

and all the evils of my actions. O let me never return to those follies of which I am ashamed, which bring sorrow and death, and Thy displeasure—worse than death. Give me a command over my evil inclinations, and a perfect hatred of sin, and a love to Thee above all the desires of this world. Be pleased to bless and preserve me this night from all sin and the malice of the spirits of darkness: watch over me in my sleep, and whether I sleep or wake, let me be Thy servant. Be Thou first and last in all my thoughts, and the Guide and continual assistance of all my actions. Preserve my body, pardon the sin of my soul, and sanctify my spirit. Let me always live holily, justly and soberly; and when I die receive my soul into Thy hands, O Holy and ever Blessed JESUS, that I may lie in Thy bosom, and long for Thy coming, and hear Thy blessed sentence at Doomsday, and behold Thy Face, and live in Thy kingdom, singing praises to God for ever and ever. *Amen.*

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### For the Gifts of Grace.

*Bp. Cosin.*

ALMIGHTY GOD, the Fountain of all goodness, and the well-spring of Divine graces, Who hast vouchsafed to regenerate me, being born in sin, by water and the HOLY GHOST, in the blessed laver of baptism, thereby receiving me into the number of Thy children, and making me an heir of everlasting life in the communion of Thy glorious saints: Strengthen me, I beseech Thee, O Lord, with that blessed SPIRIT of Thine, the GHOSTLY COMFORTER, and daily increase in me Thy manifold gifts of Grace, the spirit of wisdom and understanding, the spirit of counsel and Ghostly strength, the spirit of knowledge and true godliness, and fulfil me, O Lord, with the spirit of Thy holy fear, even through Him who hath sent down the SPIRIT upon His Church, JESUS CHRIST OUR LORD. *Amen.*