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of God, who gives you this day to labour in it, for the
salvation of your soul; and consider this day may be
your last. When dressed; place yourself in the presence
of God, in a respectful posture, on bended knees, and
blessing yourself, adore him with the most profound
respect; give him thanks for his benefits to you, especially
for having watched over you during the Night; and join
with all the angels and saints, in blessing and praising
his holy name:

Afterwards recollect yourself, if you offended God
during the night, and what were the sins you committed
the day before; and with an humble and contrite heart,
begging God's forgiveness of them and of all past trans-
gressions, firmly resolve not to offend him any more,