

tion from thee, through the same Jesus Christ my Saviour; resolving on my part, to do all that thou requirest of me.

Q. How do you make an act of the love of God?

A. O my God, and my all, infinitely good in thyself, and infinitely good to me, I desire to praise thee, bless thee, and glorify thee forever. O take possession of my whole soul, and make me forever a servant of thy love.

Q. And how do you make an act of the love of your neighbours?

A. O my God, thou hast commanded me to love every neighbour as myself for thy sake; O give me grace to fulfil this commandment. I desire to love every neighbour, whether friend or enemy, in thee, and for thee. I renounce every thought, word or deed that is contrary to this love. I forgive all that have any way offended me; and beg thy mercy, grace, and salvation, for all the world.

Q. How do you make an act of contrition for your sins?

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