

has come to you and is now within you, to wash you from your sin, to show you His Life as a pattern for your own, to pour into you His grace that you may serve Him. Desire, O my Soul, to be made like unto CHRIST in all things, and, so far as is possible for man, to imitate His virtues, especially His Love, His Humility, His Purity, His Obedience. Seek from the LORD, O my Soul, so completely to do GOD's will, to serve Him, to love Him, and to obey Him, that He may say of me as He said of David, "I have found a man after My own heart, which shall fulfil all My will.

Amen.

Advice to Communicants.

1. Make a rule of always communicating early, in order that you may receive fasting, according to the custom of the Church.
2. After the Consecration Prayer do not sit ; either kneel or stand.
3. When the time comes for communicating hold yourself in readiness to go up to the Altar ; take off your gloves and put aside your veil.
4. When waiting in the Chancel or aisle for room at the Altar, kneel rather than stand.
5. Kneel down reverently at the Altar step, and, as an act of faith, say secretly again and again. "*Lord, it is good for me to be here ;*" or "*Lord, I am not worthy that Thou shouldst come under my roof.*"