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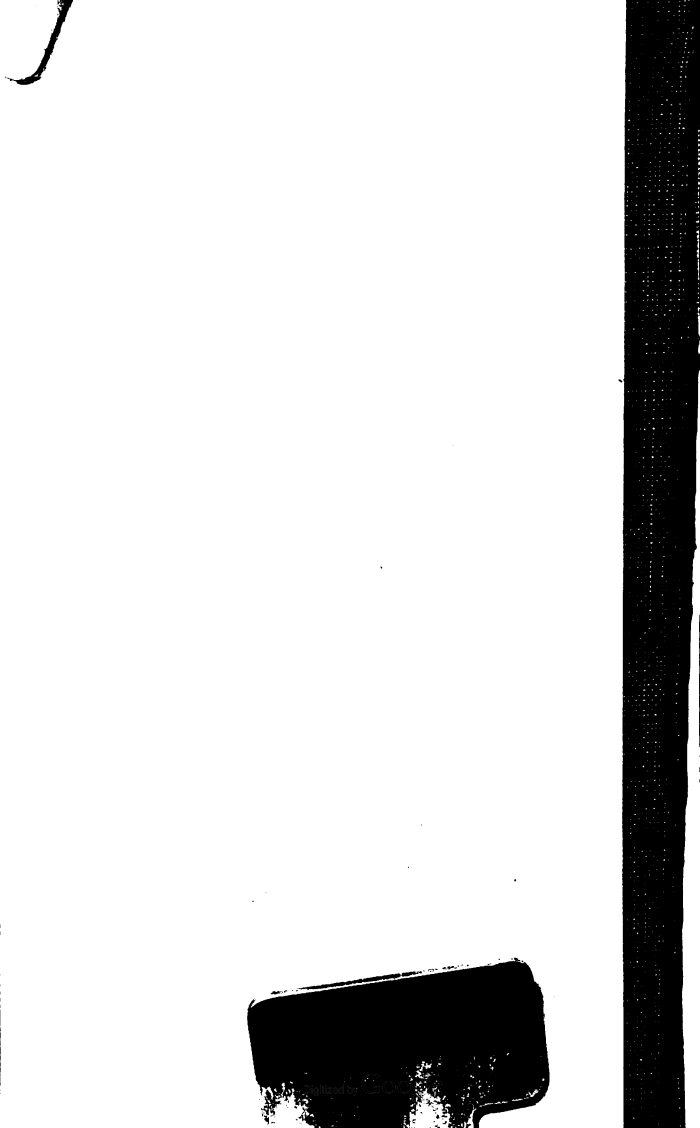
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THE  
EXERCISE  
OF  
PRAYER:  
OR, A  
Help to Devotion.  
BEING A  
SUPPLEMENT  
TO THE  
Happy Ascetick,  
OR  
Best Exercise.

Containing  
Prayers and Devotions, suitable to  
the respective EXERCISES  
With Additional PRAYERS for  
several Occasions.

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By ANTH. HORNECK D. D.

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LONDON. Printed for Mark Pardee at the  
Black Raven, over against Bedford-house  
in the Strand. 1685.

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THE  
PREFACE  
TO THE  
READER.

**T**He Book-feller  
being upon  
Printing a second E-  
dition of the *HAP-  
PY ASCETICK*, or  
*BEST EXER-  
CISE*, I thought it  
A 2 might



To the READER.

might not be amiss, in order to make those Exercises more effectual, to adde some Prayers, and Aspirations, whereby Souls enamour'd with those pleasing *Severities*, might be enabled to arrive to a greater facility in the practice of them. I intended at first to adde them to the Book, but the Devotions, swelling under my hand,

*To the* READER.

hand, I was upon second thoughts prevailed with, to let them come forth in a Treatise by it self. Though the Age we live in be full of dangerous Diseases, and Impiety be mounted up to a very great height, yet in the midst of this crooked and perverse Generation, there are persons, and those of the Church of *England*

To the READER.

too, who seem ambitious to emulate the Holiness of *Martyrs*, and the Sanctity of the Primitive Christians; and as we have reason to bless God, who lets such Wheat thrive in the large spot of ground that is over-run with Weeds, so it is but necessary, we should upon all occasions, strengthen and help their Faith, who like

*Lot*

To the READER.

*Lot in Sodom*, do not only preserve their innocence, but by a secret Fire working in their Hearts, rise to more than ordinary fervours. As in all other Sciences, there are young beginners, as well as persons, who are arrived to perfection, so it is in Religion; There are *Children in Grace*, as well as *Young men and Fathers*; and as no man

## To the READER.

man can be so weak, as to imagine, that I design these Helps for the greater Proficients in goodness, so without my telling him, the Reader may guess, that these Crutches are intended for the weaker Christians, who, if they receive any benefit by them, I have my wish. To assist such, I was willing to let these

*To the* READER.

these *Devotions* come abroad, not for the goodness of the composition, but to put more Oyl to those Lamps, which already *shine before men*, that they may go on like the Sun unto a perfect day, and preserve their brightness, till the coming of the *Bridegroom*, and be ready, against a cry is made at midnight;

**To the READER.**

**night; Behold, the Bride  
groom comes, go ye out to  
meet him.**

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**Books**

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**B O O K S** Printed for, and  
sold by *Mark Pardo* at the  
sign of the **Black Raven** over  
against *Bedford-house* in the  
*Strand*.

**T**he *Happy Ascetic*, or the best  
*Exercise*; to which is added  
a **Letter** to a **Person of Quality** con-  
cerning the holy Lives of the **Primi-**  
**tive Christians**, by *Anthony Horneck*,  
D. D. in *Octavo*.

*Delight and Judgement*; or a **Pro-**  
**spect** of the great day of **Judgement**  
and its **Power**, to damp and imbitter  
**Sensual Delights**, **Sports**, and **Recrea-**  
**tions**. By *Anthony Horneck*, D. D.  
in *Octavo*.

A **Sermon** preached before the **King**  
on the **Fifth of November**. By *George*  
*Hooper*, D. D. in *Quarto*.



## A Catalogue of Books.

*A Sermon* preached before the Lord Mayor on the 30th of October. By *George Hooper*, D. D. in Quarto.

Another *Essay in Political Arithmetick*, concerning the Growth of the City of *London*, with the Measures, Periods, Causes, and Consequences there of 1682. By *Sir William Petty*, Fellow of the Royal Society. In Octavo.

*Observations upon the Dublin Bills of Mortality*, and the State of that City. By *Sir William Petty*, Fellow of the Royal Society, in Octavo.

*Novels of Queen Elizabeth Queen of England*, containing the History of *Queen Ann of Buxen*, of *Bassa Solymann* and the Princes *Etonima*, in two Parts, in Twelves.

*Observations on Fevers and Febrifuges*. Twelves.

*The Plain mans way to Worship and Practice*. In Twelves.

*Becheri Minera Ariennaria*. In 4.  
---de *Nova Temporis*. 4.

THE



## 2 *The Exercise of Prayer.*

ness of my Heart, and the unwillingness of my Soul to Spiritual Duties ; who understand all my Wants , and art acquainted with all my Weaknesses , behold how loth my Soul is to have her conversation in Heaven, and what excuses my Flesh makes to hinder my mind from frequent addresses to thy Mercy-seat. I entreat thee to apply thy healing Hand to my sickly Soul, and to fill it with Spiritual desires. Oh give me a praying Spirit, and let my Soul follow hard after thee ! Teach me to make a Spiritual use of every thing, and instruct me to see the Creator in the Creature.

*The Exercise of Prayer.* 3

ture. Lord, free my Spirit from the bondage of the Flesh, that it may mount up cheerfully to thy Throne upon all occasions. Direct my Mind to look up in all my Actions, and let me take notice of the Operations of thy Hand in all occurrences whatsoever. Let thy good Spirit help my infirmities, and when I know not what to say, my dearest Lord, suggest unto me how to fill my Mouth with Arguments. Acquaint me with the art of Extracting good out of every thing. O that I had that Spiritual temper, which might incline me to think of God, whenever I behold the works

#### 4 *The Exercise of Prayer.*

of Creation and Providence!  
How sweet is it to walk with  
God! O let no company be  
so pleasing to me as thine!  
Make me desirous to embrace  
all opportunities to reflect on  
thy Perfections and Excellen-  
cies. Thou hast both com-  
manded and promised spiritual  
Wisdom; O bestow upon me  
that excellent gift, that I may  
know, how to glorifie thee in  
this world, and arrive at last  
to that glory which thou hast  
promised to them that over-  
come, and continue faithful  
unto death, through Jesus Christ  
our Lord. *Amen.*

*A Prayer, relating to Exercise 2. which is, Every Morning to resolve to tie our selves that day to certain Rules of Living.*

**O** Thou who dwellest in the Heavens, and yet humblest thy self to behold the ways of the Children of men! Thou hast been graciously pleased, to reveal thy Will to me, and given me Rules to walk by; Rules, which if a man follows, he shall

B. 3.

6 *The Exercise of Prayer.*

shall live for ever. How sweet are thy Testimonies! They enlighten the Eyes, and give understanding to the Simple. How glorious is that Soul, in thy sight, that makes thy Will a Lanthorn to her Feet, and a Light unto her Paths! Lord in these pleasant Paths I desire to walk; there is nothing like them. They end in peace. I read of those who have found it so, they could not be mistaken. Thy Spirit inflamed their Souls. They have ventured their lives to attain unto it. O the Serenity! O the Calmness of mind! O the inward Joy, they found by walking in the Paths of Righteousness!

