The pilgrimage to Paradise.

The wheat and other seeds, though they die and rot in the ground: yet springeth up more beautiful than before. It is written how certain summer birds lie dead all winter, and revive in the spring. The Phoenic being burnt into ashes, yet of the same ashes is bred to live again.

So though our bodies laid shall be,
to rot in lothsome grave:
Yet afterwards in glorious state,
more bewry they shall have:
When death hath held them downe awhile.
Anon they shall arise,
Eternally in joy to live
With Christ above the skies.

Chapter V.
The passage to Paradise is aptly compared to a warfare.

Lato cellceth a Philosophers life,
a meditation of death. But it may truly be said, that the whole case of a Christian mans life is nothing else, but a continual warfare. For as the Israelites by bodily resistance, by assault, fight against, and overcome severall Nations, before they could obtaine a temporal inheritance, in the land of Canaan: so must Gods children, by spiritual resistance, assault, fight against, and overcome their