

suppress those tormenting and corroding cares by which mine affections are so closely united to the things of this life. Open mine eyes, that I may clearly see the true nature of that which I so much desire; what an hindrance it is to the good of my soul; and what an impediment in the way that leadeth unto everlasting life. Make me to feel the pleasure of, and to set mine affections on, those things which are above; enlighten mine understanding, that I may know what is the hope of my calling, the riches of thy glory, and the heavenly crown which is reserved for thy faithful servants. Incline my heart to a steadfast faith in thy promises, and to a firm persuasion of the certainty which thy word hath testified, that if I delight myself in thee thou wilt give me my heart's desire; and then shall I be more studious to grow in grace than to increase in riches, and more earnest for spiritual blessings than for the things of this world. Deny me not then, O God, this request, nor send me away empty from thy throne of grace. I ask not for mine own deserts; I renounce myself: I fly to thy promises, and look for nothing but for the sake of thy word, and through the merits of Jesus Christ, in whom my soul is well pleased, and to whom, with thine eternal Spirit, I yield all honour and glory, world without end. *Amen.*

Against Swearing, Lying, and Slander.

O Almighty Lord, thou God of truth, grant me, I beseech thee, the assistance of thy Holy Spirit, that I may never habituate myself to the use of thy sacred name, but on the most solemn and

momentous occasions, and then always with the greatest reverence, and the most profound respect; and, above all, that I may never prostitute it to confirm and to strengthen falsehood. May I ever detest and abhor the abominable sin of raising false reports of my neighbour, or of giving credit to those that do; but may I always suspend my judgment until I am fully acquainted with the matter, that I may not render evil for evil, or railing for railing, but give place unto wrath. Support and defend me, O Lord, under every slander, that so, by patient continuance in well-doing, I may seek for glory, for honour, and for immortality. In all my conflicts with the world, the flesh, and the devil, may I be enabled to come off more than conqueror; that so, having fought a good fight, finished my course, and kept the faith, I may obtain a crown of righteousness, even that crown which fadeth not away, but which remaineth eternal in the heavens. Grant this, I beseech thee, for the merits, and through the mediation of thy Son Jesus Christ. *Amen.*

Against Hypocrisy.

LORD God Almighty, who hast expressly declared by the mouth of thy servant David, the blessedness of that man in whose spirit there is no guile; and who hast told us by the words of our Saviour, that the portion of the hypocrite shall be weeping and gnashing of teeth; let it be thy pleasure to create in me a new and an upright spirit; to root out all hypocrisy from my heart; and to make me become a true Israelite both in

word and in deed. Thou that art the God of truth, and who takest no delight in lying and hypocrisy, stir up in me an unfeigned detestation of all falsehood, and an earnest love of inward sincerity. Let me never forget how impossible it is to blind thine eyes with outward appearances, or to delude thee with fair pretences; for thou seest not as man seeth, but, as a God thou discernest the heart. Suffer me not to content myself with a profession of godliness, and a neglect of the power thereof; or to appear like a whited sepulchre, which seemeth beautiful without, but within is full of all manner of uncleanness. And, in all the exercises of piety, make me not only to draw near unto thee with my lips, but, above all, with the strength and power of my mind, desiring more to approve the singleness and sincerity of my heart unto thee, who seest in secret, than to purchase an opinion with men. This inward truth vouchsafe unto me, Almighty Father, not for mine own sake, but for his who is the truth, and who came into the world to bear witness unto the truth, even Jesus Christ, thy Son and my most gracious Saviour. *Amen.*

For Resignation.

BLESSED Lord, by whose gracious providence and permission all calamities in this life befall us; grant me the assistance of thy Holy Spirit, that I may ever submit with a quiet and an humble mind to the dispensation of thine afflicting hand. And since troubles are sent to punish me for my sins, and to improve me in virtue; since my blessed Saviour and his saints, who are

gone before, arrived through these trials at the heavenly Jerusalem; let me not, therefore, murmur or complain, but cheerfully acquiesce in thy dispensations, and exclaim, with all humility and devotion, thy will be done. May I ever be ready to resign all worldly interest, and joyfully to take up the cross, and bear it with contentment; that carefully avoiding all the ways of error and wickedness, for preventing or rescuing myself from sufferings, I may either be delivered by thy mighty arm, or rewarded in thy heavenly kingdom. Let me freely resign myself to thy providence, and with firm resolution devote all my powers to thy service, that by so doing I may be reconciled to thee, mine offended God. Take me, then, I beseech thee, into thy most gracious protection here, till by thy heavenly guidance I be translated from this valley of tears to the joys of thy glorious kingdom, there to enjoy with the spirits of just men made perfect the rewards of patience, of obedience, and of resignation. Grant this, O God, for the sake of Jesus Christ. *Amen.*

For Submission to the Divine Will.

