"At last, as I told you, I found a friend to whom I opened all my feelings—to whom I confessed everything. He was a man who had gone through very deep experience, and could understand the different wants of different minds. He made it clear to me that the only preparation for coming to Christ and partaking of his salvation, was that very sense of guilt and helplessness which was weighing me down."

Cranmer's Comfortable Words at Work in "Janet's Repentance"

"He said, You are weary and heavy-laden; well, it is you Christ invites to come to him and find rest. He asks you to cling to him, to lean on him; he does not command you to walk alone without stumbling. He does not tell you, as your fellow-men do, that you must first merit his love; he neither condemns nor reproaches you for the past, he only bids you come to him that you may have life: he bids you stretch out your hands, and take of the fulness of his love. You have only to rest on him as a child rests on its mother's arms, and you will be upborne by his divine strength. That is what is meant by faith. Your evil habits, you feel, are too strong for you; you are unable to wrestle with them; you know beforehand you shall fall. But when once we feel our helplessness in that way, and go to the Saviour, desiring to be freed from the power as well as the punishment of sin, we are no longer left to our own strength."

George Eliot, Scenes of Clerical Life (1857)

"As long as we live in rebellion against God, desiring to have our own will, seeking happiness in the things of this world, it is as if we shut ourselves up in a crowded stifling room, where we breathe only poisoned air; but we have only to walk out under the infinite heavens, and we breathe the pure free air that gives us health, and strength, and gladness. It is just so with God's spirit: as soon as we submit ourselves to his will, as soon as we desire to be united to him, and made pure and holy, it is as if the walls had fallen down that shut us out from God, and we are fed with his spirit, which gives us new strength.'"