

fice itself those close nervous prayers which are so appropriate to our own case.

Thus after the *Pater Noster*, we may recite the *Libera*, or prayer for deliverance : *Deliver us, we beseech Thee, O Lord, from all evil of soul and body : and by the intercession of the Blessed Mary ever Virgin and of all the saints, mercifully grant us peace in our days, through Jesus Christ our Lord. Amen.* After this the *Agnus Dei*, addressed directly to Him who is presently to be received ; and then the powerful prayer : *Lord Jesus Christ, Son of the living God, who by the will of the Father hast by thy death given life to the world, deliver me by this, Thy most precious body and Blood, from all my evils and all my iniquities : make me always adhere to Thy commandments, and never let me separated from thee. Amen.*

On approaching the rails, another passage from the early part of the Mass will suggest itself : *Take away, we beseech Thee, O Lord, our iniquities, that we may be worthy to enter with pure minds into the Holy of Holies.*

Then, too, may be repeated the words used by the celebrant : *I will take the bread of heaven and call upon the name of the Lord.* And so with the words : *Let not the taking of Thy Body, Lord Jesus Christ, which I, unworthy, presume to receive, lead me to judgment and condemnation, but out of Thy benignity may it avail to the safety of my soul and body !* Another wholesome practice is to vividly excite the imagination, and figure ourselves waiting, on the bed of death, for the arrival of the Viaticum, and fancy that it is to be our last time of receiving.

How appropriate, too, and forcible would be the prayer and versicle used at the Benediction : *Thou hast given them bread from heaven, containing within them every delight.* And this also :

*O God, who, in this wondrous Sacrament, hast left us the memory of Thy Passion : grant, we implore, that we may so venerate the sacred mysteries of thy Body and Blood, that we may ever feel within us the fruit of thy redemption !*

The words of the priest as he holds up the ciborium are truly powerful and appropriate : *Behold the Lamb of God ! Behold Him who takes away the sins of the world !* Then speaking in the name of the communicant : *Lord, I am not worthy that Thou shouldst enter under my roof ;*