GRACIOUS God, whose never-failing providence ordereth all things both in heaven and on earth, and who art the author of every good and perfect gift; I most humbly submit myself to the disposal of that wisdom which cannot err, and to the care of that goodness which is unchangeable and everlasting. Lead me, O God, whither thou shalt think fit; place me in whatever circumstances thou shall deem most proper; and I will perform thy whole will with pleasure and

fidelity, and bear that which thou allottest me with patience and submission. Defend me, gracious Father, from every real evil; and confer upon me every needful good. May every event in this life conspire to the improvement and establishment of my virtue; and may I be so conducted by thine unerring hand through all the changes and chances of this mortal life, as finally to be admitted to the everlasting habitations of the righteous, and to the spirits of just men made perfect, that glorious reward which thou hast promised to all thy faithful servants, through the merits and mediation of Jesus Christ. *Amen.*

For Steadfastness.

O Eternal and unchangeable God, who art the same yesterday, to-day, and for ever, be graciously pleased to impart some portion of steadfastness to me, thy sinful creature, who am vain, light, and inconstant. Behold with pity and compassion the imminent danger to which the frailty of my nature is perpetually exposed from the assaults of the world, the flesh, and the devil. Keep me, gracious Lord, from the snares of all those who would betray me into sin. Let no terrors or flatteries either of the world, or of mine own flesh ever draw me from obedience to thee; but grant that I may never be ashamed to confess the faith of Christ crucified, manfully to fight under his banner against sin, the world, and the devil; and may I ever remain steadfast and immovable, always abounding in the work of the Lord. Then shall I feed on the pleasant fruits

of piety, and the heavenly feast of a good conscience; and at the last arrive at the kingdom of heaven, that blessed kingdom, where I shall no more be exposed to the assaults of temptation, but where all shall be joy, and love, and peace, and perfection, for ever and for ever. May the Lord God of heaven then give me grace to resolve wisely, and to keep his commandments always, even to the end of my days, for the sake, and through the merits of Jesus Christ. *Amen.*

For an Increase of Faith, Hope, and Charity.

O Almighty and everlasting God, from whom cometh every good and perfect gift, endue me, I beseech thee, with all spiritual blessings in Christ Jesus. Increase my weak and feeble faith, direct it to its true and proper object, the merits of my Saviour; and let it not be dead and barren, but effectual and working by love. Make me strong therein, and constant, ever ready to give credit to thy word without doubting; and protect me from the divers and manifold errors, sects, and heresies of this world, that fight against it. Let me not be disappointed of that **HOPE** which I have in thee, but confirm thy promises, and so work in my heart, that I may have courage in conflicts, patience in trouble, and comfort in all things. When Satan shall accuse me, my conscience bear witness against me, the whole world forsake me, and all things set themselves in array against me, then strengthen me, I beseech thee, in that heavenly **HOPE**, which thou hast set before me. Send thy Holy Ghost, and graft into my heart that

most excellent gift of CHARITY, the very bond of peace, and of all virtues, without which whosoever liveth is counted dead before thee. Give me a truly compassionate mind to help and succour others according to mine ability, to forbear with and to forgive them, though they be my most inveterate enemies, and to succour all men in my power, especially those that are of the household of FAITH. Purify me from all envy and malice; and so moderate mine affections, that the sun may never go down upon my wrath, but that I may be satisfied in knowing that vengeance only belongeth unto thee. Comfort me, O Lord, in all grievous accidents; and, at the hour of death, enable me by thy grace to fix all my confidence on thee; that, whereas I now see by FAITH only, as it were through a glass darkly, I may then behold thee face to face, perceive that my HOPE is turned into fruition, and experience *the greatest of these*, even that CHARITY which thou hast been graciously pleased to promise to all those who, in this world, have faithfully served thee. These mercies then, O God, *I ask in FAITH, nothing wavering*, through the merits of the HOPE set before me, which HOPE I have as *an anchor of the soul*, both sure and steadfast, even Jesus, made an high priest for ever, after the order of Melchisedec. Amen.

