It were indeed not only good manners, but good policy, to observe the direction of the Heathen, and follow God: not prejudg his determinations by ours; but in a modest suspension of our thoughts, hearken what the Lord God will say concerning us, for he will speak peace unto his people, and to his Saints that they turn not again, Psal. 85. 8.

5. Or however upon surprize we may indulge to a passionate affection, and dote upon our illegitimate off-spring, our dearling guilts or follies, as David did upon that Child, who was the price of Murder and adultery: yet when the brat is taken from us, when the Child is dead, it will be-
become us to do as he did, rise from our fallen posture on the earth, and worship in the house of the Lord, 2 Sam. 12. 20. It will behove us, as he saith in another place, to lay our hand upon our mouth, because it was his doing, Psal. 30. 10. and with holy Jov Chap. 40. 4. when charg'd with his murmurings, Behold I am vile, what shall I answer? Once have I spoken, but I will not answer: yea twice, but I will proceed no farther.

6. Socrates rightly saith of Contentment, opposing it to the riches of fortune and opinion, that 'tis the wealth of nature; for it gives every thing that we have learnt to want, and really need: but Resignation is the riches of Grace, bestowing all things that a Christian not only needs, but can desire, even Almighty God himself. He indeed, as the Scholemen teach, is the objective happiness of the Creature; He who is the fountain of being, must be also of blessedness: and tho' this be only communicable to us, when we have put off that flesh which cannot enter into the kingdom of God, and laid aside that corruption which cannot inherit incorruption, 1 Cor. 15. yet even in this life, we may make approaches to that blest
fed state, by acts of Resignation and de­
nial of our selves. It was the generous
saying of Socrates being about to die un­
to his friend; O Crito, since it is the will
of God, so let it be: Anytus and Melitus
may kill me, but cannot hurt me. But
such a resignation as tis infinitely a greater
duty to a Christian, so it is also a more
firm security. In that case tis not the
Martyr, but Jesus of Nazareth who is
thus persecuted, and he who attaques him
will find it hard to kick against the pricks,
Act. 9. 5.

7. There could not be a greater
instance of the profligate sensuality of the
Israelites, then that they murmured for
want of leeks and onions, Num. 11. 5.
when they ate Angels food, and had
bread rain'd down from heaven. Tis im­
possible for the soul that is sensible of
God Almighty's favor, to repine at any
earthly pressure. The Lord is my shep­
herd, faith David, therefore can I lack
nothing, Psa. 23. 1. And, thou hast put
gladness into my heart, more then when their
corn, and wine, and oil increased, Psa. 4. 7.
and in passionate rapture he cries out,
Psa. 73. 25. Whom have I in heaven but
thee: and there is none upon earth that I
de-
desire in comparison of thee? my flesh and my heart faileth: but God is the strength of my heart, and my portion for ever. And likewise Psal. 46.1. God is our hope and strength, a very present help in trouble. Therefore will we not fear, though the earth be moved: and though the hills be carried into the midst of the sea. Though the waters thereof rage and swell, and the mountains shake at the tempest of the same. If God be in the midst of us, we shall not be removed, he will help us, and that right early. Let us therefore possess our souls of this support, and as the Prophet advises Isa. 8.12. neither fear, nor be afraid, in any exigence how great soever; but be still and quiet, and sanctify the Lord of hosts himself, and let him be our fear, and let him be our dread.

FINIS.
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