

O Lord, and fear that I shall not be true to my resolutions, having, through my own frailty and vicious customs increased the weakness and blindness in which I was born; yet, Lord, I hope, through thy grace, and firmly purpose by thy merciful favour, never to consent to any mortal sin; from which I humbly beg thee to preserve me whilst I live. And as for my venial sins and imperfections, I resolve to strive against them, and trust in thy goodness I shall at length amend them. For this end, grant me thy grace, sweet Jesus, to be exact in examining my conscience every night as I am directed, and every morning happily to begin the day, by offering thee the first fruits of all my actions, that the rest of it may be employed to thy glory. As to the penance enjoined me, I humbly beg thy assistance for the remembering and performing of it as I ought; and that I may never forget my resolutions, or lay aside my endeavours of changing my life till I become a true penitent, and put on the new man; that so, through the merits of thy blessed passion, I may here obtain full forgiveness of my sins, and hereafter life everlasting. Grant this, O my Lord and Saviour Jesus Christ, who, with God the Father, and the Holy Ghost, livest and reignest world without end. Amen.