

Lives, By giving up ourselves to thy Service, and by walking before Thee, in Holiness and Righteousness all our Days ;—And as we often hear how we ought to walk, and to please God, we may continue to do so unto our Lives End, through Jesus Christ our Lord. *Amen.*

A short ADMONITION to All, and especially to Masters of Families.

Amongst the many growing Vices of this profane Age, one wretched and ungodly Custom is too common; viz. of People's falling to their Meals, as Beasts do to their Fodder, without any Thoughts of God, or Thanks for his Blessings *.—And even too many of those who have not quite laid aside this Christian Duty, perform it after such a slight and negligent Manner, as makes it as sinful as the Omission.

When a Man, like ourselves, bestows a Favour, we naturally give him Thanks.—Are not Food, and the Supports of Life and Health, mighty Blessings?—Is not God the

* Grace before Meals, the Practice of the Romans.

*Nec prius aut Epulas, aut Munera grata Lycæi,
Fas cuiquam tetigisse fuit, quam multa precatus
In mensam. Sil. Italicus.*

* Nor touch'd the Meat, nor tasted was the Wine,
Till every Guest implor'd the Pow'rs Divine.

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