

which I most humbly beg of thee to preserve me whilst I live) so will I by thy Goodness continually strive against my venial Sins and Imperfections; which that I may the better perform, grant me Grace, my sweet Saviour Jesus Christ, to persevere in examining my Conscience every Night more diligently than other, according to the Instructions it hath pleased thee to impart unto me by thy Servant, and every Morning so happily to begin the Day, by offering the First-fruits of all my Actions, that the rest of it may always be employed to thy Glory.

As for the Penance enjoined me, and not yet performed, I humbly beseech thy Assistance, both in the perfect Remembering and diligent Executing of it, till, by thus daily endeavouring, through thy Grace, to amend my Life, I become at last a true Penitent; and so, through the Merits of thy bitter Passion, obtain full Forgiveness of my Sins in this World, and in the other everlasting Life. Grant this, O my Lord and Saviour Jesus Christ, who, with God the Father and the Holy Ghost, livest and reignest World without End. *Amen.*

I beseech thee, O Lord, let this my Confession be acceptable to thee, by the Intercession of the blessed Virgin *Mary*, thy holy Mother, and of all the Saints; and vouchsafe, out of thy infinite Goodness and Mercy, to supply whatever has been defective in this or any other of my Confessions, that thou mayst fully ratify in Heaven that