On the Commencement of any Undertaking.

ETERNAL God, who hast ordained labour to be the lot of man, and who seest the necessities of all thy creatures, bless, I beseech thee, mine

endeavours and undertakings with thy most gracious favour; further them with thy continual help; and grant that the assistance of thy Holy Spirit may not be withholden from me. Let me not lavish away, O Lord, the life which thou hast given me, on useless trifles, or waste it in vain searches after those things which thou hast hidden from me. Enable me by the assistance of thy Holy Spirit so to shun sloth and negligence, that every day may discharge part of the task which thou hast allotted me; and so further with thy help that labour, which without thy help must be ineffectual, that I may obtain in all mine undertakings, such success as will best promote thy glory, and the salvation of mine own soul. Impart to me good resolutions, and give me strength and perseverance to perform them. Give me grace, O Lord, to design only what is lawful and right, and afford me calmness of mind and steadiness of purpose. Let me no longer abuse that precious treasure, which thou hast allotted me as a proper season to work out mine own salvation, and to secure that happiness, which is great in itself, and infinite in its duration. Let me bid adieu to all those vain amusements, those trifling employments, and idle occupations, which have hitherto robbed me of so many valuable hours, and endangered the loss of mine immortal soul. Let me no longer waste my time in ease and pleasure; in unprofitable studies, and more unprofitable conversation; but grant that by diligence and honesty in mine endeavours, by constancy and fervour in my pursuits, by moderation and temperance in mine enjoyments, by justice and cha-

rity in all my words and actions, and by keeping a conscience void of offence towards God and man, I may be enabled to give a good account at the day of judgment, and be accepted in thy sight, through the merits and mediation of Jesus Christ, mine Advocate and Redeemer. *Amen.*

For Preservation on a Voyage or a Journey.

GRACIOUS God, the preserver of all thy creatures, the confidence of the ends of the earth, and of those who are afar off; who rulest the raging of the sea, who stillest the waves thereof when they arise; and who commandest the winds and they obey; receive, I beseech thee, under thine almighty and most gracious protection thine unworthy servant, who is at this time about to encounter the perils of the sea, the efforts of the enemy, and the danger of disease in distant climates. May thy providence defend me at all times and in all places; preserve me from the peculiar dangers to which I may be exposed; from the attempts of wicked and unreasonable men; and, above all, from moral evil. Prosper me in all my lawful and honourable designs, and restore me to my native country in innocence and safety, that I may enjoy the fruits of mine industry and labour, the blessings of my native land, and the endearments of domestic society, with a thankful remembrance of thy mercies, and that I may have fresh occasions to celebrate with a grateful heart the praises of thy goodness, and by a suitable life and conversation to express the sense of my great and numerous obligations to thee, who art

the only giver of all good. Grant this, I beseech thee, for the merits of Jesus Christ. *Amen.*

In Sickness.

ALMIGHTY God, the Sovereign of the world, the Arbiter of all events, and the Disposer of the affairs of men, who doest whatsoever thou pleasest both in heaven and on earth; I acknowledge myself, among the rest of thy creatures, to be most deeply indebted to thee, for having prolonged my life to this time in health, in peace, and in plenty, together with the enjoyment of spiritual blessings in Christ Jesus. I receive, therefore, with thankfulness and humility whatever comes from thy hand, and believe those things to be good for me which thine infinite wisdom and kindness orders and allots. I accept with humble and dutiful submission this thy fatherly correction. If thou deemest it good to exercise me with a longer sickness, and to let the present indisposition of my body proceed to a greater height, not my will, O God, but thine be done. I only beg of thee the comfortable assistance of thy Holy Spirit to support my soul by faith, hope, and patience under all the pains which I may endure. Lay no more upon me than I shall be able to bear; free me from all murmuring and repining thoughts; and make the sickness and anguish of my body a blessed instrument to purge my spirit from all pride and vanity, from worldly-mindedness, and an inordinate love of any of the pleasures of this life. I am truly sensible, O God, that I have not employed my time to the utmost advantage of my

soul, and to thy honour and glory; but if it should be thy good pleasure to prolong my days on earth, I will serve thee with greater fidelity, zeal, strictness, and diligence. Preserve me then in a lively sense of thy good will towards me, and dispose of me as thou thinkest good. In the multitude of my thoughts thy comforts shall delight my soul. I will rejoice even in the midst of tribulations, and glory in thy holy name. Though I walk through the shadow of death, I will fear no evil; for thou art with me; thy power and tender care, they shall comfort me. Accept then, O Lord, of these my desires and resolutions; hear me, O God, and have mercy upon me: Lord, be thou my helper, for the sake of Jesus Christ, my ever blessed Redeemer. *Amen.*

