

Directions before receiving the Holy Communion.

AS many as desire to be partakers of the holy Sacrament of the Body and Blood of Christ (as of necessity every one must be, that intendeth to receive benefit by Him) ought, before the taking of it, to prepare his soul, and fit it for the due receiving of it, and not come to it carelessly, without due examination of himself, and respective consideration of the excellency and worth thereof. And therefore, before the time of communicating, we ought to spend some hours or days (the more the better) in meditating upon the great and unspeakable love and mercy of God towards us miserable sinners, in ordaining so powerful a means to purge and cleanse us, and bring us to Him: in believing all His promises made to us in Christ Jesus; in applying them to ourselves; in performing works of charity; in examining in what estate our souls do