

**ELLA HERBERT:  
OR, SELF-DENIAL**

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Ella Herbert or, Self-denial by Anonymous

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### PART I.

‘Then said Jesus to his disciples, if any man will come after me, let him deny himself, and take up his cross, and follow me.’

‘WILL you explain this command of Jesus, so that I may understand how to obey it, mamma? Did he mean that we ought to deny ourselves in everything? Miss Vaughan gave it to me, this morning, to remember and reflect upon during the week. “Try to obey this command of our Saviour, Ella,” she said, with her gentle and serious manner. And this I will try to do, mamma, with your help.’

‘My dear Ella, I will gladly assist you to become what your teacher hopes you may, —

a true and humble follower of our Great Teacher. I think that Jesus did not intend that we should deny, or oppose all the faculties that God has given us, — but that we should bring all our desires and passions under the control of those powers which we call reason and conscience. He says, “follow me.” Jesus is our perfect example. He used all the spiritual faculties which God gave him, (and the Holy Spirit was given unto him without measure,) for the improvement and happiness of mankind. Jesus did not oppose his reason and conscience. He allowed no selfish appetites or desires to usurp the Holy Spirit in his soul. He was tempted as we are, yet without sin. While in the wilderness, he fasted forty days and forty nights, and was afterward an hungred. Yet he resisted the temptation to use his miraculous power for his own relief, by converting stones into bread, thereby yielding to a distrust of the providence of that God who had so clearly manifested his love and



favor at the time of Christ's baptism. But Jesus did not refuse to partake of food when it was consistent with the will of his Father. Do you understand this interpretation of your verse, Ella?'

'Yes, mother, I do, — but a great many thoughts have come into my mind about self-denial, while you have been speaking. Do you think I shall be able to practice it? How can I deny myself?'

'Ask your own heart this question, my Ella, and I will talk with you again to-morrow about it.'

The next morning Ella entered the breakfast-room, at the summons of the bell.

'Good morning, mamma,' she said, smiling, and looking herself as bright and fresh as the morning.

'Good morning, Ella,' returned her mother, 'you look as if you had taken a walk this morning.'

Ella placed her finger on her lips, with a

glance; which said to her mother, 'do not ask me any questions.'

Her sign was observed; her mother said no more, satisfied to wait till Ella should be ready to communicate her secret.

The day passed. Ella went to school as usual, and performed all her accustomed duties with a cheerfulness and energy which seemed to her mother uncommon. After tea, Ella came into her mother's room.

'Now, mamma, may I talk with you about self-denial? I have brought my work, that I may not lose a moment.'

'I am glad you have come, Ella; I perceive you are happy to-night — which seems to say that you have been somewhat successful in your efforts at self-denial to-day. But what is this,' continued she, taking Ella's work, 'where did you get these wristbands, my daughter?'

'Oh! mamma, I will tell you about them. Last night I could not go to sleep, till I had thought of something I could do to-day to

overcome some temptation. At last I concluded that I would try to be more industrious than I have been, and not give up to that feeling of indolence that I have indulged so much. And then I remembered that Susan Brooke looked very ill and tired, last Saturday, because she has been hurried so much in her work, lately. So, this morning, as soon as the sun shone through my curtain, I roused myself, and dressed as quickly as I could, and set out for Mr. Brooke's. When I reached the house, I saw Susan sitting at the window, already, and looking very much surprised to see me there so early. 'Good morning, Susan,' said I, 'will you let me take some of your work to finish for you? I can do any plain sewing very well, mamma says, —and I want to help you this week, if I can.'

'Oh! Ella! how kind you are,' she said. 'I have some shirts to make for Mrs. Worthington's son, who is going away to school, next Tuesday, and I was very much afraid