With one who is very ill.

WE bow down before thee, O Lord of heaven and earth, acknowledging that we are but dust, and unworthy to speak to thee, either for ourselves or others.

When we consider thine infinite wisdom, power, and goodness, our own folly, weakness, and unworthiness, and our vast distance from thee, we desire with great humility to confess, that we are as nothing and vanity. But thy condescending goodness encourages our approaches to the throne of mercy with hope and confidence, to solicit thy favour both for ourselves and our fellow-creatures.

We would, therefore, in a particular manner, at the same time, implore thy tender compassion upon this our sick *brother*, who desires our prayers. Gracious God, look down upon *him* with

pity, and support *him* under thine afflicting hand. Work in *him* true repentance for all the sins *he* has committed against thee in thought, word, and deed. Give *him* a lively and steadfast faith in Christ Jesus; fill *him* with a lively hope of that immortal life, which Christ has purchased and promised to all true believers; fill *him* with a powerful sense of thy fatherly love and tender care over *him* in the most afflicted condition. Bestow on *him* thy heavenly supports and comforts, and give *him* patience and submission to thy holy will during this visitation of sickness.

We know, great God, that with thee there is nothing impossible. If thou wilt, thou canst raise *him* up, and grant *him* a longer continuance in this world. May it be thy gracious pleasure to restore *him* to us! May it please thee to save and deliver *him* for thy goodness' sake, O Lord. Direct and bless the means which may be used for *his* recovery, and make them effectual. Command the disease to relinquish *him* by thine Almighty word, that *he* may again be restored to health and usefulness. And in the mean time help *him* meekly to resign *himself* to thy disposal, and quietly to wait for ease and comfort here, or for everlasting rest and happiness in a future state, through Jesus Christ, who is the resurrection and the life. *Amen.*

A Litany and Commendatory Prayer for a Sick Person.

(Chiefly from Bishop Andrews.)

O God, the Father of Heaven,
Have mercy upon *him*;
Keep and defend *him*.

O God the Son, Redeemer of the world,
Have mercy upon *him*;
Save and deliver *him*.

O God the Holy Ghost, proceeding from the
Father and the Son,

Have mercy upon *him*;
Strengthen and comfort *him*.

O holy, blessed, and glorious Trinity,
Have mercy upon *him*.

Remember not, Lord, *his* offences; call not to
mind the offences of *his* forefathers; but spare
him, good Lord, spare thy servant whom thou
hast redeemed with thy precious blood, and be
not angry with *him* for ever.

Spare *him* good Lord.

From thy wrath and heavy indignation; from
the fear of death; from the guilt and burden of
his sins; and from the dreadful sentence of the
last judgment,

Good Lord deliver him.

From the sting and terrors of conscience;
from the danger of impatience, distrust, or des-
pair; and from the extremity of sickness, an-
guish, or agony, that may any way withdraw
his mind from thee,

Good Lord deliver him.

From the bitter pangs of eternal death; from
the gates of hell: from the powers of darkness;
and from the illusions and assaults of our spiritu-
al enemy,

Good Lord deliver him.

From all danger and distress; from all terrors
and torments; from all pains and punishments,
both of the body and the soul,

Good Lord deliver him.

By thy manifold and great mercies; by the
manifold and great mercies of Jesus Christ thy
Son; by his fearful and unknown sufferings;
by his agony and bloody sweat; by his strong
crying and tears; by his bitter cross and passion;
by his mighty resurrection, and glorious ascen-
sion; by his effectual and most acceptable inter-
cession and mediation; and by the graces and
comforts of the Holy Ghost,

Good Lord deliver him.

