

confessing his sins to God, with a purpose to lead a new life, is reconciled to Him. Thirdly, reverend behaviour, that in all humility, we make ourselves fit guests for such a feast. Fourthly, meditation and attention, that we, during the time of the administration of the Sacrament, attend no earthly thoughts, but wholly fix our souls upon our Saviour Christ, and meditate on nothing but this great and high benefit, and thereby be inflamed with a hearty love, and thankful mind to God, not only for His infinite love, in suffering so great things for us, but also for instituting this blessed Sacrament, to remain to the end of the world, as a sure pledge of His continuance among us, and perpetual care over us.

After we have communicated, and are refreshed, we ought also to be thankful to God, for so great a benefit, (thankfulness being not the least duty of this service ; the Sacrament itself, being called Eucharistia,