

*Also say :--*

I have tasted and seen how gracious the Lord is. Blessed is the man that trusteth in Him, and blessed be Thou, Lord Jesus, Who lovest to bless every one of us, in turning us from the evil of our ways. O guard Thou my soul, which Thou has made a temple for Thyself. Suffer no unclean spirit or unholy thought to come near. Help me to keep the holy vows which I have made and Thou hast sealed. Grant that I may go on in Thy holy service, and reach the glory of Thy heavenly kingdom. AMEN.

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*Use the following at the end of the service or among your evening prayers, after receiving the Holy Communion :—*

I give Thee thanks, O Lord, Holy Father, Who hast been pleased to feed me, an unworthy sinner, with the precious Body and Blood of Thine own Son. Let this Holy Food preserve my faith, and strengthen my good purposes. Let it root out from me all vices, evil desires and thoughts. Through it let me always cling closely to Thee; and bring me at last to that Heavenly Feast where Thou, with Thy Son and the Holy Spirit, art to Thy holy ones true light, everlasting joy and perfect pleasure; through the same, our Lord Jesus Christ. AMEN.