

THE  
Christian's Pocket-Book:

OR, A BUNDLE OF  
FAMILIAR EXHORTATIONS

TO THE  
PRACTICE OF PIETY.

SUCCINCTLY AND ADVISEDLY ADAPTED TO THE  
MEANEST CAPACITIES, BOTH AS TO  
STYLE AND MATTER.

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BY A MINISTER OF THE GOSPEL.

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I THESSALONIANS IV. 1.

*We beseech you, and exhort you by the Lord Jesus, that  
as ye have received of us how ye ought to walk and to  
please God, so ye would abound more and more.*

HEBREWS XIII. 22.

*I beseech you, suffer the word of Exhortation, for I have  
written unto you in few words.*

TO WHICH ARE ADDED,  
DIRECTIONS FOR READING THE BIBLE;  
and shewing its Worth and Excellency.

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## P R E F A C E.

**T**HERE are many who either are not able to buy books of great price, or not willing to carry about with them books of great bulk; therefore, we have cast into this small portable Pocket-book, the following Bundle of Exhortations, which, we hope, compendiously contain the chief substantials of practical religion; which are of most common use, and that people should most carefully mind, and be daily exercised in; We have advisedly contracted matters into small bounds, and expressed them in plain terms, so that we expect, none will grudge either the price they pay for this schedule, or their pains in perusing it. We would not have the Reader satisfy himself with once reading, or viewing it over, to please his curious or critical fancy anent what is written; it is not the feeding of fancy which the Author designs, but proposing duty, and exhorting to the daily practice thereof; hence we exhort you to read over these exhortations frequently, and to form your daily walk agreeably thereto: we wish God's blessing on your perusal thereof.

## Bundle of Familiar Exhortations.

## EXHORTATION I.

**C**ONSIDER your soul concerns with the greatest seriousness; all other concerns are but trifles and vanities in comparison hereof: inconsideration is the bane and ruin of souls, it is the parent of sloth and of security, and the great hinderance of needful resolution: and specially consider, that ye have precious immortal souls, which, after the end of this short life, will live for ever, either in everlasting happiness, or everlasting misery. It is your chief concern to see to the salvation of your souls, as ye would not be found inconsiderate fools, or stupid sots, Mat. xvi. 20. Hof. ii. 12.

Exh. 2. Lay deeply to heart your natural state of sin and misery: Bethink you, that besides your original guilt, and the corruption of your whole nature, which was brought to the world with you, that you are also guilty of innumerable actual sins, by breaking all the commands of God in thought, word, and deed: for all which you are worthy of God's heavy curse and

wrath to pursue you, both in this world, and that which is to come: and neither can you relieve yourselves out of this dangerous condition. Psal. li. 4, 5. Rom. v. 8, 19. Gal. iii. 10.

Exh. 3. Flee speedily to Christ Jesus the only Son of God, and the only Saviour of sinners; renouncing your own righteousness, by true faith rest and rely upon his merits, and imputed righteousness, firmly expecting to be justified, pardoned, and saved thereby. Rom. v. 22, 24, 25. Rom. x. 4, 5.

Exh. 4. Reflect seriously on your baptismal vows and covenant, whereby ye are fast bound to be the Lord's; and to renounce, and resist the devil, the world, and the flesh, as the great enemies of your peace and salvation, and make conscience of keeping your solemn engagements, as ye desire and hope to partake of Christ and his benefits: Also, set apart some share of time, on purpose to renew your baptismal covenant in your own persons, expressly accepting Christ Jesus for your Prophet, Priest, and King; for your portion, guide, guard, and all in all, and devoting yourselves to him, to be his subjects and servants as long as ye

live: Frequently renew your personal covenant with him, and faithfully keep it. Isa. xlv. 5. Rom. xii. 2. Exod. xix. 5.

Exh. 5. Make an entire resignation of yourselves to God, and of all that you enjoy, and have an affection for; referring frankly to his will, wisdom and goodness, to dispose of you and yours in all things, in all cases, and at all times, as seemeth good and right in his sight: live a life of dependence on him, and trust in him, who can make all things work together for good to you. Matth. vi. 10. Rom. viii. 18.

Exh. 6. Daily read some portion of the holy scriptures, diligently meditate on what you read, and study to understand and remember what you meditate; that thereby you may come to know both sin and duty, and how to be both holy and happy; read also other good practical books; and seek the Lord's blessing on your readings. John v. 39. 2 Tim. iii. 15, 16, 17.

Ex. 7. Pray daily unto God Almighty morning and evening at least; and see you be not formal or lazy in your devotions; and, besides secret closet prayer, also make conscience of family

duties; set up, and keep up the worship of God in your families, by reading in the Bible, and by prayers and praises to God, who only can bless you and yours in all your actions and interests, prayerless persons, are justly to be looked on as godless persons. Psal. lv. 17. Mat. vi. 6, 7, 9. Joshua xxiv. 15.

Exh. 8. Exercise yourselves also sometimes to spiritual meditations; think often of the joys of heaven, of the torments of hell, of the sweetness of God's promises, of the terribleness of his threatenings, of the hatefulness of sin, of the beauty of holiness, of the vanity of the world, of the advantage of real godliness, of your hazards thro' manifold temptations, and of the readiness and ability of Jesus Christ to help and comfort you in all cases, &c. When ye rise up, or ly down, when ye walk in the streets, or in the fields, when you are employed in any part of your lawful calling, even at all times, and every where, by night or by day, you may have good thoughts towards God, and about your soul concerns. Gen. xxiv. 63. Ps. lxiii. 6. civ. 34. Phil iv. 8.

Exh. 9. Entertain and nourish ten-

derly the motions and impulses of God's Spirit on your spirits: when ye find kindly inclinations to duty, fall in with them; when you feel inward checks and fears with respect to sin, improve them to restrain you from all iniquity; take special heed you do not smother convictions, or wilfully resist and quench the Spirit's workings in your hearts. Rom. viii. 1, 5, — 13. 1 Theff. v. 19. 20.

Exh. 10. Wait punctually on public ordinances, and always prepare for appearing before the Lord in the sanctuary; hear the word reverently. Let it be your earnest desire to meet with God, and to get your souls edified in the grace and knowledge of Christ Jesus; make particular application both of promises and threatnings, agreeably to your cases: When you are returned home, meditate and confer on what you have been hearing; and frequently pray that God may give you good of his word: Neglect not to mind your minister in your supplications, that he may be always blessed with divine assistance and success. Psal. lxxiii. 1, 2. Mat. xv. 10. Luke viii. 15, 18. 2 Theff. iii. 1.

Exh. 11. Frequently take the sacra-

ment of the Lord's Supper, but ere you venture on that holy ordinance, prepare carefully by examining yourselves anent your soul's state and condition, try if you be in a holy, humble, lively, and tender frame; penitently mourn over your sins: resolve upon amendment and newness of life; renew your personal covenant, and use the sacrament as a seal of it; sever a bill of divorce against all your idols and strange lovers, that have courted and carried your affections off Christ; hunger and thirst for close communion with him: in the act of communicating watch narrowly over your treacherous hearts, that they gad and go not astray from the Lord. And after you have communicated, try what good ye have gotten, let it appear in your after walk, that ye have been with Jesus, feasting with him, and upon him. 1 Cor. xi. 26.

Exh. 12. Remember the sabbath-day, to keep it holy, not only by public worship, but by religious duties in your families, and in secret: put away all vain, impertinent, and earthly thoughts; talk not of worldly affairs, neither do any worldly business, but what works of mercy and necessity.



may call you to; mispend no part of the Lord's day, either in idle discourse, loitering at home, or unnecessary walking in the fields. Ex. xx. 8,—11.

Exh. 13. Look on sin to be the worst thing in the world, as being defiling to your consciences, mischievous and damnable both to soul and body; and which is worst of all, dishonourable and displeasing to the great God of heaven. Jer. ii. 19.

Exh. 14. Shun and resist temptations, be still upon your guard, watching over your deceitful hearts, keeping the door of your lips, and being circumspect in all your ways; you are encompassed about on all hands with snares and temptations. Mat. xxvi. 41. Prov. vi. 23. Psal. xxxix. 1, 2. Eph. v. 15. 1 Pet. v. 8, 9.

Exh. 15. Daily repent of sin: you are daily sinning in thought, word and deed, for which ye should every evening take an account of yourselves; and what faults you find ye are guilty of, confess them, mourn over them, resolve, by God's grace, not to do the like again: have a care your repentance prove not fighting and going backward: moreover, not only repent of your own

faults, but lament over the sins of your relations, neighbours, and the places ye live in. Acts xvii. 30. Job xxxiv. 32. Psalm cxix. 136.

Exh. 16. Mortify and bear down the inward passions, and corrupt affections of your heart, such as anger, envy, malice, privy hatred, revenge, lustfulness, covetousness, pride, ambition, and all secret inclinations to impiety: till your souls be purged of these, ye cannot expect the Holy Ghost will dwell in you as a temple. Col. iii. 5, 8. 1 Cor. iii. 16, 17.

Exh. 17. Keep at the utmost distance from the common sins of the times, from cursing, swearing, drunkenness, stealing, cheating, lying, reviling, bandy-language, fornication, and all uncleanness, deriding or mocking true godliness, or wishing evil to the godly, &c. For because of these things cometh the wrath of God on the guilty. Eph. v. 3, 4, 5.

Exh. 18. Keep out of ill company, bad examples corrupt good manners: Think shame to converse familiarly with openly profane and debauched persons; this will neither be for your credit, comfort, nor profit; rather chuse vir-

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uous, sober and godly people to be your ordinary companions: Such a man as ye would be, draw you to like company. Prov. xxii. 24. Pf cxix. 63.

Exh. 19. Lead a holy and religious life, walking sincerely according to the righteous commands of God: Set the Lord always before your face; content not yourselves with a bare form, and outward shew of godliness without the power of it; but be intirely holy in all your ways. 1 Pet. i. 15, 16. 2 Tim. iii. 5.

Exh. 20. Be good in all relations; not only a good Christian in general, that daily reads, and prays, and runs to preachings and communions; but be a good husband; a good wife; be a dutiful parent, and an obedient child; be a righteous master, and a diligent and honest servant; be a good peaceable neighbour, wronging nobody either with tongue or hands; thus be good and godly in all relations and capacities. Rom. xii. 18. Col. iii. 18,—24.

Exh. 21. Be strong in the grace that is in Christ; be not satisfied with small measures of grace; use all fit and proper means for growing in grace, and keeping it in lively exercise; without the exercise of grace, ye can do noth-

ing to purpose either in performing duties, subduing corruptions, bearing afflictions, or resisting temptations, &c. Have a care of spiritual sloth, unwatchfulness: daily make use of Christ for quickening and increasing your graces. John i. 16. 2 Pet. i, 5, —9. 2 Pet. iii. 18.

Exh. 22. Airth and fix your affections right: Love not the world, nor any earthly comfort immoderately: Give your heart's love to precious Christ above all things, who is only worthy of your chief desires. Col. iii. 1, 2. 1 John ii. 15. Mat. xxii. 37.

Exh. 23. Be not vain or proud of any temporal thing: neither of riches, honour, beauty, strength of body, parts nor gifts of mind, nay not of grace itself; all earthly possessions and goods are uncertain, vain, and liable to innumerable chances, and changes. Eccl. i. 2, 14.

