

say. You should also pray for your friends and enemies, and for the living and dead, begging grace, mercy, and salvation for all mankind: and conclude your morning prayer by invoking the intercession and protection of the Blessed Virgin Mary; and by recommending yourself to your Angel Guardian, and to those particular saints to whom you have special devotion.

Every Christian who has at heart his salvation, and is desirous to please God, ought, if he has time and opportunity, to meditate every morning, or at a convenient hour in the day, on his last end, or on the passion of Christ, or on some pious and serious subject: and to hear mass with all possible attention and reverence; because of all religious duties, the sacrifice of the mass is that which gives most glory to God, and is at the same time most profitable to us. The reading of books of true Christian piety and sound morality is also earnestly to be recommended, as very conducive to spiritual improvement.

And in order to sanctify each day, and the good works of it, consider *that all things*, even your most secret thoughts and actions, are naked and open to the eyes of God; and that every idle word that men shall speak, they shall render an account for it in the day of judgment. Heb. iv. 13, and Matt. xii. 36. Therefore walk with the greatest circumspection in the presence of God, frequently in the day thinking of him, raising your heart to him, and offering yourself and actions, to his honour and glory.

NIGHT PRAYER.

If it be so necessary a duty to begin the day by prayer, it is of the utmost consequence to conclude it also by prayer; the graces received during the day, and special protection you stand in need of against the dangers of the night, should engage you to humble yourself before God in prayer every night, which necessary duty is never to be omitted, and should be always most religiously performed, and in the same manner, and with the same dispositions as in the morning.

Every night, therefore, before you go to bed, place yourself on your knees in the presence of God; and begging his blessing, by making the sign $\dagger$ of the cross on yourself, adore his infinite majesty; return him thanks for all his mercies to you, especially for his gracious protection over you during the day; and invite the whole court of heaven and all the creatures of God, to bless his goodness and to praise his holy name.

Then consider attentively, how you spent the day; and if in the course of it you diligently complied with your duty in every respect: you are therefore to examine yourself carefully on your thoughts, words, actions, and omissions; and particularly on the obligations of your state in life, and on those vices, passions, and evil habits to which you are most addicted.

When you have brought to mind all the sins and omissions of the day with an humble and contrite heart implore forgiveness of them, and of all your transgressions; and firmly resolve, with God's assistance, not to offend him any more; and cautiously to avoid every occasion of sin. Then offering yourself to God, earnestly beseech him to enable you to practise those particular virtues and good works, which are most