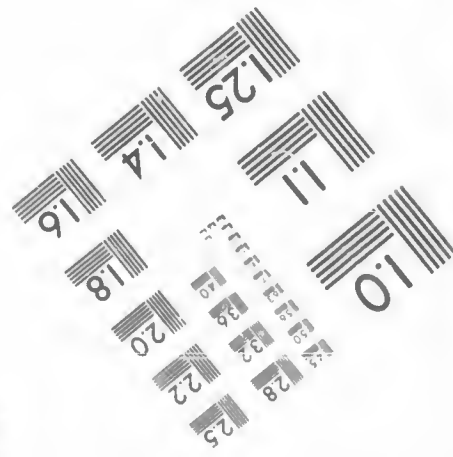
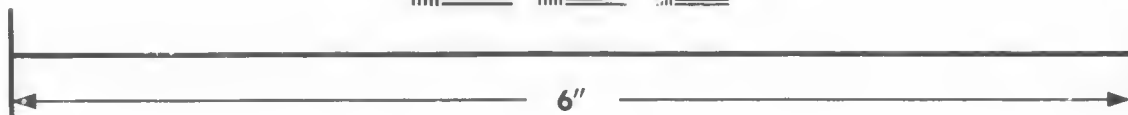
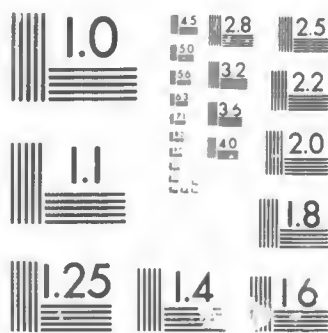


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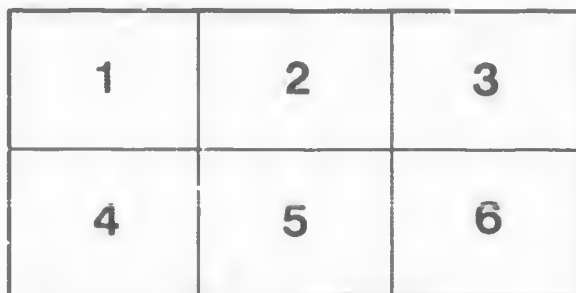
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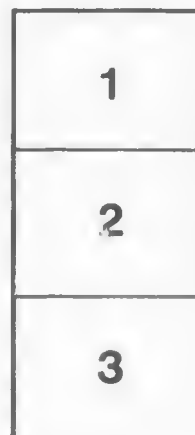
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Private Devotions

FOR THE

Morning and Evening

OF

EVERY DAY IN THE WEEK.

My heart hath talked of Thee, Seek ye My Face: Thy Face, Lord,
will I seek.

Ps. xxvii. 9.

The original runs thus, word for word, "To Thee, said my heart, in
answer to Thy command, 'Seek ye My Face,' Thy
Face, O Lord, will I seek."

This Manual has been reprinted at the request of several
of the Canadian Clergy.

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PREFACE.

THIS Manual has been compiled, or rather adapted, from many sources, particularly from the Greek Devotions of Bishop Andrewes, and is designed especially for the use of young persons in every state of life. It is hoped, however, that, with slight alterations, it may be found available for those of maturer years.

The compiler is convinced from observation that there is *actually* much less private prayer amongst us than is commonly supposed, and that one chief cause of this is the deficiency of suitable forms. Many seldom, or never, pray in the *morning*. Many in the humbler classes, and not a few, it is to be feared, in the higher, never use any forms of devotion but the Lord's Prayer, the Creed, and such short Collects as were taught them in their infancy. The consequences of this are very grievous. They grow up, and go out into the world, without a HABIT of regular and stated prayer. It forms no part of their daily work—no time is set apart for it—no pains taken to perform it.

He has felt also (in common with many) that in such prayers as are mostly in use, there is little, or no, recognition of the blessedness of membership with Christ by and in His Church, and rarely any particular mention of a Christian's daily duties in the world; the effect of which has been a vagueness and want of practicalness both in tone and language, hindering, rather than aiding, the soul in its efforts to rise to the worship of the One Supreme Object. In this little work it has been attempted to preserve such a plain, chastened and devout style as may afford the earnest-

mind a means of addressing their Heavenly Father with reverence and godly fear, and at the same time help to remind them of their baptismal gifts and engagements. And the compiler would urge upon all who use it, the duty and benefit of introducing in their proper place particular confession of sins, and special prayer for deliverance from those faults to which they feel themselves peculiarly liable, and for strength against those temptations in which their trial lies. They ought also to mention by name all for whom they are especially bound to pray, viz., relations and benefactors, those who may seem to have any ill-will against them, or whom they have injured or offended. This will do much to produce in them a habit of watchfulness and self-examination, to quicken in them a sense of individual responsibility, and to avert an evil incidental to the use of forms, viz., a practice of *saying prayers* without praying.

God grant that all who take these words in their mouth may join therewith the pure devotion of their heart. May they be humble and reverent, and of a simple child-like temper ; remembering that one day they will kneel before the judgment-seat of Christ, and give account of all things done in the body. May they so confess their sins, and so pray to Him all their life long, that, when he appears, He may look graciously upon them, and pronounce over them His final and everlasting absolution, "Come, ye blessed children of My Father, receive the kingdom prepared for you from the beginning of the world ; enter into the joy of your Lord."

E. S.

P. S.—The following forms have been broken up into short portions, that, in case there are any who cannot use all, they may use part ; though it is supposed that there are few who cannot *make time* for the whole.

PRIVATE DEVOTIONS.

Sunday Morning.

INTRODUCTION.

In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

GLORY be to Thee, O Lord, glory to Thee, Creator of the light and Enlightener of the world.

I kneel before Thee to bless and praise Thy holy Name for all the mercies bestowed upon me ; for Thy goodness in preserving me during the night past, and for bringing me in safety to the beginning of a new day.

As, on this morning, Thou didst bring again from the dead Jesus Christ our Lord, the Holy and the Just : O by His Resurrection raise me up into newness of life ; and as Thou hast awakened my body from sleep, so, I beseech Thee, awaken my heart to know, to love and to serve Thee.

As, on this day, Thou didst send down upon Thy Church Thy Thrice-Holy Spirit ; withdraw not Thou, O Lord, Thy gift from me, but renew it day by day.

Thou has created me in Thine own image and likeness ; Thou has redeemed me by the precious

Blood of Thy dear Son, and has sanctified me with Thy Good Spirit ; Thou hast washed me in the waters of holy Baptism ; adopted me as Thine own child ; associated me with Thy Saints in Thy holy Church ; and appointed Thy Angels to watch over me, and minister unto me.

But, O Lord, I have sinned grievously against Thee ; I have declined from a state of grace ; I have fallen far short of those blessed privileges which Thou has bestowed upon me ; I have broken Thy laws, and resisted and grieved Thy Good Spirit ; I have been wilful and disobedient ; I have given way to many wicked tempers, and indulged many foolish desires ;¹ [particularly, etc.] Woe is me because of this ; I am ashamed ; I am afraid ; I turn away and mourn.

But, O Lord, merciful Father, look kindly upon me, for Thy dear Son's sake ; restore me, confirm me, build me up.

Incline me day by day to live as one to whom an entrance has been given into the Unseen Word, as one compassed about and visited by all manner of spiritual influences. Bow down my understanding, O Lord, and my will, to revere the mysteries in Thy Church, whether of truth or grace—the hidden depths of Thy Holy Word and the effectual powers of Thy Blessed Sacraments.

Teach me how to spend this Thy holy day. Lift up my heart with the spirit of devotion. Pour into it Thy Holy Spirit, which may both help my weak-

¹ Here make particular confession.

ness and pray within me, that my prayers may be pleasing in Thy sight.

