For use at Boly Communion and at other times.

O Blessed Saviour Jesus, I adore the wonders of Thine Eternal wisdom. I love and praise and give all thanks to Thee, the Author of my Spiritual life, the Deliverer that came out of Zion, the Redeemer of Thy people, the Spoiler of all spiritual wickedness in High Places, the Conqueror of Satan, sin and death. Grant that I may know nothing but Thee. account all things loss in comparison of Thee. and endeavor to be made comfortable to Thee in the imitation of Thy actions and obedience to Thy laws; in the fellowship of Thy sufferings, in the cor grain of Thy graces, and participation of the glories; that, beginning here to praise Thy Name according as I can, I may hereafter, forever, behold and admire and adore Thee in Thy glory, for Thy name's sake-Amen.

(Adapted from Bishop Jeremy Taylor)