*The Exercise of Prayer.* 7

ousness ! Why should not I  
take of this Tree of Life, as  
well as they, and live ! This,  
O Lord, I often think of, and  
see great loveliness in all this,  
But my Will is weak, my Re-  
solutions faint : When I re-  
solve, I meet with Waves and  
Billows, that dash my resolu-  
tions. O thou, whose power is  
infinite, open thy Store-house,  
and furnish me with Wea-  
pons to defend my self against  
all assaults from the world, or  
the Devil ! O strengthen these  
feeble Knees : Hold up these  
weary Hands. I desire to fol-  
low thee ; let thy Spirit lift  
me up, and cause me to run.  
Touch my Will with thy Sce-

B 4 pter,



## 8 *The Exercise of Prayer.*

pter, that it may bow to thy  
Commands. Manifest thy  
Power in my weakness; give  
me courage to purpose, and  
to fulfil my purposes. When  
I would flinch in my resoluti-  
ons, do thou support me. When  
my Will would start back like  
a broken Bow, come in with  
thy Salvation. Endow me  
with power from on high;  
through thee I shall do valiant-  
ly: through thee I shall be a-  
ble to overcome all difficulties.  
O leave not my Soul in misery:  
Send from above and take me,  
draw me out of many Wa-  
ters; send out thine Arrows,  
and scatter my vain Imagina-  
tions. With thee I will run  
through

*The Exercise of Prayer.* 9

through a Troop, by my God  
will I leap over Walls and  
Impediments. Quicken me,  
O Lord, for thy Names sake,  
and for thy Righteousness sake  
bring my Soul out of trouble.  
Teach me to do thy will, for  
thou art my God, thy Spirit is  
good, lead me into the Land  
of uprightnes, for thy mercies  
sake, for Christ's sake. *Amen.*

*A Prayer, relating to Exercise. viz. Every day to spend half an hour, or some such time, in thinking of good things.*

**O** Thou whose Wisdom cannot by searching be found out! who hast made me a rational creature, and given me power to think of all thy wondrous Works. What excellent Objects dost thou set before me! Objects to delight, and edifie my Soul! **O** that my ways were directed to  
keep

*The Exercise of Prayer.* 11

keep thy Statutes! O that my Soul might ever dwell beside those still Waters! O teach me the art of Meditation. Give me a large and apprehensive Mind. Awaken my slumbering Soul. Encourage it to fix upon adequate objects. My Soul is a Spirit, O let it delight in things agreeable to its nature. Since my Mind must be busie about something, let it be employed in things that make for its everlasting Peace. Oh! how fickle are my Thoughts! how inconstant my Contemplations! How soon, and how easily is my Mind drawn away from spiritual things! To thee I flee,

12 *The Exercise of Prayer.*

flee, O hide me to save me.  
Let my Treasure be in Heaven,  
that my Heart may be there also,  
O spiritualize my Affections,  
that they may delight to be where thou art.  
Let spiritual Objects become lovely,  
amiable, and charming in my eyes.  
Did I love them, I should think of them:  
Were they dear and precious to me,  
how could I forbear contemplating of them!  
O let their beauty appear to me.  
Take away the Veil from my Face,  
which hinders me from seeing him  
that's altogether lovely.  
Encline my heart to thy Testimonies.  
Anoint mine Eyes with Eye-salve,  
that I may see  
grea-

*The Exercise of Prayer.* 13

greater loveliness in things that are not seen, than in those which are seen. My Understanding is dark, O enlighten it. Clarifie it with thy Beams. Let me hate vain Thoughts; but thy Law let me love. O let me not grudge the time that I spend in Meditation. Assure me, that this is Balsom to my Soul, and that by these means the lines will fall to me in pleasant places, and I shall have a goodly Heritage. The righteousness of thy Testimonies is everlasting, O give me understanding and I shall live. There is Beauty, there is Satisfaction, there is Life in spiritual Objects. O let me find them sweeter

14 *The Exercise of Prayer.*

sweeter than honey unto my taste. Discover those riches to me, that I may look upon them, and despise the glittering Treasures of *Egypt*. These are deceitful things: These allure indeed, but afford no lasting comfort. O give me a sight of that Wealth, which is not liable to Corruption: I shall find it in the Mysteries of the Gospel. Thou hast said, the pure in Heart shall see God. O purify my Soul from fleshly Lusts which war against it, that I may see, and discern what thou hast laid up for them that fear thee: and seeing it, may long after an eternal

*The Exercise of Prayer.* 15

nal fruition of the Light of  
thy Countenance, through  
Jesus Christ our Lord. *A-*  
*men.*

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*A Prayer relating to Exercise 4. viz. To study deep Humility.*

**O** Thou Lofty and Holy one, who inhabitest Eternity, and dwellest in the high and holy place, with him also that is of an humble spirit! Whether shall I go, but to thee who hast the words of eternal life! How shall I get this humble Spirit, but by thy power and influence! Ah! how proud is my Heart! how loth am I to submit to thy will! how loth to think ill of my self!

self! how loth to bear injuries! how loth to converse with thy poor members! How loth to be sensible of my errors! How loth to acknowledge a fault! And yet all this while, I believe that thou beholdest the proud afar off, and that nothing is more abominable in thy sight! How apt am I to admire my self! How apt to harbour high conceits of my endowments! How apt to hunt after the praise of men! And what is all this but Wind? What is it but Smoak, and Air, and Vanity? How suddenly do these things grow, and how suddenly do they die again! How sensual, how carnal must  
that

18. *The Exercise of Prayer.*

that Soul be, that minds such things! How void of a sense of greater beauties! how little affected, how little touched with the honour that comes from God! How weak in Grace! how feeble in Religion, that hath not learned yet to leap over such Straws! This is my case, O Lord; I am that weak, that empty Soul, and yet unwilling to confess that I am proud, and vain, and lifted up: Pity me, O my God; make me sensible how far I am from the Kingdom of God; till Humility brings me neerer. Crush whatever proud Thoughts and Desires thou spyest in me, O put me in mind of my Du-

Duty, whenever any vain thoughts rise in my Soul. Pull down in me all Imaginations that exalt themselves against Christ Jesus. O let not my Heart be haughty, nor mine Eyes lofty; neither let me exercise my self in things too high for me. Give me a sight of mine own vileness. Let me not be cheated with false colours. Let thy greatness overaw my Soul. Let the example of my Saviour work upon me. How shall I be his Disciple, and think of my self above what I ought to think. Let God arise, and let all my vain Conceits of mine own worth be scattered.

What

20 *The Exercise of Prayer.*

What am I but a handful of  
Dust! What am I but a Beg-  
gar, and thy pensioner, and who  
lives upon thy charity! O  
let these thoughts subdue my  
Soul. Make me as ambitious  
of an humble Spirit, and low-  
ly Mind, as others are of the  
greatness and admiration of the  
world. Humility will make  
me great and honourable in  
thy sight. Let that honour con-  
tent me, let that priviledge fa-  
tisfie my Soul. O let a deep  
sense of my guilt humble me;  
Then shall I with the Penitent  
Prodigal be welcome in my Fa-  
thers house, and my Soul shall  
live, through Jesus Christ our  
Lord. *Amen.*

**A**

*A Prayer relating to Exercise 5. viz. To bridle our Tongues.*

**O** God, by whom I am fearfully and wonderfully made, who hast beset me behind and before, and laid thine hand upon me, such knowledge is too wonderful for me; it is high, I cannot attain unto it: How have I abused that Tongue thou hast given me to shew forth thy praise! How long have I employed it about things which do not profit! I am ashamed of it. O teach  
me

22 *The Exercise of Prayer.*

me to blush! O let me see how I have perverted thy gifts, and misimproved my Talents! O let me value thy Mercies better, and give me thy Grace to remember that I am not mine own. Assure me that I am bought with a Price, to shew forth the glory of him that died for me. And can I shew forth thy glory, if my tongue be not cautious of offending thee? Can it look like glorifying thee, if that Member, which of all the Organs of this mortal Frame, is most fitted for thy glory, fails in its duty? The volubility, quickness, nimbleness, readiness, thou hast planted here, were all intended

*The Exercise of Prayer.* 23

ded to trumpet forth thy glorious Attributes. O my God! I will not hide thy Righteousness within my Heart, I will declare thy Faithfulness, and thy Salvation. I will not conceal thy loving Kindness and thy Truth from the great Congregation: Let me speak of thee with reverence and godly fear. Give me discretion to know how, and when, and what to speak. Lord, give me Motives and Arguments to speak as I ought to do. Let my Speech be always with Grace seasoned with Salt, that I may know how to answer every man. Let no corrupt Communication proceed out  
of



24 *The Exercise of Prayer.*

of my Mouth, but that which is good, to the use of edifying, that it may minister Grace unto the hearers. Set a watch, O Lord, before my mouth, and keep the door of my Lips. Let me keep my Mouth, as it were with a Bridle, and teach me to punish my self for my great neglect with gracious and favourable discourses. Let me delight to speak of thee, and make me afraid of every idle word. Lord, rule my Tongue, and let even that member be dedicated to thy service. In all my Speeches and Answers let me study Veracity, Sobriety, and Modesty. Open thou my Lips, O Lord, and let my  
Tongue

*The Exercise of Prayer.* 23

Tongue be filled with thy  
praise all the day long, and in  
the night season let me not be  
silent. Fill me with a pro-  
found sense of the great day  
of Account, when my Words  
will be examined as well as  
my Actions. Season my Tongue  
with conscientiousness, and let  
me not be rash with my Lips.  
Let my Heart smite me, when  
I am going to speak things,  
which are not after thy Law.  
Let thy Statutes be my Songs  
in the house of my pilgrimage,  
and let the Law of thy mouth  
be better unto me than thou-  
sands of Gold and Silver. *A-*  
*men.*

C

A

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*A Prayer, relating to Exercise 6. viz. To watch against little Sins.*

**O** Thou who art of purer Eyes than to behold Iniquity with the least approbation! How have I been deceived! how have I been imposed upon by the World and my treacherous Heart! How securely have I wallowed in lesser sins, and made a mock of them. I see, Lord, what circumspection is necessary in a Christian life. I repent of making so light of things which have been offensive, and  
con-

contrary to thy Holiness. Fool that I was, to imagine that any thing can be trivial and light which thou hast forbid! Can any Order or Precept proceed from thee, but what is the product of eternal deliberation? Can any thing be needless which thou set'st thy Hand & Seal to? What low thoughts must I have of thy Wisdom! What mean conceptions of thy Omniscience, if I harbour such Imaginations! Dull blockish creature that I am, when every Law thou makest, and every Work thou doest, and every Providence that comes to pass, is done according to the eternal counsel of thy Will, built

28 - *The Exercise of Prayer.*

upon the strongest Pillars of Reason, and is an effect of the brightest, clearest, and most unbyassed Understanding, how can any thing be little and inconsiderable that thou do'st command. But alas! These are but the pretences of my Lusts! they are loth to be deprived of their pleasures, and therefore suggest such feeble Arguments. A little sin! what nonsense is there in that word! Why shouldest thou prohibit it? why shouldest thou warn, entreat, and beseech me not to do it, but that thou who knowest all things, knowest it to be prejudicial to my Soul. It's a sign I esteem, I prize thee

*The Exercise of Prayer.* 29

thee not. Did I truly look upon thee as the loveliest Being, and my onely and greatest Benefactor, I should be afraid of a disorderly thought. O let me never judge of sin any more by the sickly fancies of carnal men, but by the holiness of thy Nature: And as thou, my God, who hast called me, art holy, so let me be holy in all manner of Conversation. O let me not dally with sin any more, nor make sport with it because the world calls it little, but let it be sufficient to me, that thou my God dislikest it, and make me entirely conformable to thy Will. Give me, O thou gi-

30 *The Exercise of Prayer.*

ver of every good thing , just apprehensions of my duty. Increase my love to thy Name, and my hatred of sin will encrease. O that I were more ravished with thy beauty! how odious would every thing be to me that is injurious to thy Glory! O the infinite obligations I have to love thee, and yet how cold is my Heart! and because it is cold , I startle at nothing but the greater sins. O let me remember that I am a Christian , and have vowed my self to thy service, and let me serve thee in keeping even of the least of thy Commandments. Discover to me the equity and reasonableness of every  
every

every Precept, that I may plead no excuses, no impediments, but break through all obstacles, to express my love. O let me esteem all thy Precepts concerning all things to be right, and let me hate every false way. Nothing can be lovely that thou forbiddest. Nothing can be found that thou accusest of rottenness. Nothing can be safe that thou warnest me against! I have found the ways of sin false indeed; false as Hell. When I have thought to step into the bed of pleasure, I have rush'd into a Gulph of misery. When I have hoped to fill my self with content and satisfaction,



32 *The Exercise of Prayer.*

I have run into Briars and  
Thorns, and filled my Heart  
with heaviness, and I find I  
have been flattered into ruine.  
O let me dread the very ap-  
pearance of evil, and be thou  
my everlasting sweetness, my  
everlasting delight, my ever-  
lasting comfort, through Jesus  
Christ our Lord. *Amen.*

*A Prayer relating to Exercise 7. viz. To keep a strict guard over our Eyes.*

**O** Thou whose Eyes are like flames of fire, and whose Feet like Brass glowing in a Furnace, who art brighter than the Sun, & clearer than the Stars, whose eyes run to and fro through the world to shew thy self strong in the behalf of those whose Heart is upright before thee: I have deserved that no eye should

© 5

pity

34 *The Exercise of Prayer.*

pity me, because I have not used my sight with that Moderation, Modesty, Decency, and Piety thou justly requirest of me. I have had Eyes, and have not seen those things I should have taken notice of: it were just with thee to strike me blind, and to deprive me of that mercy which I have so often turned into wantonness! I have stared upon objects that have inflamed my Lufts, irritated my Passions, and kindled Hell fire in my Breast. Ah! what impure, what disorderly thoughts have I let in through these windows! Wonder, O my Soul, that Vengeance hath not pulled them out, or that darkness

ness hath not yet seized on them. What discontent, what mistrust of thy Providence, what Pride, what Envy, what Malice, what Revenge hath crept into my Soul through these Glasses! How ill a use have I made of the gift of God! How have I dishonoured my Creator with these eyes! How covetous, how vain, how sensual hath my sight of the riches and pleasures of the world made me! O look upon me, and have mercy on me. Open thou mine eyes, that I may see wondrous things out of thy Law. O let nothing be so pleasant to mine eyes as thy marvellous works.

Teach

36 *The Exercise of Prayer.*

Teach me to see thee in thy Providence, and in thy works of Grace and Nature. O let me remember that where-ever I am, I am before the eye of thy glory, and let mine eyes be ever toward the Lord. If my right eye offend me, let me pull it out. Give me courage to turn away mine eyes from beholding Vanity, when that Vanity would make me enamoured with the world. Quicken the eyes of my mind, that I may behold thy Power and Glory, as I have seen it in the Sanctuary. Shew me the danger of walking in the sight of mine Eyes, and guide me by thine Eye. Destroy in me all  
lofty

*The Exercise of Prayer.* 37

lofty looks, and the Lust of the eye do thou remove far from me. See O Lord, and consider my wants, and teach me to offer unto thee my reasonable service. Let my outward as well as inward man be thy servant. O let me see, and taste, how sweet and how gracious thou art. Thou hast given me my Eye-sight, Cause me to see thy Salvation; and let me see that I walk circumspectly, as wise men, and not as Fools, redeeming the time, because the days are evil. Consider, and hear me. O Lord my God, lighten mine eyes, lest I sleep the sleep of death. Keep me as the apple of thine eye,

38 *The Exercise of Prayer.*

eye, hide me under the shadow of thy Wings: Then shall I behold thy Face in righteousness, I shall be satisfied, when I awake with thy likeness. O glorious sight, when I shall see thee as thou art; how ravishing will that prospect be! How transporting that Vision! O let me not miss of it! O let me not lose that charming spectacle! I will look upon thee, here. I will behold thee in the blessings I enjoy. I will see thee in thy Mercies, and admire thee. I will look to my self, that I may not erre from thy Commandments. I will look for the new Heavens and the new Earth, where-  
in

*The Exercife of Prayer.* 39

in dwells righteousness. I will  
look up, and please my self  
with the thoughts of Mount  
*Sion*, which fades not away.  
I will look unto the Lord, that  
I may be enlightened, and my  
face may not be afhamed, tho-  
rough. *Jesus Christ our Lord.*  
*Amen.*

A



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*A Prayer relating to Exercise 8. viz. To make good use of the Virtues & Vices of our Neighbours.*

**M**ost Merciful Father, Creator of Heaven and Earth, who hast given me a Soul apt to be led by Examples, and hast set most excellent Patterns before me, that I might follow their steps, encline my Heart, I beseech thee, to consider the large provision thou hast made for my better part,

*The Exercise of Prayer.* 41

part, and let me not stand in mine own light, and continue blind in the midst of so many shining and burning lights. Arise, O Lord, and deliver me from the wicked, from the men which are thy hand, O Lord, from the men of the world, who have their portion in this Life, and whose Belies thou fillest with thy hid Treasure. O let me see with other eyes than carnal men do see. O raise my Mind, and carry it up to the holy Mount, to the Mount of God, and from thence let me behold the portion of thy Children, of those excellent souls, that despise the world, and labour for ho-

honour and immortality. Discover to me the comforts and satisfactions they enjoy in thy Bosom ; and how thou makest them drink of the Rivers of thy pleasures. Let their Faith encourage me to believe in hope , against hope , that as they are made perfect in love, so I may be perfect too , and may be one with thee, even as thou and they are one. I cannot have a better example than thy self, O make me partaker of thy divine Nature. Give me a holy ambition to be like thee. Make me merciful, as my Father in Heaven is merciful. O let that mind be in me, which was also in  
Christ

Christ Jesus. O Jesu attract my Soul with thy beauty. Teach me to tread in thy steps. Let thy example be ever before me, and where-ever I am, let me do nothing unworthy of it. If I follow thee, I cannot erre: Thou art the way, the truth, and the life. Lord do thou appear very amiable to my Soul, that this sight may constrain me to learn of thee. Transcribe thy Graces on my Soul, and Life, that my Conversation may shew that I am thy Disciple indeed, resolved to live, and die, and rise with thee to eternal Glory. Give me the Spirit of *St. Paul*: Give me the excellent temper of those

44 *The Exercise of Prayer.*

those Saints , who through Faith subdued Kingdoms , wrought Righteousness , obtained Promises , stopped the mouths of Lyons , quenched the violence of the Fire , out of weakness were made strong , and were tortured , not accepting deliverance , that they might obtain a better resurrection. O deny me not the same Spirit of Faith , that at last I may obtain the end of my Faith , the salvation of my Soul , through Christ our Lord. *Amen.*

A

*A Prayer, relating to Exercise 9. viz. To put a charitable interpretation upon what we see or hear.*

**O** God, who art infinitely compassionate, and charitable Love it self, and Goodness it self! Ah! how selfish is my Heart! To whom shall I complain, but to thee, who alone canst heal me! Thou hast Balm, thou hast Plaisters for all Sores, Medicines for all Diseases. Thy Store-house is full

46 *The Exercise of Prayer.*

full of Blessings. How uncharitable are my Thoughts sometimes! How censorious my Tongue! How apt am I to think and speak ill of my Neighbour! How doth my Blood boyl with revengeful desires, when either a real, or an imaginary injury is offered me! O thou God of Peace, O Father of mercy! melt, melt this stubborn Heart; how loth is it to yield to thy injunctions! I am encompassed with all the rays of Gods charity imaginable. Thou bearest with me, when I deserve punishment, thou dealest not with me after my sins, neither rewardest me after mine iniquities. Even  
my

*The Exercise of Prayer.* 47

my best Actions thou mightest justly except against; but thy Charity covers a multitude of faults. How often do I provoke thee, and yet thou shootest not thine Arrows at me. I transgress thy Laws, I affront thee, I am an unprofitable Servant, yet thou pitiest me, and do'st not suffer thy displeasure to arise against me. In the midst of my follies thou art kind, not that thou approvest of them, but that thou wouldest lead me to Repentance. O let me think of this, and let me love my Neighbour with a pure heart fervently; spread thy Wings over me. Form in me bowels of Mercy,



48 *The Exercise of Prayer.*

cy. Come Charity, thou lovely grace. Come into my Garden, my Spouse, my Beloved! O thou celestial Husbandman, plant this wholesome Herb in my barren ground. Pull up the Weeds that grow there. Banish from me all sourness of Spirit: Let all bitterness and wrath die in me. Let all malice flee away from my Soul. Rid me of that ill nature which lodges in me. Let gentleness and meekness be the welcome guests in my Heart. Make me peaceable and tractable, easie to be intreated, full of good works, ready to forgive. Let the Charity of the Lord Jesus be my guide, and let me truly

*The Exercise of Prayer.* 49

truly follow the Lamb whersoever he goes. O Jesu! Can I after thy Charity to my Soul, be unkind to others! Can I be churlish, morose, and ill-natured, when I remember how thou diedst for thy Enemies! I believe thou intercedest for me in Heaven! what favourable constructions must I suppose are put upon my Actions in that intercession! When Satan accuses me in the presence of God, and hath but too much reason for those Accusations, thou pleadest thy Merits, thy Wounds, and thy Fathers Love. Where my infirmities will bear excuses, thou qualifiest them, and sufferest

D

ferest

50 *The Exercise of Prayer.*

ferest not the Enemy to have his will of me. O let thy great example be ever before me, and when I would forget it, represent it in lively colours to my Mind, that I may be thy Disciple indeed; and having lived in Love and Charity here, may at last arrive in the Paradise of everlasting love. *Amen.*

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*A Prayer, relating to Exercise* 10. *viz.* Conscientiously to discharge the duties of our several Callings & Relations.

**M**ost glorious God! who hast fitted thy holy and wholesome Laws to my Wants and Necessities, and in commanding me, dost consult my interest and advantage more than thy profit and glory; How am I bound to praise and magnifie thy bounty!

D 2

Thou

52 *The Exercise of Prayer.*

Thou hast taught me how to live and behave my self in all conditions, and to make me a Souldier compleatly armed, hast chalked out to me the particular steps, I am to tread. As these are part of the blessings of thy right hand, so let my Soul admire them above those of thy left. Whatever Estate I am in, whatever Relation, Calling, Station I stand in, give me Grace to adorn it with a suitable Conversation. Teach me how to behave my self wisely in a perfect way. O when wilt thou come unto me! O let me remember, that in the Calling thou hast placed me in, thou hast called me

*The Exercise of Prayer.* 53

me to certain duties, of which thou wilt take an account one day. O convince me that I am not called to idleness, but to labour in thy Vineyard. When my carnal heart would balk the work, thou hast set me, in the station I am in, let thy good Spirit crush my unwillingness, and manifest his power in my weakness. I am backward to any thing that requires pains and circumspection, but renew thou a right Spirit within me. Be thou exalted Lord, above the Heavens, and thy glory above all the Earth. If thou wilt but appear in my Soul, every thing will yield, and every rebellious

54 *The Exercise of Prayer.*

lust will bow to thy Majesty. Nothing can resist thy Omnipotence, and whatever desire in me hath been hitherto refractory and rebellious, will be frightened at thy presence, and either retire, or become subject to thy power.

O prepare Mercy and Truth, which may preserve me, and my mouth shall sing of thy Righteousness. O let me remember that every new relation brings a new obligation upon me; and that if I regard not that obligation, I am unfaithful to my God. In every condition, in every relation let me consider the duties incumbent upon me, and make  
me

*The Exercise of Prayer.* 55

me zealous to discharge them.  
Let not the example of others,  
whose Consciences are seared,  
tempt me to neglect them.  
O tell my Soul, that it's better  
to have thy favour, than the  
applause of men; and teach  
me to act according to that  
rule, that the peace of God  
may be upon me, as it is upon  
the whole *Israel* of God,  
through *Jesus Christ* our Lord.  
*Amen.*



*A Prayer, relating to Exercise II. viz. To resist all sorts of Temptations.*

**O** Lord of Hosts! who is a strong Lord like unto thee, or to thy faithfulness round about thee? Thou rulest the raging of the Sea, when the Waves thereof arise, thou stillest them. Thou seest what temptations I am encompassed with, what Enemies surround me, and how I am be-

beset with Dangers. Extend thy Mercy to me, and send from above and take me. Deliver me from my strong Enemy, and from them which hate me. Leave me not to the rage of Temptations, neither give me up to the will of those that persecute my Soul. I will arise, O God, and fight the good fight. Teach me what Temptations are, and give notice to my Soul when I am in danger. I know, O Lord, all Places, Callings, and Employments bring Temptations with them! How diligent, how watchful ought I to be, that I do not get a fall, and that mine Enemy rejoyce

58 *The Exercise of Prayer.*

not over me. Yet I will not be afraid, if thou art with me, I may defie all that are against my Soul to destroy it: For thou Lord, wilt bless the righteous, and with thy favour thou wilt compass him, as with a Shield. Up Lord! and pluck thy Hand out of thy Bosom: Enable me to put on the whole Armour of God. Gird about me the Sword of the Spirit, and with that let me recover the glory I have lost in *Adam's Fall*. O God, I will cry day and night unto thee; give me Wisdom and Resolution to secure thy Favour. I cannot secure it, except I hate those that hate thee,

*The Exercise of Prayer.* 59

thee, and am grieved with those that rise up against thee. O Lord, mine own Flesh, and the World, and Messengers from Hell, are confederate against thee. O teach my hands to war, and my fingers to fight. My Rock, my Fortress, my Deliverer, my God, my Strength, in whom I will trust, my Buckler, and the Horn of my Salvation, and my high Tower, cover my head in the day of Battle. Let mine eye see my desire on the temptations which annoy me. Hear my voice out of thy Temple, and let my cry come before thee, even into thine Ears. Arm me with Arguments; suggest.

60 *The Exercise of Prayer.*

gest unto me Reasons, whereby I may answer, and resist the evil motions which would seduce my Soul. Give me power to climb thy holy Hill: When I faint, Lord support me; when I grow weary, furnish me with fresh motives to hold on; when I would go back, perswade me to press toward the mark; when I fall, let thy Angels bear me up in their hands. O thou that hast done great things for me, marvellous things on this side Heaven, strengthen my Faith, that I may endure temptation, and being tried, may receive the Crown of righteousness, which thou hast pro-

*The Exercise of Prayer.* 61

promised to them that love thee, through Jesus Christ our Lord. *Amen.*

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*A Prayer relating to Exercise 12. viz. To stand in awe of God, when we are alone, and no Creature sees us.*

**O** Lord, thou hast searched me, and known me; thou knowest my down-sitting and mine up-rising; thou understandest my thoughts afar off; thou compassedst my Path, and my lying down, and art acquainted with all my ways. I beseech thee o-  
veraw

*The Exercise of Prayer.* 63

veraw me with thy presence.  
O that thou wert in all my thoughts! O how sweet, how delightful, how glorious art thou! Could I always think of thee, how poor would the World, and all things in it, seem in mine eyes! For truly thou art fairer than the Children of men! and all the Excellencies and Perfections that are found in the Creature, are most eminently concentrated in thee; for thou madest them, thou maintainest them, thou preservest them, and thou art the Spring, the Fountain, from which all those lesser Rivers flow. Thou art bright, amiable, charming to



## 64 *The Exercise of Prayer.*

a miracle; and in thee is all that Reason can wish, and the Understanding can desire. And did I look upon thee more, I should be so delighted with thy Beauty, that sin would be loathsome to me. I sin against thee, because I lose the sight of thee. The eye of my understanding was given me on purpose to look upon thee! O let me use it to that end! When I am loth to look upon thee, Lord press thou into my thoughts, that I may not be able to shake off thy presence. If I see thee, I shall not dare to offend thee: Who would offend so dear a friend, if he look upon him?

*The Exercise of Prayer.* 65

him? When any sin would insinuate into my affections, O call to me, and say, *Thy God is here*, and that charming Name will withhold me from those crooked ways. I remember Lord, when my flesh hath sometimes prevailed with me to transgress thy known Laws; I have been forced to banish thee from my mind, before I could act against thee. Hence forward be thou ever with me. Let no base objects intervene betwixt my sight and thy glorious self; or if they do, help me to look off, and to return to my center. Make strong impressions of thy omniscience and omnipresence upon my heart,

## 66 *The Exercise of Prayer.*

heart, that no sensual object, no pleasing Temptation, no Deceit, no Flattery, may rob me of my integrity. At the brightness of thy presence, let all mine Enemies vanish, and be thou my Conquerour, my Triumph, my Beauty, and my Glory, through Jesus Christ our Lord. *Amen.*

*A Prayer relating to Exercise 13 viz. To do all things to Gods glory.*

**O** God; who is like unto thee, glorious in Holiness, fearful in Praises, doing Wonders! Thy glory is the end of all created Beings. Thou art deckt with Beauty and Glory, glorious is thy Name, and to glorifie thee is not onely our duty, but our glory and interest too. O let my heart be toucht with a  
sense

68 *The Exercise of Prayer.*

sense of thy glory. O let me admire the glory of thy Kingdom. If thou wouldest vouchsafe to display thy glory in my benighted Soul, how should I despise this miserable world! How should I scorn the lust of the Eye, and the lust of the Flesh, and the pride of Life! I have talked of thy Glory, but O how little have I aimed at it in my actions! What base and sinister ends and designs have I had, even in my Devotions, and religious Services! O Father of mercy, purifie my intentions, rectifie my designs; give me a right aim to all things. I humbly beseech thee into the world to advance thy  
Glory.

*The Exercise of Prayer.* 69

Glory. O let it not be said that I sought mine own glory! How great is thy goodness, that thou wilt employ so wretched a creature in promoting thy Glory, who can't live without me, and be happy and glorious without me! O glorifie my Soul, that I may glorifie thee! In all the Blessings, in all the Mercies I enjoy, let me give thee all the glory. What have I, that I have not received? Why then should I glory as if I had not received it? O let me study how I may do good in my Generation. Let the Spirit of Glory, and of Christ, rest upon

70 *The Exercise of Prayer.*

upon me. O Father of Glory, let me see what is the glory of thine inheritance. Open thou my Lips; O Lord, and my Mouth shall shew forth thy Praise. Guide me by thy Counsel here, and hereafter receive me into glory. O that this Heart of mine were more spiritualized. It is carnal, sensual, taken with the gayeties of this life. It admires thee not. It doth not esteem thee above all Treasures, and therefore I do not seek thy Glory as I ought to do. Therefore I evade the Obligation, and pretend, that I have no Parts, no Abilities to advance thy Glory  
in

in this present world. O wretched Creature that I am, Who shall deliver me from the Body of this Death! Lord speak the word, and deliver me from my self. Assure me that the degrees of future Glory will be proportioned to the degrees of my advancing thy Glory here. O let me abound in good Works, and let doing good be my greatest delight, for as much, as I know, my labour is not in vain in the Lord. It cannot be in vain. Thou hast promised it, and thou wilt do it. I believe, Lord, help mine  
mine



72 *The Exercise of Prayer.*

mine Unbelief, thorough Je-  
sus Christ our Lord. A-  
men.