In *his* time of extremity; in *his* last and great-
est need; in the hour of death, and in the day of
judgment,

Good Lord deliver him.

We sinners do beseech thee to hear us, O Lord
God; and that it may please thee to be *his* de-
fender and keeper; to remember *him* with the fa-
vour thou bearest unto thy people, and to visit
him with thy salvation;

We beseech thee to hear us, good Lord.

That it may please thee to save and deliver
his soul from the power of the enemy, and when-
soever *his* soul shall depart from the body, to re-
ceive it to thy mercy;

We beseech thee to hear us, good Lord.

That it may please thee to be merciful, and to
forgive all *his* sins and misdeeds, which at any
time of *his* life he hath committed against thee;

We beseech thee to hear us, good Lord.

That it may please thee to make *him* partaker
of all thy mercies and promises in Christ Jesus;

We beseech thee to hear us, good Lord.

That it may please thee to vouchsafe *his* soul
the estate of joy, bliss, and happiness, with all
thy blessed saints, in thy heavenly kingdom;

We beseech thee to hear us, good Lord.

That it may please thee to grant *his* body rest and peace, and a part in the blessed resurrection of life and glory;

We beseech thee to hear us, good Lord.

Son of God, we beseech thee to hear us.

O Lamb of God, that takest away the sins of the world;

Grant him thy peace.

O Lamb of God, that takest away the sins of the world;

Have mercy upon him.

Into thy merciful hands, O Lord, we commend the soul of *this* thy servant. Acknowledge, we humbly beseech thee, this work of thine own hands, this sheep of thine own fold, this lamb of thine own flock, this sinner of thine own redeeming. Receive *him* finally, through thy unspeakable mercy, into the sacred rest of everlasting peace, and into the glorious estate of thy chosen saints in Heaven. *Amen.*

God the Father, who hath created thee; God the Son, who hath redeemed thee; God the Holy Ghost, who hath infused his Grace into thee; be now, and evermore thy defence; assist thee in thy last trial, and bring thee into the way of everlasting life. *Amen.*

Christ, that redeemed thee with his agony and bloody death, have mercy upon thee, and strengthen and support thee. *Amen.*

Christ Jesus, that rose the third day from the dead, raise up *thy* body again in the resurrection of the just. *Amen.*

Christ, that ascended into Heaven, and now sitteth at the right hand of God, bring thee to the place of eternal happiness and joy. *Amen.*

God the Father, preserve and keep thee; God

the Son, assist and strengthen thee; God the Holy Spirit, defend and aid thee; God the Holy Trinity, be ever with thee; that thy death may be precious in the sight of the Lord, with whom thou shalt live for evermore. *Amen.*

A Prayer for a Sick Person at the point of departure.

(From Bishop Taylor.)

O Holy and most gracious Jesus, we humbly recommend the soul of thy servant into thy hands, thy most merciful hands: Let thy blessed Angels stand in ministry about thy servant, and defend *him* from the violence and malice of all *his* spiritual enemies, and drive far from hence all the spirits of darkness. *Amen.*

II.

Lord, receive the soul of this thy servant: enter not into judgment with *him*; spare *him* whom thou hast redeemed with thy most precious blood, and deliver *him* for whose sake thou didst suffer death, from all evil and mischief, from the crafts and assaults of the devil; from the fear of death, and from everlasting death. *Amen.*

III.

Lord, impute not unto *him* the follies of *his* youth, nor any of the errors and miscarriages of *his* life; but strengthen *him* in *his* agony, and carry *him* safely through this last distress. Let not *his* faith waver, nor *his* hope fail, nor *his* charity be disordered; let *him* die in peace, rest in hope, and rise in glory. *Amen.*

IV.

Lord, we know and believe assuredly, that whatsoever is under thy custody cannot be taken out of thy hands, nor by all the violences of hell robbed of thy protection: preserve the work of thy hand, rescue *him* from all evil; and let *his* portion be with the patriarchs and prophets, with the apostles and martyrs, and all thy holy saints, in the arms of Christ, in the bosom of felicity, and the kingdom of God for ever.

O Saviour of the world, who by thy cross and precious blood hast redeemed us; save and help this thy departing servant, we beseech thee, O Lord. *Amen.*

UNTO thy gracious mercy and protection we commit *him*. O God the Father, bless *him* and keep *him*. O God the Son, make thy face to shine upon *him*, and be gracious unto *him*. O God the Holy Ghost, lift up thy countenance upon *him*, and give *him* thy peace, both now and evermore. *Amen.*

For Recovery from Sickness.