Teach me to prepare my mind for the solemn service of Thine House. Speak to my heart, that it may be ready and disposed aright to speak to Thee. Thou heedest not the prayers of the careless and irreverent ; enable me, therefore, I beseech thee, to worship Thee in truth of spirit, in reverence of body, in blessing of lips, in private and public. Stop the fancies of my wandering heart ; deliver me from all dull, vain, perverse and distracting thoughts ; and quell the power of my ghostly enemies, who endeavor ever to draw off my mind from high and heavenly things.

I desire to love Thee, to fear Thee, and to worship Thee. I desire to live always in obedience to Thy holy laws, and in conformity to Thy will ; and I beseech Thy goodness so to govern and direct me through this week and ever, that all my thoughts, words, and actions may tend to Thy honour and glory, and that I may daily improve in every heavenly grace and every Christian virtue ; so that in the end I may become worthy to behold Thy Face in Thy glorious kingdom.

And now, O Lord, I humbly pray Thy mercy for all creatures ; for all men ; for persons compassed with infirmity ; for the whole Catholic Church—Eastern, Western, British ; for the Episcopate and Clergy ; for all Christian people ; for the states of the whole earth—Christian, distant, neighboring, our own ; for all Rulers ; kings, religious kings, our

Queen ; for all councilors, judges, magistrates, nobles; for soldiers, sailors ; for the people, the rising generation ; schools ; the country ; for all who have a claim on my prayers,—in nature [my father, mother, brothers, sisters, etc.] ; by benefits ; from trust ; in friendship ; in love ; in neighborhood ; from promise; from want of leisure; from destitution; from extremity; [particularly, etc.]

O Lord, hearken and do. O Lord, be merciful unto us, and bless us, and save us.

Lord, let Thy Angels tarry round about me this day, and deliver me. Lord, let me behold Thee in Thy sanctuary, and there see Thy promises and Thy glory. Lord, let me taste and see how gracious Thou art, and how blessed is the man that trusteth in Thee; through Jesus Christ, our only Mediator and Advocate. Amen.

Our Father, Which art in heaven, Hallowed be Thy Name. Thy Kingdom come. Thy will be done in 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. And lead us not into temptation. But deliver us from evil : For Thine is the Kingdom, the Power, and the Glory, For ever and ever. Amen.

CONCLUSION.

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.

OR

The almighty and merciful Lord, the Father, and the Son, and the Holy Ghost, bless us and keep us evermore. Amen.¹

Sunday Evening.

O LORD God Almighty, Merciful Father, Holy art Thou, and Worthy to be praised, Maker, Nourisher, Guardian, Governor, Preserver, Worker, Perfector of all, Lord and Father, King and God. I worship Thee, I praise Thee, I bless Thee, I confess to Thee.

By Thy fatherly love and power all things were created ; by Thy goodness and love to man all things have been begun anew in Thy Word.

O my God, I am the work of Thine hands ; Thou hast created me, and redeemed me, and, for Thy dear Son's sake, art ever pouring Thy blessings upon me, never forsaking me, if I forsake not Thee, and still calling upon me, an unhappy sinner, to repent, and turn unto Thee.

Thou hast promised mercy to such as sincerely seek it, and grace to such as heartily pray for it. In Thee, O Lord, is my hope and my trust. Thou hast washed me from my birth-sin, and made me Thine own child, and an heir of Thy Kingdom, engrafting

¹ The Introductory sentence, the Lord's Prayer, and Conclusion, are intended to be used also with each of the following Prayers.

me into Thy holy Church, and enduing me with Thy most Blessed Spirit.

How hast Thou been ever near me, though unseen ! How hast Thou watched over me, and guided me from my tenderest years ! How hast Thou visited me by Thy grace, and pleaded with me by Thy Spirit ; favoured me with many calls and inspirations, and reproved me for my faults, and given me desires of amendment !

And yet, O Lord, how little mindful have I been of these Thy mercies, and how unworthy of them ! I have forgotten and despised Thy goodness, and have dishonoured Thy gifts in me ; [particularly, etc.]

Stir me up henceforth, O merciful Father, to serve Thee more faithfully, and to love Thee more perfectly. Take from me all wilfulness and hardness of heart ; deliver me from a cavilling, doubting spirit ; make me meek, and patient, and teachable, and self-denying, and very obedient to Thy will.

Teach me day by day to deny my own choices and inclinations ; to give myself up to Thy service ; to bear whatever trials may come to me, or vexations, or wrongs, or disappointments, with a cheerful, humble, and resigned heart.

Pardon, O good Lord, all the imperfections that I have shewn in my attendance in Thy House this day ; forgive the deadness and dulness of my affections, the wanderings of my thoughts, and the distractions of my mind. Help me, I beseech Thee, to live according to my professions and my prayers ; according to the instructions and exhortations which I have

received this day ; that my life and conduct may be as becometh one who is Thy child, a member of Christ, and an inheritor of the Kingdom of heaven.

Teach me ever to pray to Thee acceptably, in reverence and godly fear ; to use profitably the means which Thou hast given me in Thy Church ; to hear Thy Word and obey it ; to seek for Thy grace, and to cherish it. Enable me to hold fast, with a firm and lively faith, all those things which Thou hast revealed, and in which Thou hast instructed me ;—to believe in all things as Thy holy Church believes.

Make me ever solemnly to confess, and devoutly to embrace, all the articles of the Creed ; to worship and adore the Ever-Blessed Trinity ; to keep alway before me Christ my Saviour, and all that He hath done and suffered for us ; to hold Him alway in remembrance : to believe in His Presence ; to live as in the sight of Him ; and to look for His Appearing and His Kingdom.

And now, O Lord, I pray Thee, lift up Thy countenance upon us, and give us peace. I commend to Thee, O Lord, my soul and my body ; my mind and my thoughts ; my prayer and my vows ; my senses and my limbs ; my words and my works ; my life and my death ; my father and mother, etc. ; my friends, my benefactors, my well-wishers [particularly, etc.] ; all who have a claim upon me ; my kindred and my neighbors ; my country and all Christendom. I commend to Thee, O Lord, my intentions and my attempts ; my going out and my coming in ; my rising up, my lying down.

Watch over me this night, I beseech Thee, O Lord, and keep me from all evil, for Jesus Christ His sake, our Blessed Lord and Saviour ; to Whom, with Thee and the Holy Ghost, be all honour and glory, now and for ever. Amen.

Our Father, etc.

Monday Morning.

GLORY to Thee, O Lord, glory to Thee ; glory to Thee, Who givest me sleep to recruit my weakness, and to remit the toils of this fretful flesh ; so raise me up, O Lord, all my life long, from the death of sin unto a life of righteousness, that, by the power of Thy Holy Spirit, I may rise at the last day to everlasting life.

I believe that Thou art here present with me ; and perfectly seest me ; and observest all my actions, all my thoughts, and the most secret movements of my heart. Fill me with the spirit of Thy holy fear, that I may stand in awe of Thee, and sin not.

I offer and resign unto Thee all the faculties of my soul and body ; all the thoughts, words, and actions of this day. O take me entirely into Thy holy keeping ; let Thy power and grace so prevent, and accompany, and follow me, that I may believe in Thee, and love Thee, and keep Thy commandments, and continue patiently in well-doing.

Pardon me all the sins, and errors, and negligences

of my life ; the weaknesses of my duty, the carelessness of my spirit, my ignorance, my want of earnestness, my rashness and presumption ; the sins I know and remember, and the sins I have forgotten, [particularly, etc.] Turn Thine eyes from my impurity, and look upon the brightness and purest innocence of the Holy Jesus.

O Lord, remove from me every evil notion, every impure imagination, every base desire. Keep me chaste in all my thoughts ; temperate in all my enjoyments ; humble in all my opinions of myself ; charitable in all my judgments of others ; meek and peaceable under all provocations ; sincere and faithful in all my professions. Make me to be ever of a teachable and cheerful temper ; to be obedient, kind, and considerate ; and to be just and upright in all my dealings.