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A

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*A Prayer relating to Exercise 14. viz. To stir up and exercise the Graces God hath given us.*

**O** God, thou art a strong Rock, and a strong Habitation! How excellent is thy loving kindness, therefore the Children of men shall put their trust under the shadow of thy Wings! O my God, how have I contented my self with very low degrees of Vertue! I have been afraid of doing  
E too

74 *The Exercise of Prayer.*

too much for Heaven, and satisfied my self too often with shadows of Goodness! Thou art not wanting to us, if we are not wanting to our selves. Thou art ready to quicken us, ready to enlighten us, ready to succour us in all our distresses and necessities. O thou that art a strong Tower to all them that run unto thee. Take care of my immortal Soul: if thou wilt charge thy self with her welfare, I shall be safe. I have been very slothful hitherto. I have lost much time, many opportunities, many advantages of a Spiritual life. I know I must grow on to a perfect man in Christ Jesus.

Thou

*The Exercise of Prayer.* 75.

Thou dost not allow me to stand still ! Thou biddest me work like a man that knows what an endless Glory means.

O purifie me from all sin, Lord Jesu ! give me the fervour of thy Spirit, that I may be filled with spiritual Wisdom and Understanding ; and for the glory set before me, may be content to do , and suffer cheerfully , whatever in thy Wisdom thou shalt think fit to charge me with. Come Lord ! make a Reformation in this poor, blind, distressed, miserable Soul ; my Faith is weak, my Hope is weak , my Love is weak, my Charity is weak. One word of thy

E 2                      mouth

76 *The Exercise of Prayer.*

mouth would put vigour and life into me. The same Word that made the Sun shine out in the first Creation, would make my Graces bright, and that Sentence, *Let there be Light*, spoken to my Soul, would change the dark *Chaos* into a *Globe* of light. O make goodness habitual in my Soul. O that it might be an everlasting inhabitant in me! O that my Soul might become its proper Seat, its Palace, its Tabernacle, from which it might never depart! Ah! how inconstant is my Zeal! Hot I am to day, and cold to morrow. Sometime I seem to lay force on the everlasting  
King-

Kingdom ; a little while after I fall in love again with the world. O destroy this weed of inconstancy in my Garden. All this comes from the weakness of my Vertues. Hence it is, that I am not the same every where : And I that am bold in one place to stand up for thy glory, am a Coward in another. Where is thy mighty Arm, O Lord ! Where are thy Bowels ! Fill my languishing Soul with strength from above, and with wisdom from above, that I may encrease, and abound more and more in love. Perfect what thou hast begun in me. Let Meekness, and Humility, and all the gra-

78 *The Exercise of Prayer.*

ces of the Holy Ghost become natural to me. O that they were incorporated with my temper! O that they were so riveted into my Soul, that I might not be able to act contrary to them! O that I might find as great a reluctancy, when I am tempted to neglect them, as formerly I found when thy Spirit commanded me to performe them! O how sweet a frame do these Graces put the Soul into! O that I could say, that thus it is with me! Sweet Jesu, be not tired with taking pains with this miserable Soul! Thou hast been prodigiously kind to me, O be not weary of being gra-

*The Exercise of Prayer.* 79

farther gracious & favourable !  
O let me find by blessed experi-  
ence, that I grow in Grace, and  
that thy Commandments are  
no longer grievous to me, that  
every thing in thy service be-  
comes more easie , and that,  
what formerly was a burden to  
me, is now pure pleasure and  
delight to my Soul. O my  
God, gild my Soul once more  
with thy radiant Beams , and  
establish my heart unblamable  
in Holiness at the coming of  
our Lord Jesus Christ. *Amen.*

E 4

A



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*A Prayer, relating to Exercise 15. viz.* Every night before we go to bed to call our selves to an account for the Actions of the day.

**O** God, who searchest the Heart and the Reins !  
How deceitful is my Heart !  
How many are the ways that lead to destruction ! How innumerable are the Wiles of the Devil ! yet by thy light they  
they

they may all be discovered, and their danger perceived, and their ill intent laid open. How small an Atome doth the bright light of the Sun make visible! Therefore that light which thou vouchsafest to an humble mind must be supposed far more effectual to manifest all the Stratagems of the powers of darknes. O my God, make me willing to see the designs of my Spiritual Enemies against me, that I may resist them, oppose, and overcome them. My Heart is a Field where many Tares are mix'd with the wholesome Wheat. **¶** I search not, how shall those Tares be rooted up?

If I examine not, what can I expect, but that like the Field of the slothful, and like the Vincyard of the man void of Understanding, it will be all grown over with Thorns, and Nettles will cover the face thereof. Shall I say, a little sleep, a little more slumber, till my Poverty come on like an armed man? O my God, let my greatest care be, that thou and my Soul be friends. But how shall I know thou art my Friend, except I examine my Soul, and see what tokens of thy love I find there. O let me not be afraid to know my Thoughts, my Words, my Actions, my Inclinations. If I know

know they are evil, I may reform them; If I find they are good, I may rejoyce in them.

O teach me the art of searching my heart. Let me not continue a stranger to my self.

Let it be a pleasure to me to take notice how I thrive in Grace. Let me know my danger.

O keep me from wandering in the dark. Let me see how I go astray, that I may get into the right way again.

Convince me of the easiness and pleasantness of this task.

O let me not think it a burthen to my Soul. I have dwelt too long in the Suburbs of Religion, O perswade me to enter into the City which hath foundations.

84 *The Exercise of Prayer.*

dations. Let the reward that is before me be a strong motive to me, to put on the whole Armour of God. O how sweet will it be to me to see thy assistances, the incomes of thy Grace, the influences of thy Spirit, my progress in goodness, the abatement of my sins, the decay of my corruptions, and my nearer approach to Heaven. If I examine my heart, all this will be made manifest to me; for thou wilt teach me the way of life, and in thy light I shall see light, through Jesus Christ our Lord.  
*Amen.*

A

*A Prayer, relating to Exercise extraordinary I. viz. To enter into solemn Vows and Promises.*

**O** Blessed Jesu! to whom I have so often promised Faithfulness, and Allegiance, and Obedience! How justly mayest thou look upon me, betwixt pity and anger, as thou didst upon *Peter* when he had most shamefully denied thee! And **O** that thy  
looks

looks might have the same effect upon me, that they had upon thy Apostle, and I might weep bitterly! For how light have I made of my most solemn Promises! How have I sought to impose upon thee, O my God! How have I evaded the obligations my resolutions have laid upon me, and sometimes downright broke those Promises! Ah treacherous creature that I am! how can I expect thou shouldst perform thy Promises made to me, when I am so careless of observing and performing of mine to thee! Thou art of infinite patience, therefore I am not yet destroyed.

Hence

*The Exercise of Prayer.* 87

Hence forward, when I promise thee, let thy Majesty, Greatness, Justice, and Holiness prevail with me to break with thee no more. O let me not think because thou art silent, and doest not presently punish my perfidiousness, that thou art altogether such a one as my self. O instruct me, that I may entertain greater thoughts of thee! If I enter into a Vow at any time, assist me powerfully with thy Spirit, that I may act according to the word that is gone out of my Lips. As I make thee my Judge and Witness in my Vows, so let me remember that my Witness is  
om-



omniscient, and my Judge hath Magazines of Vengeance at command. Let me undergo any inconvenience rather than be false to my Engagements. O keep me by thy Mighty Power, that my heart may be treacherous no more. O let me remember what Mercies I expect at thy hands, and let me not forfeit my Right to thy Favour. When I binde my Soul, let me think that nothing can untie it but thy self. O preserve in my mind a just sense of my Duty, and of the necessity of pleasing thee. Let me abhor every thought

*The Exercise of Prayer.* 89

thought that would prompt me to violate this Sacred Bond. O let me look upon it as a most holy thing, and let me dread all prophanation of it. As I designe, O Lord, by these Vows to bring up my Will to thy Will, so be thou entreated to second my designs, and to keep my Soul, that I yield not to Temptations of perfidiousness, but may Triumph over my Corruptions, and be more than a Conquerour thorough him that loved me, the Lord Jesus Christ, to whom with thee, and the Holy Spirit, be

90 *The Exercise of Prayer.*

be all Honour and Glory,  
World without end. *A-*  
*men.*

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*A Prayer relating to Ex-  
ercise extraordinary 2.  
viz. To subdue the  
Body by Fasting.*

**O** Holy and most Merciful Saviour, who hast given us the best Religion, the wholesomest Rules of living, the most equitable Precepts that were ever given to the children of men; while I admire thy Mercy, I cannot but bewail mine own Misery. While I wonder at thy goodness and tenderness to my Soul,

I

92 *The Exercise of Prayer.*

I cannot but deplore my backwardness to the stricter Duties of Christianity ! How loth am I to curb this Body ! How loth to bring my Flesh in subjection ! How apt am I to flatter my self, that Heaven will come cheaper, than at the price of Mortification ! O when will these vain Imaginations leave me ! When shall I get the temper of thy dearest Servants ! How slavishly do I serve thee ! How apt am I to make Bargains with thee, and to limit my obedience. I want that free, that Princely Spirit, that fervent love, which may think nothing too good for Heaven.