Exh. 24. Be moderate in all things: in your judgement of yourselves, and opinion of others: be moderate in eating, that you be not gluttonous; in drinking, that it be not to excess; in apparel, that ye be not prodigal; in your house-keeping, that ye stretch not either beyond your rank or ability;

in your recreations, that ye mispend not precious time; sobriety is always safe and commendable. Philip. iv. 5. Tit. ii. 12.

Exh. 25. Make as much conscience of sin and duty in secret before God alone, as openly in the sight of men: have a care of Pharisaical righteousness. Gen. xxxix. 9. Mat. vi. 1, 4, 5, 6.

Exh. 26. Follow your lawful calling diligently, never be idle, but have your hand always in a turn, the hand of the diligent maketh rich; yet be not so much swallowed up with your worldly affairs, as to forget God, or your souls, or juggle out religious duties; keep a good mind in all your affairs, swaying to no extreme, either of neglecting your lawful calling, under the pretence of constant devotion; or of too much engagement in throng of worldly business, under the pretence of dutiful providing for your families; every thing is beautiful in its season. Eccl. ix. 10. Rom. xii. 11.

Exh. 27. Look more to God's providence and blessing for making you thrive and prosper in the world, than to your own skill or industry; and, as you would expect God's blessing, be

just, upright, and honest in your dealings; cheating no man, defrauding no man, by lying, equivocating, or over-reaching. Prov. xxii. 10.

Exh. 28. Be content with your lot, whatever be the circumstances and ingredients thereof; be not your own carvers, lest you cut your fingers in the carving; whatever God gives to you, whatever he takes from you, acquiesce in his will, which should never be quarrelled; own your needy dependence on his providence, and in all the changes of your condition, say, Good is the will of the Lord. Heb. xiii. 5. Job i. 21, 22.

Exh. 29. Bear afflictions patiently and submissively, and be more concerned to get the sanctified use of your troubles, than how to be freed from them: look to the hand of God, in all the pains, sickness, crosses, losses, disappointments, reproaches and vexations ye meet with; in faith and hope, cast your cares and burdens upon the Lord. Heb. xii. 5, 9, 11. Psal. lv. 22. 1 Pet. v. 7.

Exh. 30. Thank God heartily for all the mercies you receive; whether with respect to your bodies or your souls; freely acknowledge you get

more mercies than you are worthy of, more than you improve or guide well, more than you are suitably thankful for, and far more mercies than many others get, who are better, and more serviceable to God than you: Reckon it a great mercy that you are out of hell, and that you have the opportunity of the precious gospel of Christ: notice and record all the mercies of God; and sometimes take a while on set purpose, to thank and praise God for them. Psal. ciii. to the end.

Exh. 31. Specially remark and treasure up spiritual experiences; such as the answer of prayer, victory over temptations, the sensible presence of God in ordinances and duties, &c. never deny, hide, or smother Christ's kindness, this is bastard humility, and true ingratitude. Pf. xlii. 6, 8. Pf. lxvi. 16, 17, 20.

Exh. 32. Be charitable to the poor, as far as you are able; if you cannot help them with your purse, help them with your prayers and sympathy, and such offices of kindness and humility, as may make the miserable to bless you. Prov. xxii. 9. xix. 17. Job xiii. 29.

Exh. 33. Study more to be well grounded in the fundamental princi-

ples of religion, than to spend your time about matters debatable, and less necessary to be known; see you do nothing that may break the peace and unity of the church: go not without the bounds of your station, under a pretence of zeal and a public spirit. John xvii. 3. 1 Pet. iii. 15. Ps. cxxxi. 1.

Exh. 34. Carry a due respect both to magistrates and ministers; obey them in all things lawful, if in any thing you be public faulters and offenders, willingly subject both to civil punishment, and to church discipline and censures: regard and reverence rulers as your superiors. Rom. xiii. 1, —8. Heb. xiii. 13.

