


I.

The making the "Sacred Sign of the Cross."

"As soon as you awake make the sign of the Cross," after which follows a short Prayer.

"When dressed kneel down, and say, In the name  of the Father and of the Son, and of the Holy Ghost, Amen," and then other prayers.

The same form is enjoined at the beginning and close of "Noon-Day Prayer" at the close of "Evening Prayer" and on various other occasions.

One of the "*Questions for Self Examination*" is "Have I made the sacred sign of the Cross carelessly?"

II.

The Cultus of the Virgin Mary.

Allusions to the Virgin Mary abound, both in the lessons and Hymns—and the following prayer.

To be said at Morning & Evening Prayer.

"May the Blessed Virgin Mary and all the Saints pray for me, that I may serve and please God here and dwell with him hereafter for ever in heaven. Amen."

III.

The Duty of Confession.

"When you are preparing to make your first confession you should ask God to keep you with his Holy Spirit to remember what sins you have committed from the time you can recollect anything at all; or if it is not your first confession, from the time that you made your last confession."

"Confess singly, distinctly and fully all the sins that you remember."