ETERNAL God, and merciful Father, wonderful in thy doings, and gracious in all thy dispensations towards the children of men, and to whom alone belong the issues of life and death; I, thine unworthy servant, prostrate myself before thee with all the fervent affections of a grateful breast, for having raised me from the bed of sickness, and again restored me to the

blessings of health. Thou hast chastened and corrected me, but thou hast not given me over unto death. Thou hast saved my life from destruction, and crowned me with mercy and loving-kindness. Blessed be thy holy name for supporting me under the pain and anguish of my sickness, for the seasonable supplies of patience and comfort which thou hast graciously afforded me, and for having raised me from the bed of death. I adore the riches of thy goodness, in giving me a right knowledge of thee and of thy ways, and in making them the happy means of bringing me to a sense of the evil of my doings, and to a serious consideration of my future state. Before I was afflicted I went astray: I forgot my duty to thee, and followed the imaginations of mine own heart; my thoughts were engrossed with the business of this world, and the care of my soul was neglected and forgotten. But thy chastisements have brought me back into the right way, and mine affections are now placed upon the things that concern mine everlasting salvation. To thee, therefore, O God, will I live in holiness and righteousness all my future days, forsaking every evil way, and studying above all things to do that which is well-pleasing in thy sight. And under a sense of mine own weakness and frailty, I earnestly implore the assistance of thy Holy Spirit, to subdue mine inordinate desires, to break the power of all evil habits, and to keep me steadfast in every promise and resolution that I made before thee in the day of my distress. Give me grace always to make eternity my chief care and concern; and let thy late gracious warning of mortality teach me the un-

certainty of mine abode upon earth, and oblige me to live in a constant preparation for death; that so, having duly profited by thy fatherly chastisement, and employing the remainder of my days to thy glory and the salvation of my soul, I may, whenever mine appointed time shall come, change this frail state of mortality for an immortal crown of glory that will never fade away. Grant this, O God, for the sake of Jesus Christ. *Amen.*

For Resolution to Redeem the Time.

ALMIGHTY God and heavenly Father, who desireth not the death of a sinner, but rather that he should turn from his wickedness and live; look down with mercy upon me, thy sinful servant, depraved with vain imaginations, and entangled in long habits of sin. Grant me that grace, without which I can neither will nor do what is acceptable to thee. Pardon my sins, remove the impediments that hinder mine obedience, enable me to shake off sloth, and to redeem the time mispent in idleness and sin, by a diligent application of the days yet remaining to the duties which thy providence shall allot. Vouchsafe me such assistance of thy Holy Spirit that the continuance of my life may not add to the measure of my guilt; but that I may so repent of the days and years passed in a neglect of those duties which thou hast commanded, in vain thoughts, in sloth, and in folly, that I may apply my heart to true wisdom, by diligence redeem the time lost, and by repentance obtain thy gracious pardon. Thou, who knowest my frailties and

infirmities, strengthen and support me, that I may now continue steadfast in obedience, and work out my salvation with diligence and constancy; that so, during this life, I may faithfully serve thee in that state to which thou shalt call me; and, at last, by a holy and happy death, be delivered from the struggles and sorrows of this mortal state, and obtain everlasting happiness by thy mercy, for the sake of Jesus Christ our Lord. *Amen.*

On the Return of the Day of One's Birth.

MOST gracious God and merciful Father who hast prolonged my life to another year, look down with mercy upon me, and grant that I may turn from my wickedness and live. Let not my manifold sins and negligences avert from me thy fatherly regard; forgive the days and years which I have passed in folly, idleness, and sin; and fill me with such sorrow for the time mispent, that I may amend my life according to thy holy word. Enlighten my mind that I may know my duty; and that I may perform it strengthen my resolution. Let not another year be lost in vain deliberations; let me remember that of the short life of man a great part is already past in sinfulness and folly. And as every day brings me nearer to mine end, let every day contribute to make that end holy and happy. Enable me to use all the enjoyments of this life with temperance, and to run with diligence the race that is set before me. Deliver me from the bondage of evil customs, and take not from me thy Holy Spirit. Relieve my perplexities, strength-