Strengthen me, O Lord, I beseech Thee, against the wickedness of the world ; the deceit and wilfulness of my own heart ; and the wiles and malice of the devil. Deliver me from a vain and inconstant spirit ; grant me to have a sound mind and a right judgment in all things ; that I may avoid all the temptations which solicit me to disobey Thy will, and all the snares that so easily beset me ; and may choose that path which is best and straightest, wherein to deny myself, take up the cross of Christ, and follow Him.

In all my undertakings do Thou stand by me with Thy supporting help ; attend me with Thy Presence ; watch over me with the eyes of Thy mercy.

That which I cannot foresee, do Thou prevent ; that which I cannot withstand, do Thou master ; that which I do not fear, do Thou unmask and frustrate ; that, living here Thy faithful and obedient child, I may grow at length to that maturity of holiness which may fit me for the inheritance of Thy Saints in light.

And as I pray Thee for myself, so I beseech Thee, O Lord, for the whole creation ; for the supply of seasons, healthy, fruitful, peaceable ; for the whole race of mankind ; for those who are not Christians—Atheists, Gentiles, Turks and Jews ; for all Christians ; for all in faults and sins ; for all in truth and grace ; for succour and comfort of all who are dispirited, infirm, distressed, and unsettled ; for thankfulness and sobriety in all who are hearty, healthy, prosperous, quiet ; for the Catholic Church, Eastern, Western, British ; for the Bishops, Priests, Deacons ; for all states—Christian, far off, near ; all in rule—the Queen, the royal family, nobility, magistrates ; farmers, merchants, traders, mechanics, and all toilers by land and sea ; for relations [my father, mother, etc.]—that God's blessing may be on them ; for all in trouble, necessity or deep affliction ; for all who are attempting any good work for the glory of God, or the good of the Church ; for all who act nobly towards things sacred, or to the poor ; for all who have been offended by me in word or deed ; [particularly, etc.]

God have mercy upon us and bless us ; God shew His countenance upon us and pity us. God bless me, and receive my prayer, for Jesus Christ His sake,

in Whose Name and words I humbly and heartily pray ;

Our Father, etc.

Monday Evening.

O LORD, Lord God, Heavenly Father, merciful and pitiful, long-suffering, and full of pity, and true, keeping pity for thousands, taking away iniquities, and unrighteousnesses and sins ; I will bless Thee at all times ; Thy praise shall ever be in my mouth.

And now I come before Thy face, and I lift up my soul to Thee. I worship Thee on my knees, and humble myself under Thy mighty hand. I confess my sins unto Thee, and I pray Thy mercy.

O Lord, I have sinned against Thee, in thought, word, and deed: [and thus and thus have I done, etc.] daily have I transgressed Thy commandments. I have neglected Thy gracious calls, resisted the influences of Thy Holy Spirit, and abused Thy patience and forbearance. It grieves me, O most merciful Father, it grieves me that I have offended Thy infinite goodness. I am unworthy to speak to Thee, or to name Thy Holy Name.

But I beseech Thee, for Thy dear Son's sake, and for Thy tender mercies' sake, forgive me my great sin and trespass. Thy mercy, O Lord, is greater than my iniquities ; and I return unto Thee with all my heart, and meekly pray Thee to take me back into Thy service and Thy favor.

I detest my sins, and most humbly beg pardon

for them all, through the Death and Passion of Jesus Christ ; and I resolve, by Thy grace, never to do the like again. Be Thou my Keeper for the time to come, and vouchsafe me the spirit of true repentance that henceforth I may daily offer to Thee the sacrifice of a contrite heart.

Save me, I beseech, O Lord, from those sins to which I am most liable. Give me grace to fly all dangerous occasions, and to resist the first motions of evil. Take off from me every veil of flattery and self-deceit, which hides my sins from me, that I may know myself, and see my sins in their true nature, and sincerely renounce and forsake them.

Enable me to contend more resolutely and effectually against all wicked inclinations ; and so strengthen me by Thy grace, that I may overcome the temptations which continually beset me, and remain constant in obedience to Thy holy will.

O Lord, wash me thoroughly from my wickedness, and cleanse me from my sin. Direct my life towards Thy commands ; hallow my soul ; purify my body ; correct my thoughts ; cleanse my desires, soul and body, mind and spirit, heart and reins ; and unite me to Thee with so real a bond of love, that nothing in life and death may break it.

Thou art our Lord and our Father ; remember all who are in necessity ; infants, children, the grown, the young, the middle-aged, the old ; orphans, widows ; the hungry, thirsty, naked, sick ; foreigners, travellers, friendless, unburied ; all in extreme age and weakness, or troubled by unclean

spirits ; the hopeless, helpless, and weak-hearted ; all in prison, or hard servitude, or loneliness.

I beseech Thee for all who are most dear to me, [my father mother, etc.] ; for all who have benefited me, or shewn me kindness [especially, etc.] ; for all (if any) who hate me without a cause, or have done me wrong, wilfully or thoughtlessly ; for all whom I have injured or provoked, or have treated ill, or carelessly [especially, etc.]. Have mercy upon them, O Lord, be gracious unto them ; do unto them according to all Thy loving kindness which Thou hast shewn us in Christ Jesus, and bring them in peace and holiness to Thy heavenly Kingdom.

Bless, I pray Thee, Thy holy Church throughout the world ; remember Thy most gracious promise ; think upon the prayer of Thy dear Son ; let not the gates of hell prevail ; make us all one, as Thou and He are one ; one in Thee and in Him ; for we are all members of His Body, and Temples of His Spirit ; purge out all heresy, and schism, and unbelief ; bless the Clergy, especially those who are over me in Thy Name, the Bishop and the Priest ; bless, sanctify and save.

And now, O Lord, what is my hope ? Truly my hope is even in Thee ; in Thee, O Lord, have I trusted, let me never be confounded.

Lord, Thou knowest how sleepless are mine unseen foes, and how feeble my wretched flesh ; shelter me with the wing of Thy pity ; give Thy Angels charge over me this night, and protect me from all sin and danger ; and if it be Thy good

pleasure, grant me the refreshment of such seasonable rest that I may seek Thee early for Thy glory and for Thy service. This I beseech Thee for Thy dear Son's sake our Lord Jesus Christ. Amen

Our Father, etc.

Tuesday Morning.

BLESSED art Thou, O Lord our God, the God of our fathers ; Who turnest the shadow of death into the morning, and lightenest the face of the earth ; Who lightenest mine eyes that I sleep not in death. I laid me down, and slept, and rose up again, for the Lord sustained me ; I waked, and beheld, and my sleep was sweet unto me.

My soul doth praise Thee, O Lord, for the goodness Thou hast done to the whole creation, and the whole race of men ; for Thy mercies towards myself, soul, body, and estate : gifts of grace, nature, fortune. Thou hast not cut off my life, nor shortened my days ; Thou hast vouchsafed me life and breath until this hour ; Thou holdest my soul in life, and sufferest not my feet to slip ; rescuing me from perils, sicknesses, poverty, bondage, public shame, evil chances ; keeping me from perishing in my sins ; and storing me with good hope of their remission, through repentance and its works.

Wherefore, O Lord, I implore Thee, by the mercies of Christ, to look graciously upon, me Thy

unworthy servant, and be merciful to my sin, for it is great. My iniquities have taken such hold upon me, that I am not able to look up ; yea, they are more in number than the hairs of my head, and my heart hath failed me. [Thus and thus have I done, etc.]

Favourably receive, I beseech Thee, this my prayer and confession of sin, and effectually move my heart to a true contrition for all my offences ; that, being pardoned the evils which I have presumed to commit, I may be delivered from the evils I deserve to suffer. Grant that I may grow in grace, and the knowledge of Thee ; that I may advance day by day to fresh conquests over myself, the world and the devil, and to a more real obedience to Thy most holy laws.

Sanctify my body, soul and spirit. Take from me all vain imaginations ; all impurity of thought and desire ; all vanity, pride, and hypocrisy ; all falsehood, deceit, and wilfulness ; all sloth, love of money, love of ease ; all worldly carefulness ; all envy, hatred, and malice ; and every motion of flesh and spirit which is contrary to the purity of Thy will ; so that in all plainness and simplicity of heart, I may eschew evil, and do good.

Grant, O Lord, that I may attend with diligence to all the employments of my calling, and do my duty in my state of life. Deliver me from slander, rash judgment and flattery ; from self-love and vain-glory ; from a stubborn and irreverent spirit towards them that are above me ; and from disdain and oppression

of such as are below me. Deliver me from all sickness and infirmity, if it be Thy gracious will ; from all infamy, injury, and violence ; from the allurements of the world, and the snares of the devil, and the treachery of my own yielding heart.

Deliver me from ignorance and hardness of heart ; from error, schism and heresy ; from dislike of a strict and chastened life ; and from denying Thee before men through fear or worldly motives.

O Lord, strengthen me by Thy Holy Spirit, and keep me in the straight and narrow way. Vouchsafe me the grace to keep watch over my senses ; to refrain myself, and keep my heart low ; to remember that Thou art ever present wherever I am ; to worship Thee with reverent posture, and a devout mind ; to fear Thee with affection ; and to tremble while I rejoice before Thee.

Into Thine hands, O Lord, Thou God of truth, I commend my spirit, soul, and body, which Thou hast created, redeemed, regenerated ; and together with me, all mine, and all that belongs to me ; all for whom I am in duty bound to pray—the holy Church the Clergy ; all nations, this our Nation and the Dominion, Queen, the Governor General and all in rule ; the people ; my relations, [particularly, etc.] ; my friends and acquaintance ; the afflicted, the sick, the poor and unfortunate. O Lord, in Thy goodness, guard us from all evil, guard our souls, guard us without stumbling, and place us without spot of sin in the presence of Thy glory.

Guard my going out, and my coming in, henceforth and for ever. Prosper, I pray Thee, Thy servant this day, and grant me mercy in the sight of those who meet me.

Grant this, I pray Thee, for the sake of Jesus Christ, Thine Only-Begotten Son, our Lord and Saviour, to Whom, with Thee and the Holy Ghost, be glory and adoration for ever and ever. Amen.

Our Father, etc.

Tuesday Evening.

O LORD, Thou art greatly to be praised at all times, places, and manners, everywhere, always, altogether. Thou art worthy, O Lord our God, the Holy One, to receive glory, and honour, and power. But, O Lord, my misdeeds prevail against me. O be Thou merciful unto my sins, that I may come and give thanks unto Thee and bless Thy Holy Name.

I have sinned in the vain thoughts and unlawful desires of my heart; in the idle talk and perverse words of my mouth; in the wicked works and fruitless course of my whole life; [particularly, etc.] I have sinned against Thee by my ingratitude for Thy blessings, of nature and of grace. I have sinned by my impatience under Thy chastisements; by thinking much of myself, and seeking to please myself, and my foolish desires, rather than to serve Thee and to keep Thy commandments.

Oftentimes have I led myself into temptations

when I knew my danger, and omitted many opportunities of amending and improving my life. I have not profited as I might by those talents and advantages which Thy bounty hath bestowed upon me; but have spent my time unprofitably, and neglected those gracious means which Thy goodness vouchsafes me, for this world and for the next.

I am greatly afraid because of this my sin, my own sin, my most grievous sin. It grieves me that I have offended Thee, and abused Thy goodness and forbearance. O grant me godly sorrow for the past, that I may truly repent; and the help of Thy Good Spirit, that I may resist every evil inclination for the future. Make me sensible of the many ways in which I do wrong without knowing it, or without thinking of it as I ought. Make me to watch carefully over my passing thoughts and words, my temper and changing moods of mind; that, thinking nothing too small where I may obey Thy will and deny myself, I may find strength to endure temptations when they come.

Keep me from all evil company, and all occasions of sin and danger. Make me serious and self-collected; break my froward spirit; make me lowly in my own eyes, and ever obedient to Thy will. Lead me in Thy paths, and train me in Thy holy discipline. Enable me to live by rule and method, and in subjection to authority; and so to govern, and restrain and deny myself, that I may live soberly, righteously, and godly in this present world; and at length, by

Thy mercy, attain unto the resurrection of the dead, and the glory of Thy Kingdom.

Remember, O Lord, and have mercy upon the whole creation, and all the inhabitants of the earth ; all states of men in the world ; the Church, Catholic ; our own branch thereof ; the Clergy ; our country ; its rulers ; the person of the Queen ; this city (or town), this parish ; my home, my kindred [particularly, etc.] ; all who have shown me kindness, or benefited me, or have a claim upon me ; all whom I have injured, or to whom I have not done good, when I might, by word, or deed, or example ; or have tempted or provoked into sin by my evil ways.

Look in mercy on all children, orphans, widows ; the sick, poor, distressed, friendless. Have pity upon us all, and grant us Thy grace for Thy dear Son's sake.

And now, O Lord, to my weariness vouchsafe Thou rest ; to my exhaustion renew Thou strength. Lighten mine eyes, that I sleep not in death. Supply me with healthy sleep ; guard my soul, O Lord ; let sleep be to me a breathing time as from toil, so from sin. All earthly and evil thoughts put to sleep within me, and rid me of all imaginations fleshly and satanical.

Do Thou, O Lord, now, from Thy dwelling-place, and from the glorious throne of Thy Kingdom in heaven, hearken to the prayer and supplication of Thy servant, and heal my soul, that with Thy holy Angels, and all Thy Saints, in heaven, I may give Thee glory, and praise, and blessing, and thanksgiving,

now and ever, till my last breath, and till the end of the world, and for ages upon ages. Amen.

Our Father, etc.

Wednesday Morning.

BLESSED art Thou, O Lord, our Father, from everlasting to everlasting. Thine is the greatness and the power, the praise and the strength, for Thou rulest over all in heaven and in earth.

I have thought upon Thee when I was waking, for Thou hast been my helper. But, O Lord, I have sinned against Thee all my life long. I have forgotten my high calling, and the hope that is before me. I have withstood Thee, O Lord, and done against Thy will. [Thus and thus have I done, etc.]

But I return unto Thee ; I cry aloud to Thee ; I repent and turn to Thee, and beseech Thy mercy. With all my heart do I now renew the sacred vows which I have so often broken. To Thee I offer all the thoughts and purposes of this day, and of my whole life, that I may do Thy pleasure, and endure willingly whatever Thou mayest appoint.

I beseech Thee, O most merciful God, to protect me against the dangers of worldly care and business. Keep me from a dull, repining spirit ; from all fretful sadness, and from anxious fears. Give me strength against those daily weaknesses and failings which

sully and taint the soul, and hinder our most earnest prayers, and estrange our hearts from Thee.

Order Thou my life for me ; keep me, I beseech Thee, from all heedless waste of time. Let not worldly aims and persuits withdraw me from the work Thou hast set me to do. Teach me to keep Thee ever before me ; write Thy law in my heart, and enable me to fulfil it day by day.

Grant that I may be modest in my demeanour, frank and unaffected, humble, and dutiful ; pure in conscience, and upright in all my dealings ; content with my condition, diligent in my employments, and constant in my resolutions.

In all vexations, in all trials of temper, teach me to think of Him Who, as on this day, was betrayed and sold unto death, and endured such contradiction of sinners against Himself. Teach me to think little of myself and of my troubles ; to deny my own will, to bear the cross silently, and follow my Lord.

Lift up my thoughts above the world, its cares, and interests ; so that I may walk humbly and patiently, giving no offence in any thing, and doing my duty in that state of life to which it hath pleased Thee to call me.

Save me from lightness and vanity of disposition ; from a dissipated heart ; from sensuality and covetousness. Keep me from all vain-glory and hypocrisy ; from envy, wrath, and selfishness. Deliver me from sloth and wilfulness ; from presumption and hardness of heart ; give me a sober judgment in all things ; and open my heart to receive all Thy holy influences.

Check the unruly freedom of my speech ; let me be kind to the poor, gentle to the weak, and considerate towards all. Incline me willingly to forgive injuries ; to bear wrongs patiently ; to love those who hate me ; and to do good to those who treat me ill.

Thy mercy, O Lord, is excellent, and our hope is in Thee. I beseech Thee, remember all, Lord, for good, and have pity upon all. Thy peace and love vouchsafe to us, O God our Saviour ; end the schisms of the Churches ; scatter offences ; abolish wars ; stop the uprisings of heresies. O remember Thy hclly Church throughout the world ; all Bishops, Priests, and Deacons.

Remember every Christian soul in affliction, distress, trial and in need of Thy pity and succour ; also our brethren in captivity, in prison, chains and bitter bondage.

Remember religious and faithful kings, especially our Queen ; strengthen her kingdom, and speak good things to her heart, for Thy Church and all Thy people.

Fill our garners with all manner of store, and upon all pour out Thy rich blessings : upon infants, youth, aged ; the weak-hearted, troubled with evil spirits ; travellers, widows, orphans ; those who love me, and those who hate : all of whom I have not made mention, all spirits, and all flesh, do Thou remember, O God, and receive us all into Thy heavenly Kingdom.

And now, O Lord, two things will I require of Thee ; deny thou me not before I die. Remove far

from me vanity and lies ; give me neither poverty nor riches ; feed me with food convenient for me ; lest I be full and deny Thee, and say Who is the Lord ? or lest I be poor and steal, and take the Name of my God in vain. Let me learn to abound, let me learn to suffer need ; in whatsoever state I am, therewith to be content ; for nothing earthly, temporal, mortal, to long nor to wait. '

Grant me a happy life, in piety, gravity, purity ; in all things good and fair ; in cheerfulness, in health, and credit ; in competency, in safety, in honest estate, in quiet ; a happy death, a deathless happiness ; for Jesus Christ's sake, Thy only Son our Lord. Amen.

Our Father, etc.

Wednesday Evening.

GLORY be to Thee, O Lord, glory to Thee ; glory to Thee, and glory to Thine All-Holy Name, for all Thy Divine perfections ; for Thy great goodness, and Thy pity towards sinners and unworthy men, and towards me, of all sinners far the most unworthy.

And now, O Lord, I come unto Thee and humbly confess my sins. I have sinned grievously before Thee ; [particularly, etc.] Wo, therefore, is to me because of this ! How have I let myself be enticed by my own lusts ! How have I hated instruction ; nor felt fear or shame at Thy unspeakable glory, Thy awful Presence, Thy Almighty power, Thy just judgment, Thy winning goodness ! Behold, now Thou art angry, for I have sinned ; and yet, O Lord, Thou art my Father, therefore I come to Thee as Thy

child, and thus meekly and in reverence do I pray unto Thee.

Have mercy upon me for I am weak. I am beset on all sides with deadly enemies, the world, the flesh, and the devil; my only hope is in Thy strength and protection. O stand Thou by me with Thy supporting grace, and all will be well with me. I believe that Thou art faithful and true, and wilt not suffer me to be tempted above my strength; suffer me not to forsake Thee. Arm me against the devices of Satan, the terrors and flatteries of the world, and all the deceptions of my own wayward and wicked desires.

Create in me a penitent heart, a resigned will, and pure affections; a constant mindfulness of Thy Presence, and a steady devotion in my prayers; sincere intentions, and zeal for Thy glory; perseverance in all good purposes, and constancy in all trials and temptations.

Make me humble and devout; chaste, temperate, easy to be advised, and patient of reproof; create in me a cheerful and contented spirit, a quiet and peaceful temper, resolute against evil, but charitable to all men.

Give to me, O Lord, a watchful heart, not to be carried away by idle vanities, nor misled by opportunities. Guide all my actions; purify my thoughts; guard all my senses; bridle my tongue; stop my ears, and turn away my eyes from sin and vanity.

From pride and obstinacy; from idleness and love of ease; from vanity and lying; good Lord, deliver me. From unruly passions and vile affections;

from all vicious or irregular living ; from levity and profaneness ; from envy and malice ; from foolish talking and a worldly mind ; good Lord, deliver me.

From irreligious principles, and evil company, and false teachers ; from the vices, heresies, and errors of these times ; from all false feeling and hurtful customs ; from whatsoever is offensive to Thee, and dangerous to my own soul ; good Lord, deliver me.

Most earnestly do I pray Thee, O Thou Lover of souls, to have mercy upon all men ; more especially I pray for Thy Holy Church from one end of the earth to the other ; for all Bishops, Priests and Deacons, especially those who are over me in the Lord. Have mercy upon them, that they all may live up to their holy calling, and may sanctify Thy Name.

Root out all heresies, schisms, and abuses ; take away all hatred, prejudice, and variance ; convert all poor sinners to Thee ; and fetch back all truant souls into Thy heavenly and eternal Home.

Defend Thy servant our Queen ; subdue her enemies ; and incline her heart with favour to Thy Holy Church. Have mercy on this empire, and remove from us those scourges which our manifold sins have deserved.

Visit, O Lord, and heal them that are sick ; release them that are in unjust bonds ; relieve them that are in need ; feed the hungry ; refresh the wearied ; comfort the feeble-minded ; give light to them that are in darkness ; raise up them that are fallen ; fix the unstable ; and grant to us all the remission of our sins, the grace of persevering goodness and everlasting life.

Bless all infants and children in Thy holy Church ; bless all my relations with Thy choicest graces [my father and mother, etc.] ; my friends, acquaintance, benefactors ; and all to whom I owe special love and obedience.

Bless too my enemies, those who think and speak of me wrongfully, and turn their hearts.

And now, O Lord, be Thou within me to strengthen me ; without me to guard me ; over me to shelter me ; beneath me to stablish me ; before me to guide me ; after me to check me ; round about me to secure me.

O Lord, hearken unto me, and grant this my prayer, for Jesus Christ His sake, our blessed Lord and Saviour. Amen.

Our Father, etc.

Thursday Morning.

GLORY be to Thee, O Lord God, for my preservation and refreshment, and for all the blessings of the night past ; for which all love, all praise, all glory be to Thee.

Be Thou exalted above the heavens, and Thy glory above all the earth. By Thy Ascension, O Lord, draw us too after Thee, that we savor of what is above, not of things on the earth.

I desire to bless and praise Thee, O eternal Lord, for all Thy mercies,—for my being, life, reason ; for

nurture, protection, government ; for education, civil rights, religion ; for redemption, regeneration ; for my call, recall, yea, many calls besides ; for Thy forbearance, long-suffering, long-suffering to me-ward ; for all benefits received, successes granted me ; for the use of things present ; for Thy promise and my hope of good things to come.

Wherefore day by day for these Thy benefits towards me which I remember, also for others very many which I have let slip, from their number, from my forgetfulness ; for those I asked not, knew not, wished not ; I confess, and give thanks to Thee ; I bless and praise Thee as is fit ; and every day I pray with my whole soul, and my whole mind I pray.

Thou hast washed me and cleansed me in Thy Holy Baptism, and hast sanctified me through the gift of Thy most Blessed Spirit ; therefore I pray Thee, O Lord, remember what my substance is—the work of Thine hands, the likeness of Thy countenance, the cost of Thy Blood, a name from Thy Name, a sheep of Thy pasture, a son of the covenant. Despise not Thine own work, but be propitious unto me Thy child. Thou knowest how frail I am, and how sinful ; Thou knowest I have nothing to depend upon but Thee. To Thee I flee for succour. Thou seest my failings ; Thou hast a feeling for my infirmities ; in Thee do I trust.

O keep me pure and undefiled ; renew a right spirit within me ; and so prepare me ever by Thy grace that I may become more and more meet to partake of the

Blessed Mystery of the Holy Eucharist ; wherein by, the precious Body and Blood of Thy dear Son, our souls and bodies are washed and made clean, and preserved unto everlasting life.

I pray Thee suffer me not to reject, but ever most thankfully to cherish, those means of grace and salvation which Thou hast provided for our weakness and great needs in Thy holy Church. And so perfect, I beseech Thee, the gifts of Thy grace in me as to remove from my heart whatsoever displeaseth Thee. Deliver me from all dangers and difficulties which hinder my progress in the knowledge and the love of Thee ; or prevent my longing for, and hasting unto, that blessed hope which Thou hast called me to inherit.

Bind me so close to Thee in the oneness of Thy Spirit, that nothing may separate me from Thee, and from Thy love which is in Christ my Saviour. Draw me up more and more continually above the world and the evil that is in it. Hide me within Thy secret place ; hide me within Thyself, O God, where my true life is ; and vouchsafe me day by day a more abundant entrance into Thy everlasting Kingdom.

Let me beseech Thee, O Lord, in peace, for heavenly peace, and the salvation of all souls ; for the peace of the whole world ; for the stability of all holy Churches ; and the union of them all—Eastern, Western, British ; for all holy Bishops, the honorable Presbytery, and the Diaconate in Christ ; for all this city (town) and country, and all the faithful who dwell therein ; for healthful weather, fruitfulness of earth ;

for those who are in sickness, toil, and captivity, and for their salvation. Aid, save, pity, and preserve them, O God, in Thy grace.

To Thee, O Lord, for it is fitting, be glory, and honour, and worship. I commend me, and mine, and all that belong to me ; my relations, friends and acquaintance [particularly, etc.] ; all who love me, and care for me, and desire my prayers ; all who love me not, and care not for me, nor desire prayers, knowing not their needs ; all to whom I have done good, or have done harm ; these, and all of whom I have not made mention, I commend to Thee, O God, Who art able to keep us from falling ; to the only wise God and our Saviour ; to Whom be glory and greatness, strength and authority, both now and for all ages. Amen.

Our Father, etc.

Thursday Evening.

BLESSED art Thou, O Lord my God, the God of our fathers, Who hast created the changes of days and nights, Who hast delivered me from the evil of this day. Glory be to Thee, O Lord, for all the blessings of the day past ; all love, all glory be to Thee.

What reward shall I give unto Thee, O Lord ? and what thanks can I compensate Thee, for that Thou hast spared and borne with me until now.

I set Thee, Lord, before my face, and I lift up my soul to Thee. I worship Thee upon my knees,

and humble myself under Thy mighty hand. Father of mercies, I beseech Thy fatherly love, despise me not, despise not Thine own image, though branded by sin.

And Thou, my Saviour Christ, despise not the cost of Thy Blood, who am called by Thy Name; but look on me with those eyes with which Thou didst look upon Magdalen at the feast, Peter in the hall, the thief on the wood; that, with the thief, I may call on Thee humbly, Remember me, Lord, in Thy Kingdom; that with Peter, I may bitterly weep, and say, O that mine eyes were a fountain of tears, that I might weep day and night; that with Magdalen I may hear Thee say, Thy sins be forgiven thee; and with her to love much, for many sins, yea manifold, have been forgiven me.

And Thou, All-Holy God, and Life-giving Spirit, despise me not, who am Thy breath; despise not Thine only things; but turn Thee again, O Lord, at the last, and be gracious unto Thy servant.

By the marvellous mystery of the Holy Body and Precious Blood, on the evening of this day, Lord, have mercy.

I have sinned much and wilfully against Thee [and thus and thus have I done, etc.] But, Lord, I beseech Thee, remember not the iniquities with which I have so often stained myself; nor the negligences I have committed on the reception of the most sacred ordinances of Thy grace. Pardon, I beseech Thee, the coldness and wanderings of my prayers; and deal not with me according to my

deserts, but according to my necessities, and Thine own rich mercies in Jesus Christ, our Lord.

And I pray Thee, train me in Thy holy fear; inspire me with a most real sense of Thy awful Presence, especially in the heavenly mysteries of Thy Church. Enable me the more diligently to purify my conscience, and to subdue my heart to fear Thee. Let me never approach Thee but with a lowly and a prepared heart. Let me never speak of Thee, or think of Thee, and Thy most holy word and ordinances, but with reverence and awe.

Let Thy good Spirit enter within my breast, and breathe into it silently and sweetly all truth and sanctity. Permit me to live ever with a pure mind and a clear conscience; free my heart from all unclean, vain and hurtful thoughts. Remove from me all pride and indifference, all guile and hypocrisy; and constrain me at once to renounce all conscious pleatings of myself, which stop up the channels of Thy grace, and eat out the life of my soul.

Deliver me from all secret sins; all ignorances, weaknesses, and infirmities which bring me into the reach and power of the devil. Mortify within me every wayward passion; every dangerous feeling; everything at which conscience so much as hesitates; and give me that pureness and chastity of soul, which is most pleasing in Thy sight.

O Father, I beseech Thee, have mercy upon the whole creation, and whole race of men, all in affliction, and in prosperity; in error, and in truth; in sin, and in grace.

Have mercy upon the holy Church universal ; Rulers, Clergy, people ; upon all states of the earth—Christian, neighboring, our own ; the Queen, and Governors ; nobles and commons ; farmers, traders, workmen.

Look graciously upon all who have a claim on me, from kindred [my father, mother, etc.] ; from benefaction, or natural kindness [particularly, etc.] ; from their own desire ; or lack of leisure to pray for themselves ; or from having none to pray for them ; from sympathy for their extreme necessity ; for any good work or noble action ; for those whom I have injured, or hindered in grace, or whom I have not benefited as I might.

O my God incline thine ear and hear. O Lord, hear ; O Lord, forgive ; O Lord, hearken and do. Have mercy, have pity, deliver, and save. I have an advocate with Thee, to Thee, Thy Only-Begotten Son, the Righteous. O Lord, sustain, refresh my soul ; preserve and renew within me, day by day, the life of my new birth ; transform me body and soul, day by day, into the image of Thy Christ ; that, changed from glory to glory, as by Thy Holy Spirit, and fashioned inwardly, I may be satisfied when I wake up in Thy likeness at the last day.

Surround me with the strong and faithful guardianship of Thy blessed Angels, that the spirits of evil may never come nigh me to take me unawares. For this I pray in the Name and for the sake of Jesus Christ our Lord. Amen.

Our Father, etc.

Friday Morning.

BLESSED art Thou, O Lord my God, blessed art Thou for all Thy mercies. My voice shalt Thou hear betimes in the morning, and early shall my prayer come before Thee.

Glory be to Thee, O heavenly Father, for first loving us, and giving the dearest thing Thou hadst for us. O help me to love again, and to think nothing too dear for Thee. Blessed art Thou for Thy great and precious promise on this day, concerning the Life-giving seed ; and for its fulfilment, in fulness of the times, on this day.

Blessed are Thou, O Lord, for the Holy Passion of this day. O by Thy salutary sufferings on this day, save me, O Lord.

Behold, I am very sinful; but I come at Thy call, and I fall down at Thy feet weary and heavy-laden with the burden of my sins. I have gone astray, and forsaken Thy laws ; I have indulged many evil inclinations, and withdrawn my soul from Thy grace. But O Lord, I pray Thee have mercy upon me ; hear me while I confess my sins, and absolve my soul from its guilt.

I have sinned in thought, word, and deed, through my fault, through my own fault, through my most grievous fault ; [particularly, etc.] Woe is me, because of this ! I am unable of myself to do anything that is good, or to think one good thought ; and so weak am I in myself, and so prone to evil, that I

fear lest I shall be tempted to the very sins which I have now so solemnly renounced.

Father, forgive me, for I know not, truly I know not, what I have done in sinning against Thee. Lord, remember me in Thy mercy, and lay not my sins to my charge.

My Lord, and my God, by Thy sweat bloody and heavy ; Thy soul in agony ; Thy head crowned with thorns, bruised with staves ; Thine eyes swimming with tears ; Thine ears full of insults ; Thy mouth moistened with vinegar and gall ; Thy face dishonourably stained with spitting ; Thy neck weighed down with the burden of the cross ; Thy back ploughed with wheals and gashes of the scourge ; Thy hands and feet stabbed through ; Thy strong cry, Eli, Eli ; Thy heart pierced with the spear, the water and blood thence flowing ; Thy body broken ; Thy blood poured out ; Lord forgive the offence of Thy servant, and cover all my sins. Turn away all Thy displeasure, and turn Thyself from Thy wrathful indignation.

I pray Thee, O Lord, cast me not away from Thee. Create in me such a broken and contrite heart as Thou hast promised not to despise ; and so deep a sense of my own sin and misery, that my repentance may be earnest and lasting. Vouchsafe me the grace of Thy Holy Spirit, to purify my corrupt nature ; to strengthen my weakness ; to comfort me in trouble ; to support me in all trial and discouragement ; to succour me in temptation ; and to assist me in all parts of my duty ; that hereafter I may live

in Thy fear, and in constant and sincere obedience to all Thy righteous laws.

Hold Thou up my goings in Thy paths, that my footsteps slip not. Give me grace to put aside every weight, and the sin that doth so easily beset me ; the love of the world, the lust of the flesh and of the eyes, and the pride of life ; every motion of flesh and spirit which is contrary to the will of Thy sanctity.

Enable me this day to perform all such acts of self-denial and abstinence as Thy church hath appointed, and are suited to my state ; that I may worship Thee with clean hands and a pure heart ; and adore, with great awe and thankfulness, all that Thy Blessed and Dear Son hath done and suffered for us.

And I pray Thee, for His sake, have mercy upon all men. I commend to Thy mercy and Divine providence the wants and necessities of all mankind ; all our brotherhood in Christ ; all who love and all who hate us.

Restore, I pray Thee, to Thy Catholic Church primitive peace and purity, and preserve it against the gates of hell. Defend it from all the assaults of schism, heresy, and sacrilege ; and bless all Bishops, Priests, and Deacons, with truth of doctrine and innocency of life.

Particularly I implore Thy mercy for this sinful nation ; we have been unthankful under Thy blessings, incorrigible under Thy judgments, and unprofitable under all the means of grace. O be favorable to

Thy people, and give us all grace to turn to Thee in weeping, fasting, and prayer.

Defend the Queen from all her enemies, and crown her at last with eternal glory. Grant to all in rule wisdom from above, integrity, and zeal for the faith ; to the people pious, just, peaceable, and loyal hearts ; to the whole nation healthful, fruitful, and peaceful seasons.

Grant to all unbelievers and wicked men the grace of conversion and timely repentance ; to the disconsolate, comfort ; to the sick, health ; to the afflicted, patience ; to the hungry, food ; to the naked, raiment ; to the captive, liberty ; to the oppressed, deliverance.

May Thy strong hand, O Lord, become my defence ; Thy mercy in Christ, my salvation ; Thy all-veritable word, my instructor ; the grace of Thy Life-giving Spirit, my consolation, all along, and at last. This I beseech and pray for His sake, Who died for our sins, and ever liveth to make intercession for us, Jesus Christ our Lord and Saviour. Amen.

Our Father, etc.

Friday Evening.

BLESSED be Thy Name, O God, and praised, and celebrated, and magnified, and high exalted, and glorified, and hallowed ; Its record, and Its memory, and every memorial of It, both now and for evermore. Blessed be Thy Name for all mercies to me this day

and every day, and for my preservation from all evil chances.

But, O Lord, merciful and pitiful, long-suffering and full of pity, I have sinned, Lord, I have sinned against Thee ; [and thus and thus have I done, etc.] I have sinned much and grievously ; I have sinned, and perverted that which was right. I conceal nothing. I make no excuses. I give Thee glory, O Lord ; I renounce against myself my sins. Without plea, without defence, self-condemned am I. As far as in me lay I have destroyed myself, and done despite unto the Spirit of Thy grace. My very prayers and repentance are so full of evil, that I am greatly afraid that Thou, O Lord, wilt not regard nor accept them.

And yet, O most merciful Father, God of penitents, Saviour of sinners, Thou hast promised for Thy dear Son's sake, to receive and to bless the humble and contrite. And now my heart longs for Thee, beseeching Thy goodness ; therefore I take unto me words, and say :—Thou hast created me after Thine own image and likeness ; O suffer not Thy likeness to be blotted out. Thou hast redeemed me in Thy blood, suffer not the cost of that redemption to perish. Thou hast called me Christian after Thy Name ; disdain not Thine own title. Thou hast hallowed me in regeneration ; destroy not Thy holy work. Thou hast grafted me into Thy mystical body ; the member of Thy mystical body cut not off.

Pity me, I beseech Thee, O Lord ; and wheresoever I have erred from Thy commandments in word or deed, as being compassed about with flesh

and blood, or as living in a world of sin, or as liable to be taken by the wiles of Satan, I pray Thee, for Thy mercies' sake in Christ, to grant me Thy pardon and absolving grace. Remit the guilt, heal the wound, blot out the stain, clear away the shame, and destroy in me the tyranny of sin.

Accept, I entreat, my weak and imperfect performances, and supply all my failings and defects. Let it be Thy pleasure that I should serve Thee better; increase in me the succours of Thy grace, so shall I increase in obedience and love to Thee. Teach me never to forget my past sins, but to mourn over them, and repent of them continually. Shew me the way of true repentance, and enable me to walk in it.

Teach me to be poor in spirit, and to think little of myself, and to deny my own will daily. Enable me to keep myself chaste and pure from corrupt and hurtful lusts. Preserve me from the wiles of Satan, and the assaults of evil spirits. Take off my heart from the love of earthly things, and fix it upon Thee.

Increase and strengthen my faith in the heavenly realities of the Unseen World, and the mysteries in Thy Church. Above all things keep the recollection of Thy presence ever in my heart; that I may pass my short time here in fear and watchfulness, guarding my thoughts, keeping the door of my lips, and standing in awe of sin.

O Lord, I pray for Thy Church, and for Thy people. Thou, Lord, art the Succour of the succourless, the Hope of the hopeless, the Saviour of the tempest-tost, the Harbour of the voyager, the Physician of the

sick ; rememeber all who are in necessity, and need Thy succour ; establish all who stand in truth and grace ; restore all who are sick with heresies and sins ; and grant to all believers one heart and one soul.

Thou art the Shepherd and Bishop of the Church, send forth labourers for Thy vineyard, and shepherds for Thy flock ; and grant to Thy people to obey and submit to them.

O Lord, visit not our impieties upon us, but save us ; save this country in which we live from all affliction, peril, and need ; from plague, famine, earthquake, flood, fire and sword.

Remember, O Lord, my relations according to the flesh ; bless my [father and mother, etc.] Have pity on my enemies (if I have any), as on myself ; and lead them, together with me, to Thy heavenly Kingdom. Remember all our forefathers, and our brethren departed ; remember, Lord, for good, all spirits and all flesh.

And now, O Lord, I pray Thee, send to me the Angel of peace, to be to me a faithful guide, and to encamp around me, and to watch over me, and ever to prompt what is salutary. Take me into Thy most mighty protection this night, and defend me from the danger of it. Let no evil men or evil spirits come nigh to hurt me ; let me lie down with holy thoughts of Thee ; and when I awake, let me be still with Thee.

Look down, I beseech Thee, upon this dwelling, and all therein, and drive far from it all snares of the enemy. Dwell with us, O Lord our God, and let

Thy blessing be upon us, through Jesus Christ our Lord. Amen.

Our Father, etc.

Saturday Morning.

O HOLY and merciful Lord God, Thou Great Judge of heaven and earth, before Whose glorious Majesty the pure Angels veil their faces, with what abasement and fear ought I to approach Thee, who am but dust and ashes, and a miserable sinner !

