

OR,

BLESS us, O Lord, in what we are going to receive, and make us truly thankful : for Jesus Christs' sake. *Amen.*

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*Grace after Meals.*

FOR this and all his goodness, God's holy name be praised, through Christ our Lord. *Amen.*

OR,

GRACIOUS God, may the food which we have received strengthen our bodies ; and may thy Holy Spirit strengthen and refresh our souls, for Jesus Christ's sake. *Amen.*

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*A Prayer on entering Church.*

POUR down upon me, O Lord, and upon this congregation, the Spirit of grace and of supplication. May we worship thee in spirit and in truth ; and hear and receive thy holy word to the salvation of our souls : through Jesus Christ our Saviour. *Amen.*