

grateful Sinner, who, having many Ways most grievously offended thee, purpose, through thy Grace, to fly to this Sacrament for my Remedy; and, in Obedience to thy divine Ordinance, confess my Sins to thy Servant, hoping thereby, that, according as thou hast promised, I shall receive a full and perfect Absolution from all my Sins.

Give me Grace therefore, O Lord, that as of thy Goodness thou hast inspired into my Heart this holy Resolution, so I may with due Reverence, Contrition, and Sincerity, accomplish what I have purposed, to the Glory of thy holy Name, and the full Remission of all my Sins. Open the Secrets of my Soul to me, O Lord, and make me know all my Sins and Iniquities. Give me a perfect Sorrow and hearty Contrition for them, and Grace to confess them to my spiritual Physician plainly and entirely, sincerely and penitently, with a firm and constant Resolution to endeavour the Amendment of my Life for the future.

O Lord my gracious God, the only Comfort of my Soul, since thou desirest that in all Things I should sincerely serve thee, and I, thro' thy Grace, desire nothing more than to perform thy Will: How comes it to pass, O Lord, that I still offend thee? How comes it to pass that I relapse so often into my former Follies? Thy Grace is not wanting: What then can it be attributed