

I Yield Thee hearty and unfeigned thanks, O merciful Lord, that of Thy own mere goodness, and without any merit of mine, Thou hast so plentifully at this time satisfied me with the extraordinary food of my soul, Thy blessed Body and Blood. O Lord, I heartily repent me of my many sins past, and am heartily sorry, when I consider how unprofitably and wickedly I have spent my life hitherto: I desire O Lord, to amend what is amiss in me: be Thou aiding, I beseech Thee, to me, that I may not only duly bewail and lament for that which is past, but take heed to my ways, for the time to come. And to this end, O Lord, do thou strengthen me with Thy spiritual aid, for without Thy help, and the direction of the Holy Spirit, I shall not be able to do any good thing, or perform that which is pleasing to Thee, Who hast at this time so lovingly vouchsafed to come to me. And because, through my infirmity,