Exh. 35. Do all you can in your station for promoting the interests of the gospel, as God doth call and enable you: join not at all with ill men and persecutors, to trouble any body for their religion and conscience: Sympathize with the persecuted people of God in foreign churches; also sympathize much with the blinded Jews, and Heathen nations, daily pray that God may pity and convert them, and make the light of the gospel shine through the world. Acts ix. 26, 29.



Obadiah 11,——18. Psalm li. 18.

Exh. 36. Resolve upon sufferings for Christ; be at least martyrs in resolution; if you have a mind for Christ and the crown, you must also be content to take Christ and the cross; this is one of the special articles in his new covenant bargain with sinners; prepare for trials, you know not what you may meet with ere you go off the stage of time: Arm yourselves against all peradventures. Matth. xvi. 24.

Exh. 37. Mind religion as your main business; and all your other affairs but as petty by businesses; be not as the bulk and body of the blinded demented world, who live without God, without Christ, and without hope; who live as if they were not to die, as if there were neither heaven nor hell, nor a day of judgement after this life. Eph. ii. 12. Tit. i. 16.

Exh. 38. Propose God's glory as the chief end of all your actions, and make his word the rule of them: take heed that base, selfish by-ends be not your main end either in duties towards God, or towards man: He that walketh uprightly, walketh surely. 1 Cor. x. 31. Prov. x. 9.

Exh. 39. Spend your time well and profitably; time is a precious, but a passing thing, and, when once past, cannot be brought back again. When you are to leave time, nothing will more gall you, than the tormenting thoughts of mispent time: as, on the other hand, nothing will be more comfortable, than the consideration of managing your golden hours profitably: mind, God will call you to an account for every minute of time, how you have improven that excellent talent: O what a valuable, yet what an abused mercy, is precious time. Eph. v. 16.

Exh. 40. Mind seriously ye are frail mortal creatures, liable to a thousand dangerous accidents; Most certain it is, you must die, but when, where, or how, no body knows: Neither young, nor old, can promise themselves a day, or an hour, beyond the moment they breath in; therefore, account it the care of cares to prepare for death, judgement, and eternity: Study to be always ready, by making your peace with God, by securing an interest in Christ, by living near God in the daily practice of piety, and by avoiding all wickedness, that when the Lord shall

and you a summons to remove hence  
 your long home, you may be found  
 to die, and to step into eternity.  
 Gen. xxxii. 29. Ps. ix. 3, 9, 12. Heb.  
 27. 1 Pet. i. 14. James iv. 8.

THE END.

*DIRECTIONS on Reading the BIBLE;  
 wherein its Worth and Excellency are shewed.*

**I**N reading the word of God, if  
 ye would profit by it, then look  
 to God for his blessing upon it when  
 ye begin, pray, that he may bless it to  
 you, and open your ears and hearts  
 to hear and comply with it as the  
 voice of God.

II. Read it with reverence, not as  
 the word of man; but, as it is indeed,  
 the word of the great God.

Endeavour to get your hearts im-  
 pressed by his blessed word. The doc-  
 trines, laws, and very Spirit of our  
 Bibles, should be transcribed into our  
 very souls. Let then God's word stand  
 not only in your Bibles, but dwell in  
 our hearts.

III. Have an eye to Christ in every thing ye read; for he is the end, scope and substance of the whole Bible; and every thing in it is reducible to him.

IV. Mark the special passages of the word, either these that are most important in themselves, or most applicable to you. Mark the duties enjoined, and sins forbidden; with the promises to the one, and threatening against the other: Fasten these upon your memories, and hide them in your hearts. Meditate on them, and pray that God may keep them in your minds, ready for use against the time of need. There are sundry evangelicall laws and precepts in the word of God which you should observe; as, believing in God, doing all religious exercises in his name, depending upon his merits, grace, and intercession; looking only for acceptance in him; a persuasion of the necessity and usefulness of his offices, as Mediator, Prophet, Priest, and King: An apprehension of your own ignorance, guilt, weakness, misery, and nothingness without Christ, a relying on him in all his offices. We also should remark concerning the Spirit, that he

a Spirit of conviction, illumination, prayer, holiness, conduct, comfort, and blessing: So we would accept of his help, cherish his motions, and influences.

V. Consider the worth and excellency of the word, and how suitable it is in any state and condition we may be in.

It is a rich mine of heavenly treasures, a store-house of all spiritual consolations; a common shop of medicines for the soul, full of rich privileges, promises, and large legacies to the people of God: It is a staff and stay to the old, an ornament and guide to the young. In the word of God, we read the love which God bears to his children from all eternity, and will continue to have for them, when time shall be no more. Here are found the leaves of the tree of life, which God hath ordained for the healing of the nations. In a word, here is the true judge of controversies, a hammer for hereticks, a touch-stone for doctrine, a rule for our lives, a comforter and counsellor in this house of our pilgrimage: a sovereign cordial in all our souls' distresses; David found it so to his sweet experience, Psalm cxix. 50. This is my comfort in my affliction.

“ tions, for thy word hath quickened  
 “ me. O! how excellent is the word  
 and who can set forth all its excellen-  
 cy? It is a glass to discover our spots,  
 a lamp to guide us in the dark, a fire  
 to warm our cold affections, a maga-  
 zine to supply us with armour against  
 our spiritual enemies. Here are sur-  
 able cordials for all our various cases,  
 be it desertion, temptation, poverty,  
 sickness, reproach or persecution; he-  
 re is the heavenly rain, for making soft  
 and tender hearts, here is meat for  
 strong men, and milk for babes,  
 which, through the divine blessing,  
 will be both food and physic to our  
 souls.

It is surely the Christian's duty, to  
 read and meditate much on God's most  
 excellent word, and that with pleasure  
 and delight; the child delights to read  
 his father's will and testament, and to  
 see what is bequeathed to him; citi-  
 zens delight to read their charters, to  
 see their privileges; the malefactor  
 acquitted, delights to read his pardon  
 and the prodigal that is received into  
 favour, delights to read the affectionate  
 letters of his father to him: Then  
 ye are received into favour, and bor-

of God, you cannot but be the lovers  
of this most excellent word of God;  
and read and meditate on it both day  
and night. Psalm i. 2.

VI. We are to contend for the scrip-  
tures; the precious jewel is too good  
to be parted with, Prov. iv. 13. 'Keep  
her she is thy life.' It is our duty, not  
only to love, read, and understand the  
scriptures, but also to contend for the  
same. Hereticks fight against it, we  
must therefore contend for it, Jude  
ver. 3. The scriptures are our book of  
evidence for heaven, shall we part with  
our evidences? The saints of old were  
both advocates and martyrs for the  
truth, they held fast scripture, though  
it was at the expence of their lives.  
David spends the whole cxix. Psalm,  
to shew his intimate affection to it:  
Moses esteems it above all the learning  
of other nations, Deut. iv. 5, 6. Solo-  
mon prefers it before pearls, Prov. iii.  
15. Job prefers it before his food, Job  
xxii. 12. Jeremiah makes it his joy,  
Jer. xv. 16. In a word, all the children  
of God have been great lovers of  
God's word, and could never be pre-  
vailed with to part with it, though  
persecuted for the same.

VII. Read this excellent word with application to yourselves, as if God spoke to you by name and surname in every line of it. Read it as a love-letter sent straight from heaven to you, and to stir you up to faith and holiness. Let us accept of its reproofs and admonitions, with thankfulness: and say, what a great mercy is it, that we may read our Father's will in our mother tongue? And, that God speaks his mind so plainly to us in his word, shewing us what we are to believe, what we are to do, and what we are to pray for, in order to God's glory, and our own happiness.

F I N I S.



G L A S G O W,

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