

even be extremely sorry if you granted all my requests, and destroyed within me the tyranny of my passions. Have I not reason then, O adorable Lamb, to repeat without ceasing this prayer at least. Take pity, O Lord, on this excess of my miseries : teach me how to pray : teach me how to act.

[Here we may prepare ourselves for a spiritual communion, if we be not to receive sacramentally.]

#### THE CONSUMMATION OF THE SACRIFICE.

##### Communion.

O Lord of love ; you who burn with a desire of being united to your creatures, why cannot I daily live in such a manner, that every day I might have the happiness of receiving your adorable body ? O make me worthy, at least, of desiring to receive you. Increase, and grant me grace to renew and satisfy it as frequently and devoutly as possible.

Enter then into my soul, O divine Jesus ! Come and be my consolation, my strength, and my support in this valley of tears, where I mourn in exile from you. I sigh every moment for the bliss of being united to you, and for the holy and divine union of my heart with your most Sacred and Loving Heart. This will be a pledge of that eternal union to which you have invited all our hearts.

##### The last Prayers.

How many benefits, O Lord, have I received from you, and how much ingratitude have I not shewn you in return ! What gratitude have I shewn for that singular predilection, by which I was called to the bosom of the true Church, and provided with such abun-

dant means of salvation ? Have I been the most faithful, as I have been one of the most favoured of your children ? Alas ! the only return I make is by increasing the number of my sins, and renewing the contempt of your precious pardon, which I have so often received.

Nevertheless, O mercy of my God ! you are not yet exhausted. You still await me, and invite me to return. You offer me the sacraments, and a thousand means of grace. As if dying once was not enough to satisfy your love, you renew for me, every day, the sacrifice of your death.

O ingenious love of my God ! who can thank you, who can praise you, who can make you a suitable return ?

Yourself alone, O Lord ! can fulfil all my obligations, and you desire to fulfil them. You have fulfilled them in this Eucharistic Sacrifice. Accept then, O holy Father, this divine thanksgiving from your Son. They are worthy of you. They are so great, so sublime and so infinite, that more worthy, even with all your greatness, you could not expect nor receive. O may I never forget the extent of your mercies and your favours. May I always faithfully serve you, and may I love you now and for ever. Amen.

## An Exposition of the 21st Psalm,

BY A CATHOLIC PRIEST.

UNTIL THE END : FOR THE MORNING PROTECTION—  
A PSALM FOR DAVID.

(Concluded.)

S2. All the fat ones of the earth have eaten, and have adored : all they that go down to the earth shall fall down before him.

Having said previously that the poor