

R. The bread which we break is it not the Communion of the Body of Christ?

LET Thy merciful ears, O Lord, be open unto our prayers, and enlighten our hearts with the Grace of Thy Holy Spirit, that we may worthily approach Thy Holy Mysteries, and love Thee with an everlasting love; through Jesus Christ. Amen.

Except ye eat the flesh of the Son of Man, and drink His Blood ye have no life in you.

R. But let a man examine himself, and so let him eat of that Bread and drink of that Cup.

Try me, O God, and seek the ground of my heart; prove me, and examine my thoughts: look well if there be any way of wickedness in me, and lead me in the way everlasting.

R. Let us judge ourselves, and we shall not be judged of the Lord.

A brief pause may here be made wherein each one may look into his heart and examine himself. Then shall be said:

Have mercy upon me, O God, after Thy great goodness:

R. According to the multitude of Thy mercies, do away mine offences.

Wash me thoroughly from my wickedness:

R. And cleanse me from my sin.

For I acknowledge my faults:

R. And my sin is ever before me.

Turn Thy face away from my sins: