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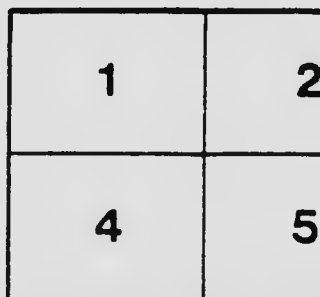
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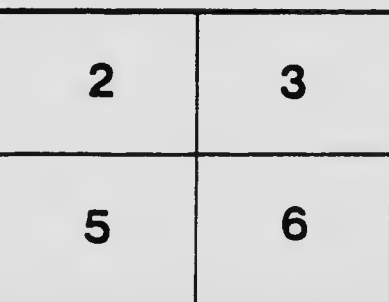
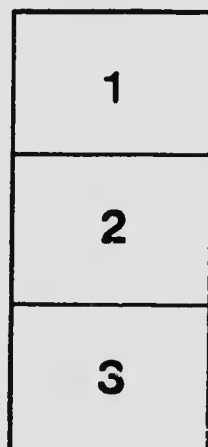
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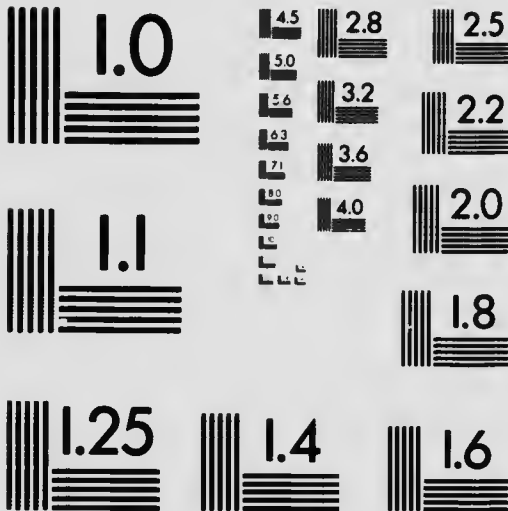
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**Devotions**  
FOR  
**Holy Communion**

**Preparation**  
**Reception**  
**Thanksgiving**

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*COMPILED CHIEFLY FROM DIFFERENT  
MANUALS*

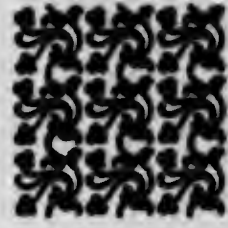
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PRINCE EDWARD ISLAND  
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ACCESSION No. 2837

ITEM No. 1



**Devotions**  
FOR  
**Holy Communion**  
  
**Preparation**  
**Reception**  
**Thanksgiving**

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*COMPILED CHIEFLY FROM DIFFERENT  
MANUALS*

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*Printed by the Examiner Publishing Co.  
Charlottetown, 1905*



**This have I done for thee.**



**What dost thou for Me?**

## Teaching of the Bible and the Church.

"The cup of blessing which we bless is it not the Communion of the Blood of Christ? The bread which we break is it not the Communion of the Body of Christ? 1 Cor. X. 16.

"The Lord Jesus in the same night in which he was betrayed took bread : and when He had given thanks he brake it, and said, Take eat : this is my Body which is broken for you : this do in remembrance of me. After the same manner also He took the cup, when He had supped saying, This cup is the New Testament in my Blood ; this do ye as oft as ye drink it in remembrance of me. For as oft as ye eat this bread and drink this cup, ye do shew the Lord's death till He come. 1 Cor. XI. 23-25.

*Compare S. Matthew XXVI. 26, S. Mark XIV. 22, S. Luke XXII. 19, and read carefully the whole of S. John VI.*

"The inward part of the Lord's Supper is 'The Body and Blood of Christ which are verily and indeed taken and received by the faithful in the Lord's Supper.'—*Church Catechism.*

"Almighty God hath given His Son our Saviour Jesus Christ not only to die for us, but also to be our Spiritual food and sustenance in that Holy Sacrament.—*1st Exhortation in Communion Service.*

"Wherefore whosoever shall eat this Bread and drink this cup of the Lord unworthily shall be guilty of the Body and Blood of the Lord. But let a man *examine himself* and so let him eat of that Bread and drink of that cup. For he that eateth and drinketh unworthily eateth and drinketh damnation (or judgment) to himself *not discerning the Lord's Body.*" 1 Cor XI. 27-29.

"*What is required of them who come to the Lord's Supper?*  
"To examine themselves whether they repent them truly of their former sins, steadfastly purposing to lead a new life ;  
"have a living faith in God's mercy through Christ and be in Charity with all men.—*Church Catechism.*

"Because it is requisite that no man should come to the Holy Communion but with a full trust in God's mercy and with a quiet conscience ; therefore if there be any who by this means (as stated previously in this exhortation which is the first in the Communion service) cannot quiet his own conscience but requireth further comfort or counsel, let him come to me or to some other discreet and learned minister of God's Word and *open his grief* that by the ministry of God's Holy word he may receive the benefit of absolution together with ghostly counsel and advice, to the quieting of his conscience and avoiding of all scruple and doubtfulness."

**I**T appears from all these places from the Bible and Prayer Book, that, in our preparation for receiving Holy Communion there must be : **First**, the preparation of our minds and affections ; so that **rightly discerning the Lord's Body** we may come with true faith in the power of God's Holy Spirit to fulfil for us Christ's words of Institution by His Real Presence in the Sacrament, and may with joy and love make ready to welcome and receive Him. **Secondly**, the preparation of **self examination and repentance** so that as forgiven sinners we may come holy and clean to that Holy Table.

If you intend to communicate on a Sunday begin your preparation on the Sunday before. During the week endeavor to put a greater earnestness into your morning and evening prayers. Think much on the great mystery in which you are to have a share and seek for inspiration to right thoughts and hopes in your daily reading of Holy Scripture. During the early part of the week add at your morning and evening prayers one of these devotions, or others of a like nature in your own words :

### I.

"O send out Thy light and truth that they may lead me ; and bring me unto Thy Holy Hill and to Thy Dwelling, and that I may go unto the altar of God even the God of my Joy and Gladness.....Why art thou so full of heaviness O my soul, and why art thou so disquieted within me ? O put thy trust in God, for I will yet give Him thanks which is the help of my countenance and my God."—Psalm 43.

O Lord Jesus Christ who dost graciously invite me to the Blessed Sacrament of Thy Body and Blood, fit and prepare me that I may receive it worthily. Grant that I may be drawn thither by love to Thee rather than kept back by fear. Enable me faithfully to examine myself, and do Thou show me what is within my heart. Give me true repentance, a living faith, and a true love to my neighbors ; that so coming to Thine Altar with a humble remembrance of Thy Death, I may truly partake of Thy Blessed Body and Blood, and of all the benefits which Thou by Thy Death hast purchased for me, who livest and reignest with the Father and the Holy Ghost, One God world without end. Amen.

Hymn 317.

## II.

## Psalm 23.

O Lord Jesus Christ, who has given Thyself not only to die for us, but also to be our spiritual food and sustenance in the Holy Sacrament of Thy Body and Blood ; look down I pray Thee upon all Thy servants who now approach Thy Holy Table. Pity all our infirmities, and despise not our unworthiness. Enter, I pray Thee, into all our souls and cleanse us within and without. Be Thou evermore the defence of our souls and bodies, and bring us in the right way to Thy heavenly kingdom, where, with all Thy Saints we shall see Thee, not in a mystery as now, but face to face, and be satisfied with Thy fulness, who with the Father and the Holy Spirit livest and reignest, One God world without end. Amen.

Very Bread good Shepherd tend us  
 Jesu of thy love befriend us,  
 Thou refresh us, Thou defend us, Thine eternal  
 goodness send us,  
 In the land of life to see ;  
 Thou who all things canst and knowest,  
 Who on earth such food bestowest,  
 Grant us with Thy Saints though lowest,  
 Where the heavenly Feast Thou shewest,  
 Fellow heirs and guests to be. Amen.

## III.

Jesus said, "I am the living Bread which came down from Heaven, if any man eat of this Bread, he shall live forever ; and the Bread that I will give is my flesh, which I will give for the life of the world."

O merciful Lord Jesus, look upon Thy servant in Thy Goodness, incline Thine ear unto me, and hear me for I am poor and in misery. Thou who didst satisfy the hungry bodies of five thousand fainting people with a few loaves and fishes, Thou hast made Thyself the Spiritual food of all mankind. O strengthen my sin-wearied soul, Thou who art the Bread of Life. Refresh me, faint and thirsty, with those streams of living water which flow from Thy wounded side, Thou Rock of Ages, cleft for me. Let me be satisfied with the plenteousness of Thy Father's House. Make me to drink of the River of Thy pleasures, for with Thee is the well of life, and in Thy light shall we see light.

Hymn 320.

May the words of my mouth and the meditation of my heart, be always acceptable in Thy sight, O Lord my strength and my Redeemer !

## IV.

“Lord I believe, help Thou my mine unbelief!”

I most firmly believe, O Lord Jesus, that in this Holy Sacrament Thou art present verily and indeed. I believe that Thou my Saviour, true God and true man, art really here with all Thy saving grace; that here Thou dost give Thyself to us and make us partake of the benefits of Thy Passion. I humble myself before the greatness of this mystery. Open Thou mine eyes that I may see the wondrous things of Thy law. Lord I am not worthy that Thou shouldst come under my roof, but speak the word only and my soul shall be healed.

‘Who eateth me, the same shall live by me,  
O soul subdueing voice, O mystery,  
I know that Thou art here, I know not how;  
While others argue I Thy word adore  
Body and soul before Thee lowly bow  
Thy word hath spoken it, I ask no more.’

‘Christ’s was the word that spake it,  
He took the Bread and brake it,  
And what he then did make it,  
That I believe and take it.’

Psalm 84.

## V.

“My soul is athirst for God, yea, even for the living God, when shall I come to appear before the presence of God.”

Lord Jesus, King of everlasting glory, I desire to come to Thee and to receive Thy Body and Blood in this Heavenly Sacrament. I dare to come because Thou hast so ordained. I desire to come to Thee that I may be united to Thee, and that I may henceforth abide in Thee and Thou in me, and that nothing in life or death may ever separate me from Thee. Come Lord Jesus, and take possession of my heart forever. I desire to consecrate it eternally to Thee. I desire to love Thee with all my heart and soul. Thine infinite love brings Thee to me. O teach me to make a more and more fervent return of love.

Not from the hope of gaining aught  
 Not seeking a reward,  
 But as Thyself hast loved me.  
 O ever loving Lord.

So would I love Thee dearest Lord,  
 And in Thy praise would sing,  
 Solely because Thou art my God  
 And my most loving King.

## VI.

“He was wounded for our transgressions ; He was bruised for our iniquities ; the chastisement of our peace was upon Him, and by His stripes we are healed.”

O my Lord and Saviour, I desire in these holy mysteries to commemorate, as Thou hast commanded, all Thy sufferings ; Thy agony and bloody sweat ; Thy being betrayed and taken to judgment ; all the reproaches and insults ; all the scoffs and mockeries ; all the blows and bruises thou hast endured for me ; Thy being scourged, crowned with thorns, and loaded with a heavy cross for my sins ; Thy crucifixion and death and burial—all these together with Thy glorious Resurrection and triumphant Ascension. Thou didst ordain that in the Holy Sacrament of the Altar we should shew forth Thy Death till Thy coming, and make a memorial of Thy passion, and plead the merits of Thy sacrifice in union with Thine own prevailing intercession in Heaven above. O grant that in this shewing forth Thy Death I may take my lowly part. Accept me, Heavenly Father, unholy though I am, for the sake of Him for whose sake Thou hearest all my prayers, our Lord and Saviour Jesus Christ. Amen.

Hymn 315.



## Self Examination and Repentance.

Not later than Friday evening make your self examination upon your knees saying first this prayer :

O Lord Jesus before whom I must one day appear to give an exact account of my whole life, pour out Thy Holy Spirit into my soul, and give me light to know my sins and grace to be truly sorry for them, that I may judge myself now with such severity, that Thou mayest judge me with mercy and compassion. Amen.

The Ten Commandments, "Thy Duty towards God and thy neighbor," will supply you with questions to ask yourself. Lists of sins are often given in books and tracts. The questions and instructions in the late Rev G W Hodgson's book 'The Sevenfold Gift' (pages 69-96) will be found most helpful and searching.

*When your self examination brings to your mind some sin, close your eyes and say :*

'Lord Jesus make me sorry for this sin and forgive me.'

*When your self examination is finished say :*

O my God, Thou hast created me and hast redeemed me by the precious blood of Thy dear Son ; Thou hast bestowed upon me blessings in this life, and hast freely offered me the inheritance of the life to come. Yet I have sinned grievously against Thy Goodness. O my God I desire to return to Thee, yet I cannot take one step towards Thee without Thy help. Do Thou by the inspiration of Thy Holy Spirit open the eyes of my soul, that I may see my full sinfulness in Thy sight Teach me to know myself the chief of sinners, that I may know Thee the only Good ; through Jesus Christ our Lord, Amen.

Psalm 51.

Help me O Lord for I cannot help myself. Cleanse me from every taint of sin and give me grace to overcome all temptations. Prepare my heart that I may worthily partake of the Holy Sacrament of Christ's Body and Blood and may receive all the benefits of His Death and Passion; for whose sake I beseech Thee O Lord to grant my prayer. Amen.

### Hym. 255.

Let thoughts of the agony and Bloody Sweat, the Cross and passion, the precious death and burial which your sins had a share in bringing upon you. Saviour, be much in your mind. These will produce as nothing else can the Sorrow of true penitence "They shall look upon me whom they have pierced and they shall mourn."

This sorrow must lead to a definite act of *Confession to God*. You must pour out your sins before Him one by one, you must recount to Him what the Holy Spirit has convicted you of. Allowing a day to pass that you may approach God in confession with greater sorrow and firmer purpose of amendment the best time for this will be the day before your communion. The Church of England teaches that it is sufficient if your conscience is so satisfied that this confession be made secretly to God alone. If this be the case with you be first of all sure that you are not excusing yourself in any wrong thing, and that you are prepared to lay open before God all the sins you have committed since last you examined yourself and confessed and were assured of God's forgiveness. Some find it a help to this end to have the sins to be confessed noted down on paper. Then at your morning or evening prayers or at any other time make your confession in this or some similar manner, kneeling upon your knees:

"I will confess my wickedness and be sorry for my sin. Forsake me not O Lord my God ; be not Thou far from me, O Lord God of my salvation."

I confess to God the Father Almighty, to His only begotten Son Jesus Christ, and to God the Holy Ghost, before the whole company of Heaven that I have sinned exceedingly in thought, word and deed by my fault, my own fault, my own most grievous fault ; especially I confess that I have committed these sins ; (here tell out all the sins which you have been able to remember.) For these and all my other sins which I cannot now remember I am heartily sorry and I firmly purpose amendment ; wherefore I pray Thee O my God to have mercy upon me and to pardon me through the merits of Jesus Christ my Lord and Saviour. Amen.

God of mercy and compassion,  
 Look with pity upon me,  
 Father let me call Thee Father,  
 'Tis Thy child returns to Thee.

Jesus Lord I ask for mercy,  
 Let me not implore in vain !  
 All my sins I now detest them,  
 Never would I sin again.

I do not presume to come to Thy Table O merciful Lord trusting in my own righteousness but in Thy manifold and great mercies. I am not worthy so much as to gather up the crumbs under Thy Table. But Thou art the same Lord whose property is always to have mercy ; grant me therefore gracious Lord, so to eat the Flesh of Thy Dear Son Jesus Christ and to drink His Blood that my sinful body may be made clean by His Body and my soul washed through His

most precious Blood, and that I may ever more dwell in Him and He in me. Amen.

### Hymn 183.

If in this your confession you have been earnest and sincere you may in full assurance take to yourself the absolution which is pronounced in the Communion Service :

Almighty God our Heavenly Father who of His great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto Him ; have mercy upon you ; pardon and deliver you from all your sins ; confirm and strengthen you in all goodness ; and bring you to everlasting life ; through Jesus Christ our Lord. Amen."

And you may then say :

"Blessed is he whose unrighteousness is forgiven and whose sin is covered. I said I will confess my sins unto the Lord, and so Thou forgavest the wickedness of my sin. Thanks be to God."

If on the other hand the needs of your soul require, and if your conscience directs, that your confession be made before a priest of the church go to him at the appointed time being thoroughly prepared in the same manner as above to confess your sins. Remember that it is to God that your confession is being made, only now not secretly but openly before Christ's minister and ambassador, to the intent that your sorrow and shame may be increased and that you receive for yourself alone the special assurance of forgiveness which he is commissioned to give you in absolution. Kneeling down make your confession in these words :

I confess to God the Father Almighty, to His only begotten Son Jesus Christ, and to God the Holy Ghost before the whole company of Heaven and before you, God's Priest, that I have sinned exceedingly in thought word and deed by my fault, my own fault, my own most grievous fault ; especially I confess that I have committed these sins, (here tell out all the sins

which you have been able to remember.) For these and all my other sins, which I cannot now remember I am heartily sorry and I firmly purpose amendment. Wherefore I pray God to have mercy upon me and pardon me through the merits of Jesus Christ my Saviour, and of you His minister I beg for *council, advice* and *absolution* and that you pray for me to the Lord our God."

The priest may then give you advice about your sins and will perhaps have to ask you some questions to help you more fully to explain their nature. Listen attentively to what he says. He may speak to you of making satisfaction for your sins. This is an important part of true repentance. Your sins may have injured your fellow men as well as God, and so amends must be made if it is possible to do so. What has been wrongfully obtained must be restored. Insults must be apologized for. Statements that have caused injury must be retracted. Those whom you have led into sin you must endeavor to win back, and wherever it is possible, the evil which your sins have done must be undone—your repentance is not thorough unless you are willing to do this, and you of course know that though the absolution you have come to seek be pronounced it will be null and void if you do not thoroughly repent and make a thorough acknowledgment, if you are not heartily sorry and will not make amends, or if you have not a firm purpose in God's strength to do better in future. The priest will also perhaps tell you to say some prayer or perform some act of self denial to show your sorrow for sin and to recognize the punishment it deserves. He will then pronounce over you the words of absolution which convey to you and assure you of the pardon and reconciliation to God which you have sought. Receive it reverently in the recollection that he speaks it not in his own name but in the name of Christ whose ambassador he is and whose according to the promise 'Lo I am with you alway' you may think of as stretching forth his pierced hand and saying to you as he did to many a poor sinner in the days of His earthly ministry 'Son be of good cheer, Daughter be of good comfort,—thy sins be forgiven thee.'

During the rest of the day dwell on the goodness of God, and seek to realize the joyfulness of forgiveness looking forward to the further pledge and assurance of 'remission of sins and all other benefits of Christ's passion' which you will receive in Holy Communion. Say the prayer "I do not presume" as above on page 12.

**Psalm 116.**

**Hymn 193.**

## An Office of Preparation For Sunday Morning.

To be said before you go to church, either alone at your private prayers or together with some other member or members of the family who are going to receive the Blessed Sacrament on that day—one leading and the others responding, the last prayer being said by all together.

Remember not Lord our offences, nor the offences of our forefathers, neither take Thou vengeance on our sins.

Psalm 130.

Lord, have mercy upon us.

*Christ, have mercy upon us.*

Lord, have mercy upon us.

Our Father, Who art in Heaven, Hallowed be Thy name. Thy kingdom come. Thy will be done on earth, as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive them that trespass against us. Lead us not into temptation ; but deliver us from evil. Amen.

I said, Lord be merciful unto me.

*Heal my soul, for I have sinned against Thee.*

Turn us then, O God our Saviour :

*And let Thine anger cease from us.*

O Lord, let Thy mercy be shewed upon us :

*As we do put our trust in Thee.*

Let Thy priests be clothed with righteousness :

*And let Thy Saints sing with joyfulness.*

Cleanse Thou me from my secret faults :

*Keep Thy servant also from presumptuous sins.*

Lord, hear our prayer :

*And let our cry come unto Thee.*

O Lord, we beseech thee, visit and cleanse our consciences; that Thy Son, our Lord Jesus Christ, when He cometh, may find in us a mansion prepared for Himself. Who liveth and reigneth with Thee, in the unity of the Holy Ghost, ever one God, world without end. Amen.

Almighty Everlasting God, behold we approach the Sacrament of Thy only-begotten Son, our Lord Jesus Christ; we come sick to the Physician of life, unclean to the Fount of mercy, blind to the Light of eternal brightness, poor and needy to the Lord of Heaven and earth. We pray Thee, therefore, of the abundance of Thine exceeding bounty, that Thou wouldst vouchsafe to heal our sickness, to wash our defilement, to enlighten our blindness, to enrich our poverty, to clothe our nakedness, that we may receive the Bread of angels, the King of kings, the Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention, as the welfare of our souls requireth. Grant us, we beseech Thee, to receive not only the Sacrament of the Lord's Body and Blood, but also the substance and virtue of the Sacrament. O most merciful God, grant us so to receive the

Body of Thy only-begotten Son, our Lord Jesus Christ, which He took of the Virgin Mary, that we, being one with His mystical body, may be numbered forever amongst His members. O most loving Father, Grant us hereafter to behold with unveiled face forever Thy beloved Son, Whom here beneath a veil we purpose to receive; who liveth and reigneth with Thee, in the unity of the Holy Spirit, ever one God, world without end. Amen.

Joy with peace, amendment of life, time for true repentance, the grace and comfort of the Holy Ghost, and perseverance in good works, may God of His mercy grant us. Amen.



When you come to church bring your Prayer Book and Hymn Book so as to take your part throughout the service. The short prayers given here should if possible be learned by heart as well as the hymns mentioned. Besides the prayer you always say on coming into church, say :

### Before the Service.

Take away from me O Lord I beseech Thee all my sins that I may enter with a pure heart into the Holy of Holies.

O Lord incline Thine ears unto my prayers and enlighten my soul by the grace of Thy Holy Spirit, that I may worthily approach Thy Holy mysteries and love Thee with an everlasting love.

### Psalm 43.

### Collect Quinquagesima Sunday.

Be mindful that in the Blessed Sacrament you are going to take a part in **pleading** the merits of the Death and Passion of Christ ; **to join** with Him, who as 'a Lamb that was slain' ever liveth to make intercession for us, in **showing forth** and **presenting** to God the Father Almighty, the Sacred Body and Blood which was once Slain and Shed upon the Altar of the Cross as an everlasting sacrifice for obtaining forgiveness of sins and all other benefits, whereby the needs of mankind might be bountifully supplied. Be mindful also that you are going to offer yourself, your soul and body to the service of God, for work however hard and unpleasant, or for suffering however severe. This is that living sacrifice which is your reasonable service and which is pleasing and acceptable to God, as it is offered in union with Christ's sacrifice of Himself, in the realization of your membership in Him, and so in complete dependence upon your partaking of His life as one 'accepted in the Beloved.'

Thinking of all this kneel down when you have made your offering, before the prayer for the church Militant or at the conclusion of the hymn which may be sung at that time and say this prayer :

In the spirit of humility and with contrite hearts may we be accepted of Thee O God, and may our offering be so made in Thy sight that it may be accepted of Thee and may please Thee, O Lord our God.

After the Consecration Prayer in which Christ's words of institution are recited and behind the saying of which by the Priest, God the Holy Ghost works that wonderful change whereby the Bread and Wine, while not ceasing to be such, become in wondrous mystery the Body and Blood of Christ—after this prayer bow your head in utmost reverence and lowliest devotion and say :

Thee we adore, O hidden Saviour Thee,  
Who in Thy Sacrament dost deign to be  
Both Flesh and Spirit at Thy presence fail,  
Yet here Thy presence we devoutly hail.

O Lamb of God that takest away the sins of the world, have mercy upon us.

O Lamb of God that taketh away the sins of the world, have mercy upon us,

O Lamb of God that taketh away the sins of the world, grant us Thy peace.

### Hymns 322 or 323 or 318.

At this solemn time or else afterwards during any pauses in the service, any special petitions for yourself or others as had been in your mind or are suggested at the moment may be made. Also the following commemoration of the departed.

Almighty God with whom do live the spirits of them that depart hence in the Lord and with whom the souls of the faithful after they are delivered from the burden of the flesh are in joy and felicity; we beseech Thee, that it may please Thee, of Thy gracious goodness, shortly to accomplish the number of Thine elect and to hasten Thy kingdom; that we, with all those that are departed in the true faith of Thy Holy Name (especially . . . . .) may have our perfect consummation and bliss both in body and soul, in Thy eternal and everlasting glory through Jesus Christ our Lord. Amen.

'Grant unto them, O Lord, eternal rest,  
And let light perpetual shine upon them.'

### Before Receiving.

The Master is come and calleth for me.

Lord I am not worthy that Thou shouldst  
come under my roof, but speak the word only  
and my soul shall be healed.

Just as I am without one plea,  
But that Thy blood was shed for me,  
And that Thou bidd'st me come to Thee,  
O Lamb of God I come.

Just as I am Thou wilt receive,  
Wilt welcome, pardon, cleanse, relieve,  
Because Thy promise I believe,  
O Lamb of God I come.

### After Receiving.

Thanks be to Thee O God, for this unspeakable  
gift,

I have found Him whom my soul loveth, I will hold  
Him and not let Him go.

Abide within me, O Christ, my God and Saviour,  
let me never separate myself from Thee by  
sin, but continue Thine forever. Amen.

*The Thanksgiving Prayer in the Prayer Book beginning:*

“Almighty God we most heartily thank Thee,  
for that Thou dost vouchsafe to feed us who  
have duly received these holy mysteries, with  
the Spiritual food of the most precious Body and  
Blood of Thy dear Son our Saviour Jesus Christ.”

Any of these hymns as you have time :

315, 109, 107, 311 2nd part.

O Jesu, Lord remember,  
When Thou shalt come again,  
Upon the clouds of Heaven  
With all Thy shining train.

When every eye shall see Thee  
In deity revealed,  
Who now upon this altar  
In silence art concealed.

Remember then, O Saviour,  
I supplicate of Thee,  
That here I bowed before Thee  
Upon my bended knee.

That here I owned Thy presence,  
And did not Thee deny,  
And glorified Thy greatness,  
Though hid from human eye.

Accept Divine Redeemer,  
The homage of my praise,  
Be Thou the Light and Honor  
And glory of my days.

Be Thou my consolation  
When death is drawing nigh,  
Be Thou my only treasure  
Through all eternity.

## An Office of Thanksgiving.

To be said when you have returned home sometime during the day or evening, in the same manner as the office of Preparation in the morning.

Praise the Lord, O my soul ; and all that is within me, praise His holy name.

*Benedicite.*

*Song of the Three Children.*

O all ye works of the Lord, bless ye the Lord, O  
ye angels of the Lord bless ye the Lord,  
O ye priests of the Lord, bless ye the Lord, O ye  
servants of the Lord, bless ye the Lord,  
O ye spirits and souls of the righteous, bless ye the  
Lord, O ye holy and humble men of heart,  
bless ye the Lord,  
Let us bless the Father, the Son and the Holy  
Ghost ; let us praise and magnify Him forever.

**Psalm 150.**

Praise the Lord O my soul ; and all that is within me, praise His holy name ; who forgiveth all thy sin, and healeth all thine infirmities ; who saveth thy life from destruction, and crowneth thee with mercy and loving kindness.

Lord have mercy upon us.

Christ have mercy upon us.

Lord have mercy upon us.—Our Father.

All Thy works praise Thee, O Lord.

*And Thy Saints give thanks unto Thee.*

Let Thy Saints be joyful with glory.

*Let them rejoice in their beds.*

Not unto us, O Lord, not unto us.

*But unto Thy name give the praise.*

Lord hear our prayer.

*And let our cry come unto Thee.*

O God, who didst to the three children soothe the flames of fire, mercifully grant that the flames of sin may not kindle upon us, thy servants. Defend me against the craft and subtlety of the evil one, and enable me in true peace of soul to cling to Thee, my Lord and God, who hast made me for Thyself. Hear my prayer, I beseech Thee, and let my cry come unto Thee, through the merits of Jesus Christ my Saviour. Amen.

O my Saviour Thou art infinitely rich, all the treasures of Divine grace are in Thee. These treasures Thou bringest with Thee when Thou dost visit us in this Blessed Sacrament. Be Thou O Lord within me to strengthen me; without me to guard me; above me to shelter me; beneath me to uphold me; before me to guide me; behind me to keep me from straying.

Teach me to be poor in spirit and take off my heart from these passing things and fix it on what is eternal. Teach me to be meek and humble and to possess my soul in patience. Grant that I may ever keep my body and soul pure from lust, ney ever bewail my past sins however small they may have seemed, and by daily self denial restrain all my sinful desires for the future. Above all teach me to love Thee, and to walk always in Thy presence; to love my friends in Thee, my enemies for Thee. Grant me grace to persevere to the end in Thy service, and so bring me, a poor sinner, to that glorious feast where Thou livest and reignest

with God the Father and the Holy Spirit, and dost lighten and fill and rejoice the hearts of Thy servants in the Courts of Heaven. Amen.

I beseech Thee, O Lord Jesus Christ, that Thy passion may be unto me virtue whereby I may be fenced, protected and defended; let the sprinkling of Thy Blood be unto me the washing away of all my sins; let Thy Death be to me eternal glory. In Thee be all my food and gladness, the health and sweetness of my soul; for Thy mercy's sake who livest and reignest for ever and ever. Amen.

The grace of our Lord Jesus Christ and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. Amen.

The Soul of Christ sanctify me,  
 And the Body strengthen me,  
 And the Blood refresh me,  
 And the Water wash me,  
 And the Bruises heal me,  
 And the Wounds hide me,  
 O Blessed Jesus hear me,  
 Suffer me not to be separated from Thee,  
 From the malicious enemy defend me,  
 In the hour of my death call me,  
 And bid me come to Thee,  
 That with the Saints I may praise Thee,  
 For ever and ever. Amen.

*During the week following say :*

### **At Morning Prayers.**

The Thanksgiving in the Prayer Book beginning 'Almighty God we most heartily thank Thee.'

#### **Hymn 263.**

or this.

"Praise the Lord, O my soul! and forget not all His benefits."

O Almighty God and Heavenly Father I return Thee thanks for all Thy mercies and especially for this opportunity of receiving that holy Sacrament which Thy Son has appointed as a memorial of His Death and sufferings, and for the support and nourishment of our souls. Forgive O Lord the weakness and imperfection of my preparation and devotion; increase my faith; enliven my heart with a constant and thankful affection towards Thee, and enable me by Thy Holy Spirit to fulfil the promises of obedience and a better life, which I have now made to Thee. Make me watchful over my thoughts, words and actions; grant that I may lead an honest, sober, pure and godly life, through the same, Thy Son, Jesus Christ our Lord. Amen.

#### **Hymn 271.**

### **At Evening Prayers.**

O gracious Lord Jesus who hast made this habitation of my soul unworthy as it is, Thine own. Make my sinful body clean by Thy Body. Wash my soul through Thy most precious Blood. Dwell in me for evermore. Make me to be one



after Thine own heart, unite me closely to Thyself ; transform and change me till I become like unto Thee. Save me now from every enemy, and keep me in perpetual peace and safety, for Thy mercy's sake. Amen.

One holds me fast, kept in His pure embrace,  
 I rest in peace,  
 Flows on my weary heart His softening grace  
 And troubles cease,  
 Though cold the storm and fierce the blasting wind,  
 I do not fear,  
 For in His breast a covert safe I find,  
 No storm comes there.

He shields me tenderly—my spouse my love,  
 He guides me on,  
 To mansions fair prepared for me alone  
 Where he has gone.  
 He feeds me lest I faint or fall or die,  
 With food from Heaven,  
 He His own self in wondrous mystery,  
 To me has given.

He draws me to Himself, I needs must go,  
 I cannot stay,  
 No earthly tie must bind me here below.  
 But far away,  
 Where mid the countless throngs of Angels bright,  
 And Spirits blest,  
 He reigns my God and King—my sole delight,  
 I long to rest.

Or this :

“He that eateth Me even he shall live by Me.”

“Into Thy hands I commend my spirit ; for Thou hast redeemed me O Lord, Thou God of Truth.” And now Thou hast fed me with Thy Body and Thy Blood. For this Thine infinite goodness I render Thee hearty thanks ; but do not

Thou, O my God, I pray Thee, go far from me. Look upon me and help me ; for evil thoughts rise up against me day and night, and many temptations make war against me. Grant that I may pass through them uninjured ; grant that I may break through them unharmed. Fight Thou O Lord, on my side, and drive far from me all assaults of the enemy. Bless and sanctify me with Thy heavenly blessing. Protect and preserve the soul of Thy servant amid the many dangers of this life ; and Thy grace accompanying me, guide me by the way of peace to the country of eternal brightness. Amen.

Be Thou my consolation  
When death is drawing nigh,  
Be Thou my only treasure  
Through all eternity.

"Every parishioner shall communicate *at the least* three times in the year of which Easter to be one," (Book of Common Prayer.) If you *wilfully* break this rule of the church and disobey Her solemn order, you practically excommunicate yourself and cut yourself off from the fellowship and blessings of the members of Christ, you repudiate the desire and prayer of your childhood that you 'continue in that state of salvation,' unto which at your baptism you were brought. It is earnestly hoped that all who use this book will make it their rule to communicate at least once a month.

It is a pious and ancient rule, which should be kept if possible, to receive the Holy Communion fasting, thus honoring the Sacrament of our Lord's Body and Blood by receiving it before any other food. But the main thing is to come in the spirit of reverence. Before coming to Church be quiet and subdued, speak as little as possible, keeping your mind on the Holy Communion. After the service, as you go home, preserve the same quiet manner.

Receive the Consecrated Bread in the palm of the right hand, holding the left under it, gloves being removed. Be careful not to leave any crumbs in your hand, and after receiving the Consecrated Wine not to wipe the lips with hand or handkerchief.

Remain kneeling after the Prayer of Consecration till you go to receive, and afterwards till the Priest has consumed what remains of the Blessed Sacrament. Should there be many communicants and you cannot kneel all the time, keep reading Psalms or Hymns or other devotions. Try hard to keep from wandering thoughts all through.

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