

that labour and are heavy laden, and I will refresh you."

Our Father, once.

O Jesus! the Bread that came down from heaven, have mercy on us. ten times.

Glory be to Jesus, in the most holy and adorable Sacrament of the altar. Amen

Let us Pray.

O bountiful and loving Jesus! who so graciously invitest us to feast, where thy sacred body is our food, and thy precious blood our drink, soften, we humbly beseech thee, our callous hearts, in order that we may never refuse thy delicious call; but always ardently sigh to be united to thee in so intimate and wonderful a manner. Amen.

2.

Let us contemplate in this meditation how our divine Redeemer, according to the Evangelist, "having loved his own who were in the world, loved them to the end," and how he expressed his most fervent wishes to institute this Sacrament for his creatures, saying—"With desire I have desired to eat this Pasch with you, before I suffer."

Our Father, &c. &c. as before.

Let us Pray.

O Jesus! who hast left to thy faithful, in this divine mystery, a constant proof and memorial of thy love, vouchsafe, we beseech thee, that our desires to receive thee in this great banquet, may be proportioned to the love thou hadst for us in its institution. Amen.

3.

Let us contemplate in this meditation how, in order to fulfil his gracious promises to us, "our Lord Jesus," according

to the Apostle, "the night in which he was betrayed, took bread, and giving thanks, broke, and said—Take ye and eat; This is my Body, which shall be delivered for you, do this in commemoration of me. In like manner also the Chalice, after he had supped, saying—This Chalice is the new Testament in my Blood: this do, as often as you shall drink it, for the commemoration of me: for, as often as you shall eat this Bread, and drink this Chalice, you shall show the death of the Lord, until he come."

Our Father, &c. &c. as before.

Let us Pray.

O Jesus! whose goodness and mercy is this adorable institution, our weak language is unable to express, grant that what our lips cannot pronounce, our hearts may feel; and that we may be never tired in giving "Benediction, and glory, and wisdom, and thanksgiving, honor, and power, and strength, to our God, for ever and ever." Amen.

4.

Let us contemplate in this meditation how we are admonished by the apostle to prove and examine ourselves, before we presume to approach this holy Table; and how he declares that the unworthy receiver "eats and drinks damnation to himself—not discerning the Lord's body."

Our Father, &c. &c. as before.

Let us Pray.

O Jesus! who hast left us this holy Sacrament as a pledge of future glory, grant that we may be never so miserable as to render it the means of our eternal condemnation; but that we may always discern thy adorable body, and estimate the value of thy precious blood. Amen.