

The Christian Altar.

Before partaking of the Holy Communion, you should humble yourself before Almighty God on account of those manifold transgressions of which you have been guilty in His sight. To effect this the more thoroughly, you must enter into a strict and searching examination of your life and conversation, and whereinsoever you shall discover that you have offended in thought, word, or deed, there bewail heartily your sin, and endeavour, in a spirit of deep and earnest faith, to turn unto God with full purpose of amendment. To this end, the following devotional exercises may be of use.