

from all unlawful pleasures and passions : teach me to be meek and humble of heart, and to deny myself ; teach me in all things to know and to do thy holy will. Amen.

O Almighty and eternal God, grant to us the increase of faith, hope and charity ; and that we may deserve to obtain what thou promisest, make us to love what thou commandest, through Christ our Lord. Amen.

PRAYERS FOR NIGHT.

*In the name of the Father, and of the Son,
and of the Holy Ghost. Amen.*

Blessed be the holy and undivided Trinity, now and forever. Amen.

O Eternal God, whose Majesty filleth heaven and earth, I firmly believe thou art here, that thou seest and knowest all things, and art most intimately present in the very centre of my soul. I desire to bow down all the powers of my soul to adore thee, praise thee and glorify thee now and forever. I give thee thanks from the bottom of my heart for