Lord

Lord, shew me the vanity of my over-tenderness to this dying Body. I am sensible, that when I feed it high, it teaches my Soul to rebel against thee ! O let me not be afraid of the Arguments it gives me to spare my self. These are but pretences, the designe is to preserve its own ease and quiet in Sin, and Vanity. Let me see through all these Cobwebs, and perswade me to keep under my Body, lest I become a cast away : Let my Fasts have those good effects upon me, which they have had upon thy Saints of old. Let my Lusts dye, my Corruptions decay, my Vanities

94 *The Exercise of Prayer.*

nitie become odious to me. Let Holiness become sweet, the Light of thy Countenance pleasant, and the Influences of thy Grace ravishing to my Soul. Let my abstinence from Food work in me abstinence from evil. Let it prove a means to make my Prayers fervent, my Devotion quick, my Mind clear, my Affections lively, that I may at last enjoy the Festivals of Angels, and eat and drink with my blessed Master at his Table, in his Kingdom; then shall I fast from sin for ever; then shall I fast from all Temptations. Then shall I hunger no more after the meat that perisheth: Then shall I  
thirst

thirst no more after the muddy Streams of sensual Satisfactions. Then my hunger shall be refined into fruition, my thirst exalted into Enjoyments, such as *Abana*, and *Pbarpon* cannot give, and the Rivers of *Damascus*, and of *Jordan* too fall short of; then I shall need no Provision for this Body. Then my Flesh will long no more after forbidden fruit, then I shall feed on thy love for ever; that will be my Meat and Drink, that will be better to me than all the Trees of a terrestrial Paradise; that will nourish me more than Milk and Honey; that will give me a more cheerful Countenance than



96 *The Exercise of Prayer.*

than the bloud of the Grape ;  
then I shall need to take care  
no more about what I shall  
eat, or what I shall drink , or  
wherewithal I shall be cloathed.  
Righteousness will be my Gar-  
ment then, and Holiness, ever-  
lasting Holiness , my Robe of  
Glory. *Amen, Amen.*

*A*

*A Prayer, relating to Exercise extraordinary 3. viz. To use Watching, or Abstinence from Sleep.*

**O** God, incomprehensible and glorious, whose Providence watches over me day and night, O Shepherd of *Israel*, who neither slumberest nor sleepest, and whose Eyes are always open for my good. What hard thoughts have I had of thy service! How unwieldy have I been under thy

**F**                      **stricter**

98 *The Exercise of Prayer.*

stricter Precepts ! How afraid  
have I been to hurt my self !  
What pains have I taken for  
the World, and how irksome  
have thy Precepts been to my  
Soul ! O let it suffice that I  
have so long followed mine  
own will, and for the future,  
let even thy severest Laws be  
my delight and comfort. Thou  
hast given me thine onely Son  
to die for my sins, and can I  
after this mercy, think much of  
denying my self in mine ease  
for thy service ? O teach me  
to use moderation in all things,  
and even in my sleep to ex-  
press my self-denial ! I know,  
O Lord, that without the assi-  
stance of thy Spirit, my Na-  
ture

ture is slothful, and my Temper backward to such mortifications. To thee I come therefore, with humble Desires, with fervent Affections, and with earnest Entreaties, that thou wouldest conquer the Flesh in me, and crush that Rebel by thy power. Since I can use self-denial in sleep upon a Temporal account, O let it not be said of me, that upon a Spiritual account I could not watch. O let my actions shew, that thou art dearer to me than the World, and that I love thee better than Father or Mother, and my self too. When all I have is thine, how shall I not part

F 2

with

100 *The Exercise of Prayer.*

with something that's dear to me for thy sake! O let me not lose my life while I seek to save it, but be confident that if I lose my life for thy sake, I shall finde it. Thou art the Resurrection and the Life, if I sincerely believe in thee, though I were dead, yet shall I live. O let me live, that I may praise thy Name, and whether I live or whether I die, let me live and die in the Lord Jesus. Give me a sight of the Eternal watchfulness of Angels. They sleep not. They are never oppressed with drowsiness. They sing Eternally, and slumber

ber not. That's the Company, that's the glorious Society I would fain be in. O happy day! O blessed time! when I shall watch in thy House for ever! When I shall watch in the Quire, where nothing is known, nothing is loved, nothing is delighted in, but God blessed for evermore. O my God, as the Eyes of Servants look unto the Hand of their Master; and as the Eyes of a Maiden look unto the Hand of her Mistress, so mine Eyes waite upon Thee, O Lord, until thou have mercy upon me, and bring me into

102 *The Exercise of Prayer.*

the Regions of eternal Bright-  
ness, thorough Jesus Christ.

*Amen.*

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*A Prayer relating to Exercise extraordinary 4. viz. To apply our selves to Self-Revenge.*

**O** God to whom Vengeance belongs, shew thy self. My sins are mine Enemies, my Corruptions the Foes that persecute me, O shew me thy Salvation. My sensual Desires plead for tenderness, and because they would not be displeas'd, they suggest Motives and Reasons why I should

F 4

spare



104 *The Exercise of Prayer.*

spare my self. They regard not what becomes of my Soul hereafter ; and so they can but enjoy present rest, they think not of the Torments that will follow. But my Soul sees how the Scene will change , when God shall come to Judgment. O my God , I am in danger ! let me spare no cost, no pains to be free from it. Where gentler means will not free me from the Corruptions which do so easily beset me , O let me not be afraid of using more violent remedies. O that I were but more concerned about the Life to come ! O that I had more lively apprehensions of it ! O that I had that

that view of the Terrours of the Lord, that my Soul might be convinced of the necessity of taking the Kingdom of Heaven by violence! I am sensible of the hurt, my Lusts and Passions have done me: Fill my Soul, O God, with a holy rage against them, that I may drive them out by force, when softer Perswasions will do no good. Had not I better endure some inconvenience here, than be forced at last to make Tears my meat day and night to all Eternity! O persuade me to lose all rather than the Joys set before me! Shall I see thy Saints, who had the clearest apprehensions of thy

F 5

Will,

106 *The Exercise of Prayer.*

Will, run, and sweat, and toil for a future Bliss, and shall I imagine, that laziness will procure that Kingdom? O Lord leave me not. Bid me rise, and strive to apprehend that for which I am also apprehended of Christ Jesus. I fight under the Banner of the best of Princes, O let me so run that I may obtain, and hear the voice of the Bridegroom, *Enter into thy Masters Joy.* This will recompence all. If I arrive to this, I shall be no loser by thy Service. I have followed the World too long, and have got nothing but vanity and vexation of Spirit. It promised me much, but my  
Soul

Soul is empty still. If once I ascend into that City, where all tears shall be wiped away, where I shall not need the light of the Sun, and Moon, and Stars, where God himself is the everlasting Light: Whatever Troubles, whatever Miseries I went through here, they will all be forgotten, they will all be swallowed up, they will all be lost in that vast Ocean of Light and Glory. O make me weary of this Wilderness. I have wandred too long in this desert. Heaven is my home. Let that engross my Desires, my Hopes, my Expectations, my Joy, my Love, my Affections. I am a  
stran-

108 *The Exercise of Prayer.*

stranger upon Earth, let me live like a stranger here. Draw me, draw me, thou everlasting Magnet, that I may cling to thee, and neither Death, nor Life, neither Prosperity, nor Adversity, neither the Smiles, nor the Frowns of the World, may separate me from that Love which is in Christ Jesus our Lord. *Amen.*

Ad-

## Additional Prayers

F O R

Every Day of the WEEK,  
Suited to the Exercise of Meditating.

Exercise Ordinary. 3.

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A Prayer for *Sunday-Morning*, relating to the Meditation on *Sunday*. Exercise 3.

**O** God ! thou most sweet,  
thou most lovely Object !  
How little do those glorified

110 *The Exercise of Prayer.*

rified Saints that enjoy thee in the other world, regard our little pleasures and satisfactions here! O that my Soul were with those Spirits of men made perfect! I see nothing in this valley of Tears that's worth desiring or breathing after. The Beatitude to come, is that, I long for. What are the glories of this World, to that glory, which ~~eternally~~ shall be revealed in us! The magnificence of Triumphs, the pomp of Princes, the curiosity of Palaces, the beauty of the Sun, the brightness of the Moon, the glistering of the Stars, the variety of Flowers, the fragrancy of Herbs, what are

*The Exercise of Prayer.* 111

are all these to the Joys & Glories at thy right hand for evermore! One day in thy Courts above, is sweeter than a thousand here. There I shall behold the perfection of thy Essence, the infinity of thy Nature, the immensity of thy Grandeur, the eternity of thy Duration, the greatness of thy Majesty, the stability of thy Throne, the vast extent of thy Wisdom, the abyss of thy Judgements, the sweetness of thy Bounty, the tenderness of thy Mercy, the severity of thy Justice, the latitude of thy Power, the charms of thy Beauty, and the lustre of thy Glory! O what a ravishing sight will



will this be! And shall I be afraid of encountering with Enemies, that would keep me from seeing these wonderful objects? These Enemies are already conquered. The Lion of the Tribe of *Judah* hath already weakn'd their strength and power, which makes my Victory more easie; Therefore I will not despair. O thou who hast promised, that when the poor and needy want water, thou the God of *Israel* wilt hear them. Hear me from thy holy Heaven, and encourage my Soul to force her way through all difficulties. Give me lively apprehensions of that state. For want of those  
lively

*The Exercise of Prayer.* 113

lively apprehensions, I work not, I move not, I press not forward, I act not like a person in good earnest, my endeavours are dull, and my attempts feeble; O write that bliss upon my mind, engrave it on my Soul; Let the beams of it warm my Spirit, that no labour for Heaven may seem hard, no Commandment grievous, no exercise troublesome, no industry tedious, no pains too great, no journey too long, that I may not murmur, that I may not complain of difficulties, that I may not be weary, that I may not faint in my mind; It is not onely a glorious Garment, not onely a magnificent

## 114 *The Exercise of Prayer.*

gnificent House, not onely a stately Palace that's promised me, but Glory it self, and Magnificence it self, and Splendor it self. What if I must curb my Passions, and break through my sinful Inclinations? What if I must withdraw mine affections from the Creature, and mortifie my Body? What if I must submit my will to thy will, and pardon the greatest injuries! What if I must get habits of vertue, give Law to my Tongue, prescribe limits to my Thoughts, put a restraint upon my foolish Desires in order to this Glory? is not the promised Recompence encouragement enough?

