

GRACE BEFORE MEALS.

BLESS us, O Lord, in what we are going to receive, and make us truly thankful: for Jesus Christ's sake. *Amen.*

OR:

Bless us, O Lord, in what we are going to receive; and give us grace to enjoy every thing in thee, and thee in every thing: for Jesus Christ's sake. *Amen.*

OR:

With thy renewed mercies, O Lord, give us a renewed sense of thy love in them: and, whether we eat, or drink, or whatsoever we do, may we do all to thy glory: through Jesus Christ. *Amen.*

GRACE AFTER MEALS.

O LORD, we praise thee for all thy mercies, through Jesus Christ our Saviour. *Amen.*

OR:

O merciful God, may the food which we have received strengthen our bodies; and may thy Holy Spirit strengthen and refresh our souls: through Jesus Christ. *Amen.*

OR:

Blessed Lord, as we live continually upon thy bounty, so may we always live to thy glory: through Jesus Christ. *Amen.*

The writer has been amazed and grieved at the slovenly and irreverent manner in which he has too often seen the head of a family utter a few words of a Grace, which, if they were presented to Heaven, were never likely to be accepted of. He has observed in reverence of all who supplicate or praise God, that the blessing should be asked, and the goodness of God should be praised, with an audible voice, and always in an humble manner. If we would hope to enjoy the Divine favour,