

me! Alas! what return can I make for such innumerable benefits? I will praise thy Holy name, O Lord, and am resolved to serve thee with more fidelity during the remainder of my life.

Here recall to mind the chief sins of your life past, and firmly resolve to resist the temptations and dangerous occasions to which you may be exposed in the course of the present day.

HOW ill, O my God, have I hitherto lived! Ah! how little have I done for thy sake? I am heartily sorry for having squandered away that time in offending thee, which thy infinite goodness gave me to be employed in promoting the welfare of my soul, and in purchasing everlasting life. I detest, O Lord, all the sins I have committed against thy divine Majesty. I am sorry that I have offended thee, who art infinitely good, and to whom sin is infinitely displeasing. I love thee with my whole heart and soul, and am firmly resolved by the help of thy grace, to serve thee with more fidelity for the time to come. Receive, I beseech thee, the remainder of my life. I again renew the promises made by me in baptism, to renounce the devil, his works, and all his pomps. I am resolved, with the assistance of thy grace to spend this day according to thy holy will, both as to the nature and circumstances of my actions, by performing them in such a manner as may be most pleasing to thee. I will take particular care to avoid those failings to which I am most subject, and to exercise the virtues which are most agreeable to my state and condition of life.

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