O

*The Exercise of Prayer.* 115

O my God ! thou art my Shield and exceeding great reward ! and shall I be afraid to serve thee ? Shall I tremble at the work thou settest me ? will not thy Wages be infinitely beyond my Labour ? How short will be my Task , and how long my Rest ! How few will be the days I am to work in , and how durable my Repose ! Shall I think Heaven too dear at the price thou hold'st it at ! O undeceive me , pull down the vain conceits I have harboured ; shine powerfully upon my Soul , that I may be insatiable in my desires after it , and long to see thee , who art Light it self ,  
and

116 *The Exercise of Prayer.*

and in thy Light may see light,  
through Jesus Christ our Lord.

*Amen.*

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**A**

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## A Prayer for *Sunday-* Evening.

**O** Most happy, most-blef-  
fed, and most glorious  
God! How can I reflect on  
the rest of this day without  
summoning my thoughts to  
survey the nobler Rest, where-  
of this present is but an Em-  
blem! I have gone this day  
with the multitude to the  
house of God, but what is  
this to the company, I shall  
ere long meet in Heaven, if  
I imitate them in their severi-  
ties

118 *The Exercise of Prayer.*

ties here ! Happy Society ! where is no Chaff among the Corn, no Tares among the Wheat, no Thistles among the Roses ! Where all are Children of God, all are Kings, all are Saints, all are full of grace and glory, all are wise, all courteous, all affable, all adorn'd with celestial qualities ! If I take such pleasure in the conversation of a wise, discreet, and prudent man here, what delight shall I take in the company of the wisest, holiest, and most accomplished Souls, that want nothing, that have all things, that abound in Knowledge, in Prudence, in Wisdom, and in Sanctity !

How

*The Exercise of Prayer.* 119

How do I admire men of great parts and abilities here ! in what admiration then will my Soul be, when it shall converse with persons deckt with the light of Gods Glory ! who know all things without reading , understand the greatest Mysteries without studying, comprehend ... the abstrusest things without labour ; who forget nothing, whose Memory never decays, whose Parts never faile , who know without error, apprehend without doubting, understand with assurance , and perceive with the greatest evidence imaginable ; who can unfold all Riddles, resolve all difficulties, answer



swer to all Questions, and think and speak nothing but truth, whose Mindes know no darkness, whose Understandings are free from Clouds, whose Knowledge is eternal! How can they but be happy, when the place where they for ever live is so! How can they but know the deep things of God, when God is the Glass in which they behold all Mysteries! O my God, make me in love with that place, where I shall love thee perfectly, where my Soul shall be eternally united to thee, where it cannot but love thee, cannot but embrace thee, and cannot but be ravished with thee  
for-

forever. If they which run-  
ning In a Race, strive for the  
mastery, are temperate in all  
things, shall not I be so? If  
they mortifie themselves to  
gain a corruptible Crown, shall  
not I do so much to gain an  
incorruptible? What pains do  
ungodly sinners take to get to  
Hell, and shall not I be at some  
cost and charge to get to Hea-  
ven! O Lord, let it never be  
said of me, that I valued thy  
Heaven less, than other men  
do the Devils Kingdom! Thou offerest me the honour  
to reign with thee for ever,  
and in order thereunto requi-  
rest nothing of me, but to  
reign over my self on this side

G

Hea-

122 *The Exercise of Prayer.*

Heavenly Father! Thou bid'st me rule my Lusts, and shall I give them vent? Thou bid'st me curb my vain Desires, and shall I cherish them in my Bosom? Thou bid'st me triumph over my Flesh, and shall I set it on the Throne? Thou bid'st me subdue my worldly inclinations; and shall I give them entertainment? How great are the Glories thou intendest me! and shall I deprive my self of them out of love to Slavery and Bondage? O give me courage to command my self! O let me not be afraid of displeasing my self! My dearest Lord, teach me so to rule my outward

*The Exercise of Prayer.* 123

ward and inward man, that I  
may rule at last with my blef-  
fed Redeemer for ever, through  
Jesus Christ our Lord. *Amen.*

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G 2

A

A Prayer for *Munday-Morning*, relating to the Meditation prescribed Exercise 3. for *Munday*.

**G**reat, All-seeing, and Almighty Judge of the World, before whom all Mankind must e'erlong appear! Righteous art thou in all thy ways, and holy in all thy works. If the righteous shall scarcely be saved, where shall I a poor sinner appear! I that have so long, so frequently neglected  
my

my Duty, delayed my Repen-  
tance, undervalued thy Mer-  
cies, despised thy Patience, and  
abused the riches of thy Grace  
and Favour! O Lord! how  
watchful should I be over my  
self, if the terrors of the  
Great day of account stood be-  
fore me in lively Characters!  
O dreadful day! when I a poor  
wretch must stand before thy  
Tribunal, and see my self sur-  
rounded with vast Legions of  
Angels, all expecting to hear  
what my Sentence will be!  
This day I talk of: This day I  
have frequently in my mouth,  
but O that my Soul were  
frighted more with the men-  
tion and consideration of it! I

G 3

should

126 *The Exercise of Prayer:*

should not then lead so easie & so soft a life ; I should then spend more time in Weeping and Praying. I should then be afraid of defiling my Soul with the least spot of sin. Lord Jesu! Great Saviour of the world ! look upon me, and let me feel thy power in my Soul , even such power to represent this day to my mind in all its terrours and circumstances, that I may make haste to enter into thy rest. The Judge is at the door, let me bring presents to him that ought to be feared ; and since no gift is so pleasing to thee, as a heart entirely devoted to thy

*The Exercise of Prayer.* 127

thy service, O perswade me,  
O help me, O assist me to mind  
the one thing necessary, and to  
chuse the better part, which  
may never be taken away from  
me, for thy Name sake, for thy  
Mercies sake, for thy Merits  
sake. Amen.

**G 4**

**A**



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## A Prayer for *Munday* in the Evening.

**O** Thou Omniscient, Omnipotent, and Omnipresent Being, who hast appointed a day wherein thou wilt judge the Secrets of mens Hearts, and all their Words, and Actions, and Desires, by thy Gospel. I believe, this day will come, a day when pure hearts will be esteemed more than eloquent Speeches, and a good Conscience will go farther than Purfes of Gold.

Thou

Thou Lord givest me frequent warnings of the approaches of this day! My Conscience puts me in mind of it. The Sicknesses and Calamities thou sendest upon me, tell me of it: My heart misgives me that I am not safe, that my Soul is in danger, and that my eternal interest is not yet secured. O my God, who art not tired with the Prayers of thy Servants, nor displeas'd with the importunities of thy Children. I earnestly beg, it is the desire of my Soul to be enliven'd and awaken'd into a sense of this day, that to day while I hear thy Voice I may not harden my Heart. I have

130 *The Exercise of Prayer.*

delay'd my serious care of a future happiness too long, too long indeed ! O that mine Eyes were Fountains of tears to weep for this neglect ! I am sensible I must not trifle any longer. I must not defer a concern of that importance to another day. O my God, let me admire thy patience, that I have liv'd unto this hour, and accept of my Sacrifice, of the remainder of my days, which I humbly consecrate to Faith and Love in Christ Jesus. O let this future Judgement swim before mine eyes, when I speak, when I think, when I follow my lawful Calling, when I am in company, when I am alone, when.

*The Exercise of Prayer.* 131

when I walk, when I sit, when I stand, and let me ever fear that Judge who hath power to destroy both Soul and Body into Hell, that both my Soul and Body may be preserved from damnation, through Jesus Christ our Lord. *Amen.*

I Praise my God, I love  
his will, I will obey  
his law, I will keep his  
commandments, I will  
love him with all my  
heart, with all my  
mind, with all my  
strength, and with all  
my power, I will love  
my neighbour as myself.  
**A**

132 *The Exercise of Prayer.*

when I walk when I stand  
when I sit when I lie down  
when I am in the house  
when I am in the field  
when I am in the city  
when I am in the country  
when I am in the church  
when I am in the world

**A Prayer for Tuesday-**

**Morning, relating to  
the Meditation pre-  
scribed for Tuesday,  
Exercise 3.**

**O** Lord! how wonderful  
are all thy Works, in  
wisdom hast thou made them  
all, the Earth is full of thy  
riches! What a Monument  
am I of thy Mercy! How kind  
hast thou been to this misera-  
ble Creature! How am I  
bound to magnifie thy good-  
ness! - How excellent, how  
great,

great, how vast, how large, how diffusive is it? not confin'd to a day, not restrain'd to a place, not limited to an hour! From my Cradle unto this moment I have seen, and tasted how sweet, and how gracious thou art. Thou hast carried me on thy Wings, as the Eagle doth her young; thorough the various stages of my life, what Miracles of Providences have mine Eyes beheld? How hath thy Providence been at work for me, while I have been asleep, while I have been thinking, and contriving something else, even how to derogate from thy honour and glory! Truly Lord!

thy

134. *The Exercise of Prayer.*

thy Mercy and Patience ought to be my Song in the house of my Pilgrimage ! This I have reason to boast of , to speak of , to meditate of day and night ; by that I subsist , by that I am supported, fed, maintain'd, and preserv'd from the clutches of the Devil. O let thy Mercy melt my Heart ! O let Mercy prevail with me to give up my Heart to thee. Let mercy and goodness force me to love thee ! Give me that ingenuity, that generous temper, that noble Spirit, that thy goodness may do more with me, than Threatnings, and Hell, and everlasting Torments. Let thy Love and Charity , and  
con-

constant Munificence, oblige me to run in the way of thy Commandments ; Let these be greater motives with me to do thy Will, than all the terrours of the burning Lake. O let thy Love be of that force in my Soul, that I may not be able to resist its motions, but by the strength of that, may hope, believe, endure, deny my self, love, and obey thee to the end of my days, through Jesus Christ our Lord. *Amen.*

