

good and infinitely amiable, because sin is displeasing to thee ; pardon me through the merits of Jesus-Christ my Saviour ; I propose, with the help of thy holy grace, never more to offend thee, and to do penance.

Act of Thanksgiving.

O My God, I thank thee for all the good I have received from thee, particularly for having created and redeemed me by thy Son, and made me a child of thy Church.

Act of Oblation.

O My God, I have received all from thee ; to thee I offer my thoughts, words, and actions, my life and all that I possess, and I desire to employ it in thy service alone.

Act of Humility.

O My God, who resistest the proud and givest grace to the humble, suppress in me all motions of pride, and teach me to despise myself, who am but dust and ashes.