the Lord, sanctifying ourselves before Him, and, "By this shall all men know that ye are my disciples, if ye have love one to another." By pursuing this course no person who is a true follower of Christ will be left without a witness, for "If any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself." I am satisfied that no man can live faithfully according to the requirements of heaven without having the testimony of the Spirit that they are born of God; but if they do not live so, they have no such assurance, for the Lord is under no obligation to give them the witness of the Spirit, but if they live as He requires them He will fulfill unto them His promise. He is held to this according to His own word to His children that He would send unto them the spirit of promise, even the Holy Ghost, which will show them things to come.

When I speak to the Saints I include myself. I profess to be a Saint with the rest of my brethren and sisters, and my public and private life is the proof whether I am truly a Saint or not. This is not all, but the spirit which I possess and communicate to the people is another proof, and the spirit which you possess and communicate to your neighbors is the proof by which you are known, as it is with myself. If we walk in obedience to the covenants which we have made with God and one another, we have the assurance that we shall walk no more in darkness, but in the light of life—in the light of the countenance of our heavenly Father. Then we can bear witness that we are born of God, and testify of Jesus as being the Son of God, the only begotten of the Father, full of grace and truth; and we then can strengthen our brethren, and are prepared to speak the truth to a wicked world and call upon them to repent, and forsake their sins, return unto the Lord, seek salvation, and make their peace with God before it is too late.

A great many good people, who possess much of the spirit of the Lord, are naturally given to doubting, having so little selfreliance that they sometimes doubt whether they are Saints in truth or not. These often doubt when they should not. So long as they are walking humbly before God, keeping His commandments, and observing His ordinances, feeling willing to give all for Christ, and do everything that will promote His kingdom, they need never doubt, for the Spirit will testify to them whether they are of God or not. There are some who are always fearful, trembling, doubting, wavering, and at the same time doing everything they can for the promotion of righteousness. Yet they are in doubts whether they are doing the best possible good, and they fear and fail here and there, and will doubt their own experience and the witness of the Spirit to them.

As we are now partaking of the emblems of the body and blood of the Savior, I will refer to this ordinance of the house of God, and ask the Latter-day Saints to call to mind their own feelings on this subject, as a testimony regarding their faith and assurance. Do you delight to partake of the sacrament of the Lord's supper? Would you assemble yourselves together here, Sabbath after Sabbath, for the express purpose of partaking of the broken bread, and of this water that has been prepared, as a witness to God, our Father, that we have received the Gospel of His Son, that we do delight in His words, and in keeping His commandments and requirements, thus testifying to our Heavenly Father, and to His Son Jesus Christ, that we are the disciples