

which is Thanksgiving,) and to strive to imitate Him as well in life as death: to live purely and not to defile our souls again, being purged and cleansed by the powerful operation of this blessed Sacrament: that so by examination, meditation, thanksgiving, faith, and constant resolution of amendment; we may worthily receive Christ into our souls, and be made members of His mystical body.

A short meditation before the Communion.

WHAT am I, O Lord, that I should be so bold as to come near to Thee? What am I, that I should attempt to receive this so great and high mystery? What is man by nature but a vessel of corruption, unapt to any good, propense and most ready to any evil? What is man, but a creature, of all other most wretched; blind in judgment, inconstant in his actions, unclean in his desires, and though small in desert, yet