

life and salvation, and not turn to my greater punishment and condemnation. Grant that it may cleanse my soul from sin, and strengthen me against all temptations to come. Grant that it may be so wholesome and nourishing to me, that I may walk in the strength thereof all the days of my life : and at last be brought by Thy merits to that place of glory, where Thou dost reign together with the Father and the Blessed Spirit, one God, for ever. Amen.

*Then say over the following portion of the
103rd Psalm.*

PRAISE the Lord, O my soul : and all that is within me praise His holy name.

Praise the Lord, O my soul : and forget not all His benefits.

Who forgiveth all thy sin : and healeth all thine infirmities.

Who saveth thy life from destruction : and crowneth thee with mercy and loving kind-