

NIGHT PRAYER.

If it be so necessary a duty to begin the day by prayer, it is of the utmost consequence to conclude it also by prayer; the graces received during the day, and special protection you stand in need of against the dangers of the night, should engage you to humble yourself before God in prayer every night, which necessary duty is never to be omitted; and should be always most religiously performed, and in the same manner, and with the same dispositions, as in the morning.

Every night, therefore, before you go to bed, place yourself on your knees in the presence of God; and begging his blessing, by making the sign of the cross on yourself, adore his infinite majesty: return him thanks for all his mercies to you, especially for his gracious protection over you during the day; and invite the whole court of heaven and all the creatures of God, to bless his goodness, and to praise his holy name.

Then consider attentively, how you spent the day; and if in the course of it you diligently complied with your duty in every respect: you are therefore to examine yourself carefully on your thoughts, words, actions, and omissions: and particularly on the obligations of your state in life, and on those vices, passions, and evil habits, to which you are most addicted.

When you have brought to mind all the sins and omissions of the day, with an humble and contrite heart implore forgiveness of them, and of all your transgressions; and firmly resolve, with God's assistance, not to offend him any more; and cautiously to avoid every occasion of sin. Then offering yourself to God, earnestly beseech him to enable you to practise those particular virtues and good works, which are most necessary to you, and to preserve you from sin, and all dangers during the night; devoutly recite the acts of faith, hope, and charity, and the other prayers as in the morning, or any other form of prayer you are accustomed to say at night.

The examination of conscience is strongly recom-

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