

same time
ks of true
nestly to be
provement
good works
most secret
es of God;
they shall
Heb. iv.
the great
frequently
rt to him,
and glory.

state in me, 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.