Thou hast foretold that He Who came to die for us shall come again to judge us; grant me grace to watch and pray always, that Thou mayest find me in the number of those who shall be blessed in watching for their Lord,

Fearful, Lord, very fearful is Thy judgment—when the thrones are set, and angels stand around, and men are brought in, and the books opened, and every soul judged according to what is written therein ; his works inquired into ; his words brought to trial ; the secrets of his heart revealed and published ;—every thing that I ever did, or said, or thought, which I ought not ; or did not, said not, thought not, as I ought ; all my neglect, and carelessness, and disobedience, and unthankfulness to Thee, O God ; all my resistance to Thy will, to the promptings of Thy Spirit, or the words of Thy law ; things hidden, and things known ; things which no one saw or suspected ; sins which passed from my thoughts as soon as sinned,

or which I scarcely felt to be sins. as well as sins which I knew and remembered ; sins repented of, and sins unrepented of ;—all, all, from the hour of my Baptism to Thy awful coming, made known, and told out to men and angels !

My sins are upon my soul in multitudes, for [thus and thus have I done, etc.] I am ashamed, and blush to lift up my face to Thee ; my iniquities are increased over my head ; all the days of my life have I been in a great trespass unto this day. I cannot stand before Thee because of this ; my sins are more in number than the sands of the sea ; and I have no relief, because I have provoked Thy anger, and done evil in Thy sight.

But, O Lord, I beseech Thee, for Thy Name's sake, be merciful unto my sin. I forget not my sins ; I remember them in the bitterness of my soul ; I am anxious about them ; I despise and afflict myself that my penitence is not deeper, is not fuller. O help Thou my impenitence, and more and still more pierce, rend, break my hard heart ; remit, forgive, wash away what things are grief and an offence to me.

Discover to me my faults, my most secret sins , that I may not deceive my own soul, nor forget the strict account which I must one day give of all things done in the body. Cause me to remember with fear that Thou art ever present, and hearest and markest all the secret motions of my heart. Cause me to die to all earthly things ; and so to judge and chasten myself in this life, that I may not fall from Thy grace, nor be condemned with this wicked world.

Let not my soul be negligent, nor taken captive by the fatal sweetness and seeming pleasantness of the world's ways, lest I be overtaken by Thy wrath. Draw off my heart from its cares and interests, its riches, vanities, pastimes, loves, and joys. Let the employment of each day as it comes leave no sorrow, or the remembrance of an evil conscience at night ; but let it be holy and profitable, pure and innocent ; that I may attain at length unto that holiness, without which no man shall see Thy Face.

I pray Thy mercy and Thy grace, as for myself, so for all the world ; for Church and Kingdom ; Altar and Throne ; Councils and Courts ; all places of education, and all places of labour.

I pray Thy guidance and protection for all infants, children, youths, and men ; for the aged, the decrepit, the sick, the poor, the tempted, the distressed, and weak-hearted.

I pray Thy help and succour for all orphans, widows, strangers, travellers, prisoners ; for all who are over-laden, or are in bitter bondage, in oppression, or in loneliness.

By the multitude of Thy mercies, O Lord, hear my prayer. By all that is dear to Thee, by all that I should plead, by Thyself, O Lord, and by Thy Christ ; —the yearnings of the Father, the wounds of the Son, the complaints of the Spirit ; give ear, O Lord, have mercy, O Lord, and let Thy mercy rejoice against judgment.

O Lord, hear and forgive ; make me clean in Thy precious blood ; sanctify me by Thy grace ; feed me

with Thy gifts ; and give me the fulness of faith, and love, and hope, that I may be made meet for Thy Presence when Thou appearest in Thy glory. Amen.

Our Father, etc.

Saturday Evening.

THE day is gone, and I give Thee thanks, O Lord. Day is fled and gone ; life too is going, this lifeless life ; night is come, and cometh death, the deathless death ; near is the Judgement and the dread account !

Therefore, O Lord, Heavenly Father, I come to Thee in fear, and yet trusting in Thy love, for I am Thy child. Thus shall I one day kneel down before Thy footstool, in this flesh and blood of mine ; and Thou wilt be seated over against me, in Thy great glory, to judge me for all things done in the body. I come with the thought of that awful hour before me. I come to confess my sin to Thee now, that Thou mayest pardon it then ; and I say :—O Lord, Holy God, Holy and Strong, Holy and Immortal, in the hour of death, and in the day of judgement, deliver me, O Lord.

Lord, as I add day to day, so sin to sin. I have sinned, O Lord, against Thee, heavily against Thee [particularly, etc.] ; woe is me for my sin and misery ! How many days and years have I misspent, to Thy displeasure, and my own disgrace, danger, and loss, in vain and wicked thoughts, words, deeds, habits of sin, or wilful negligence ! Mine eyes have delighted

in vanities ; and mine ears have been open to foolish talking. With my tongue I have offended in many ways ; with my hands have I wrought many follies, hurtful to myself and others ; and with my feet have I gone astray from Thy commandments.

But now, O Lord, I turn from my evil ways, and I return into my heart, and with all my heart I turn to Thee ; and evening by evening I will return and beseech Thy mercy.

Have mercy upon me, for I am weak ; remember how short my time is. My days are as grass, as a flower of the field, few and evil, to-day and not to-morrow. I am dust and ashes, a stranger upon the earth, dwelling in a house of clay, in a body of sin, and a world of corruption.

Remember this, O Lord, and bear with me, and forgive and wash away my sins. Blot them out, O Lord, blot out the sins which I have committed this day, and all my life long ; either through ignorance or with knowledge, through infirmity or with wilful breach of conscience ; all which Thy pure Spirit knoweth better than I know myself.

Pardon, I pray Thee, the guilt of them, remit it, forgive it ; impute it not, charge it not, remember it not. Pass by the stain of them, pass it over, hide it, wash it away, cleanse it. Heal the hurt of them, remove it, away with it, disperse it, annul it, abolish it. Blot them out, O Lord, blot out my sins, that they be not found, that they exist not.

Let not my trust be in arm of man, in flesh and blood, or this world's promises ; take my whole heart

to Thyself ; and grant me to have a pure conscience, and a steadfast regard to Thy glory in all my actions.

Secure me against the pain of death, and the fiery trial of the Judgment ; cause me to die daily to all earthly things ; and so to judge and chasten myself in this life, that I may not fall from Thy grace, nor be condemned with this wicked world.

Have pity upon us, O Sovereign Lord ; be reconciled with us all ; remember those who pray for me, and those who have desired me, unworthy, to make mention of them in my prayers. O Lord, I pray for those who pray not for themselves. O Lord, have mercy upon them, and upon us all. Lead forward our youth ; sustain our aged ; comfort the weak-hearted ; gather together the scattered ; and restore the wanderers to Thy Holy Catholic Church. Set free the troubled with uncleaned spirits ; travel with the travellers ; stand forth for the widow ; shield the orphan ; rescue the captive ; heal the sick ; all in any affliction or necessity remember, O God.

Thou knowest each man and his petition, each house and its need ; deliver, O Lord this city (or town), and all the country in which we live, from all evils, temporal and spiritual. O Heavenly King, confirm all faithful Kings, (especially our Queen,) in Thy love and fear ; stablish the faith ; soften the passions ; pacify the world ; and receive us all in faith and penitence as a kind and loving Lord.

The power of the Father guide me ; the wisdom of the Son enlighten me ; the working of the Spirit quicken me. Guard Thou my soul, O God ; stablish

my body ; rise up my mind ; form my habits ; bless my actions ; fulfil my prayers ; inspire holy thoughts ; pardon the past ; correct the present ; prevent the future.

And if it be Thy gracious pleasure that I depart hence before Thou comest in Thy Kingdom, vouchsafe me, in Thy mercy, a Christian close, without sin without shame, and, should it please Thee, without pain ; and a good answer at Thy dreadful and fearful Judgment-seat.

Give Thy Angels charge over me to keep me from my unseen foes ; preserve me from all sinful fancies, and lay asleep in me all earthly and worldly thoughts. Awake me at the fitting time, the time of prayer, through Jesus Christ Thy Son, Our Lord. Amen.

Our Father, etc.

THE END.