**A**



## A Prayer for *Tuesday-* *Evening.*

**G**REAT Governour and Disposer of the world, who hast promised to them that love thee, so to order all things, that they shall all conspire to their good, I am sensible of the good thou hast intended, and dost intend me, by the various Dispensations, mine eyes have seen. The various Spiritual and Temporal Blessings that have been conferred upon me, what have they

they

*The Exercise of Prayer.* 137

they been, but motives to be enamour'd with the best of Beings. Thou knowest, if I depart from thee, or love any thing better than thee, I run away from mine own happiness, and go to undo my self; therefore so many various Tokens and Expressions of thy Love are sent to me to unite my Heart to thee, to preserve me in thy Fear, and to uphold my goings in thy Paths. O wife, O gracious, O bountiful Master, kinder to me than I am, or have been to my self! Let me find the good thou designest for me in thy numberless Blessings, even the good of my Soul, let that grow stron-

110 ger

138 *The Exercise of Prayer.*

ger under thy Favours, warmer in thy Sunshine, more fervent under these Beams, more flaming with love under these enforcives. The very afflictions, thou sendest upon me are intended for my good. I have found it, I have seen it, I have known it by experience, I have learned Repentance, Humility, Submission, fear of sinning by Afflictions, which I should never have learned by Prosperity; when I have thought, I had great wrong done me by the contempt, reproach, trouble, misery others have thrown upon me, thou hast let me see, that this was to make me reflect  
on

*The Exercise of Prayer.* 139

on the affronts, and indignities, I have put upon thee my best and greatest friend. O let me never mistrust thy Providence. Whatever befalls me, let me believe I shall see the goodness of the Lord in the land of the living, and let me not be disappointed of my hope, through Jesus Christ our Lord. *Amen.*

**A**

**A Prayer for *Wednesday-Morning*, relating to the Meditation prescribed Exercise 3. for *Wednesday*.**

**O** Thou, in whose hand is the power of Life and Death, who art immortal, invisible, Blessed for evermore ! Before the Mountains were brought forth, or ever the Earth, and the World were made, thou art God, from Everlasting to Everlasting thou art he. I am a frail, dying crea-  
crea-

*The Exercise of Prayer.* 141

creature; and though I carry an immortal Soul about me, yet the Vessel, in which that glorious guest abides, will soon grow leaky and decay; and that must turn to dust, and how soon, I know not; I admire thy wisdom in concealing the Day and Hour of my Death from me; I am sensible, it's done to hasten my Repentance, to keep me from adding sin unto sin, to restrain me from the Vanities of this world, to make me think of a better, and to secure that happy Life which shall be after Death! And O that my death might be ever before me! How great are the things that depend

142 *The Exercise of Prayer.*

depend upon it ! Two great Eternities , whereof one of them, will certainly fall to my share. O let my death be my daily Meditation , that I may prevent my everlasting death ! What a miserable creature should I be, if my Soul should leave this Body , to go into a more dismal Prison , from whence there is no returning ! O make me wise, O let me understand what preparation is necessary for that hour ; teach me to undervalue the World, and to mind the things which are above , that when I come to die, I may die with joy, and cheerfully resigne my Soul into the hands of my  
Crea-

Creator. Let Lust, and Pride, and Envy, and Anger, die in me, before I die, that they may not endanger my Soul after death. Let me converse with Death more, that I may die to sin more, and live more to him that died for me. Let the thoughts of death mortifie in me whatever is offensive to thy Holiness. In all my actions let me remember my latter end, that my death may be my gain, and my departure out of the world an entrance into a better, through Jesus Christ our Lord. *Amen.*

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## A Prayer for *Wednes-* *day Evening.*

**O** My God, to whom belong the issues of Life and Death! naked came I from my mothers Womb, naked shall I return thither. What is my life but a Vapour, which appears for a while, and then vanishes away! O Lord! thou hast made this life transitory, dangerous, short, full of misery, subject to vanity, and as it were a span long! and all to make me desire to be dissolv'd  
and

and to be with Christ; yet how dreadful is death to me! How do I tremble at the thoughts of it! What should make me so deeply enamour'd with this Life? At the best it is a Warfare; within are Tumults, without are Fightings; I am in a continual state of War here with Covetousness, with Passion, with Pride, with Ambition, with carnal Lusts, with Allurements of the world, with suggestions of the Devil; when one sin is beaten away, another rises; when I think I have mortified one Corruption, another starts up; The Discontents and Vexations, the Troubles, and the

H

Dis-

146 *The Exercise of Prayer.*

Disappointments I meet with-  
al are innumerable; and can  
I delight to dwell in such  
a Valley of Tears, surroun-  
ded with so many Snares,  
encompassed with so many  
Dangers? Should not this  
make me desirous to be  
gone? O my God, make  
me willing to leave this world!  
Take away from me the fear  
of death. Why should I fear,  
when my Great Master hath  
overcome this King of Ter-  
rours? I will follow my  
Redeemer, I will conform to  
his Example, I will tread  
in his steps; this is my re-  
solution, this the firm pur-  
pose

pose of my Soul! And why should I doubt of his afflicting me! Why should not I be confident, that my death will be a passage from Mortality to Immortality, from Corruption to Incorruption, from Trouble and Misery, to Rest and Tranquillity? Death is the way to the Kingdom of Heaven. I cannot inherit it, except I die. Do I long for that Kingdom, and shall I be afraid of the way that leads to it! I must die! O sweet Jesu! let me die contentedly. Let Death be my choice. Let me embrace it before this

H 2

mife-



A Prayer for *Thursday-Morning*, relating to the Meditation prescribed for *Thursday*, Exercise 3.

**O** God, whose Judgements are unfearchable, and thy ways past finding out! Who art just as well merciful, and hast ordained a Dungeon for Rebels, as well as a Paradise for the Innocent! Horror is ready to overwhelm me when I reflect on the eternal miseries of the

H 3

Dam-

150 *The Exercise of Prayer.*

Damned! when I think on the unquenchable fire, and on the Worm that dies not, how should I tremble at the sins that lead men to those torments! As eye hath not seen, and ear hath not heard, and the heart of man cannot conceive the joys of Heaven, so I must judge of these future miseries too. O dreadful day, when God shall take vengeance of his Enemies! when not onely all the Pain and Anguish that mankind endures here, shall there be poured out on sinners, but far greater too. How unable am I to endure here the aking of a Tooth, the torments of the Gout,

Gout, the misery of the Stone, the fire of a Fever, the raging of the Cholick, the exquisite pain of the Strangury ! O then ! what must those miseries be, which know no respite, no interval, no rest, no quiet, no ease, no abatement ! Where Vengeance will come with a Deluge, and not onely the pain of a single Disease will be inflicted, but all pains together will meet in the miserable Sufferer ! Where all things will combine to make him wretched, and all his former pleasures turn into Gall and Wormwood ! And yet how regardless of these miseries does Mankind live ! How



152 *The Exercise of Prayer.*

little are they frightened with this Fire! How little are they disturbed with this approaching Woe! O my gracious Lord! suffer me not to fall asleep with the foolish Virgins, while the day doth last; while I have time to work, while I am on this side Eternity, let me dread these terrours, and the causes of it. Whenever I am tempted to offend thee, O let these Torments check mine inordinate desires! O let me consider how short the pleasure is, and how long the bitterness it ends in! Surely thou wilt let the disobedient know one day how odious sin is in thy sight,

*The Exercise of Prayer.* 153

fight, and how dangerous it was to abuse thy patience ! O give my Soul no rest till I firmly believe all this, and believing it, may escape the wrath to come, through Jesus Christ our Lord. *Amen.*

H 5,

A

## A Prayer for *Thursday- Evening.*

**G**REAT God, whose excellency is over *Israel*, whose strength is in the Clouds, who art terrible out of thy holy places, who hast a mighty Voice, a Voice that will one day shake the world, and summon all Mankind to come out of their Graves, and to appear before thy Judgement seat! What confusion will the wicked and careless world be in, when thou shalt with indig-

dignation send them away into the fire, prepared for the Devil and his Angels! where they must be for ever deprived of thy Favour, and want thy gracious Influences; where their fancy will be eternally affrighted with hideous and monstrous shapes, where their Passions will be in a perpetual uproar, where the remembrance of their former Mercies will continually sting them, where their Reason will be their Tormentor, their Conscience their Executioner, and yet unable to make an end of them, where their Souls will be everlastingly torn with grief and discontent, where God will

## 156 *The Exercise of Prayer.*

will be the object of their Hatred, and their minds will not be able to entertain one kind thought of their Judge ; where their Souls will be like the troubled Sea when it cannot rest, and eternal darkness and gloominess make their estate most uncomfortable ; where no creature pities them, and no man, no Angel, no Devil affords them any consolation ! O God ! can I love my self and not endeavour to prevent this miserable condition ? O call to me, bid me think of it, convince me of it. Cure my blindness. Let Hell be the greatest object of my fear.  
Let

*The Exercise of Prayer.* 157

Let me not fear Poverty, Contempt, Sickness, Exile, or the unkindness of men, so much, as this horrible Tempest. O let me not grow careless of it, because I see it not, and I have not as yet felt it. Let me therefore dread it, that I may never feel it. Let not the world drown my thoughts of it. Let not my Lusts put it out of my mind. Let not the Devil perswade me that I am in no danger. I am in danger, O let me see it, and run away. Lord! here cut, burn, torture, and afflict me, so thou wilt but make me happy forever. O let the King of Hea-

158 *The Exercise of Prayer.*

Heaven hear me when I call,  
through Jesus Christ our Lord.

*Amen.*

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**A**

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A Prayer for *Friday-Morning*, relating to the Meditation prescribed for *Friday*, Exercise 3.

**G**reat Saviour of the world, who wast wounded for my Transgressions, and bruised for my sins ! Thou art that innocent, and immaculate Lamb, which for sinners, Enemies, and condemned creatures, gavest thy back to the Smiter, and sufferedst thy self to be beaten, crown'd with  
Thorns,



Thorns, mocked, derided, and inhumanely abused ! A love fitter to be admired in silence, than praised with imperfect expressions ! How freely didst thou part with thy blood to save my life, and to procure my safety ! Never was Blood spilt upon such an account ; or if there were, never was such precious Blood spilt as thine was, blood which drives away Devils, invites Angels, cleanses Souls, purifies the Tabernacle, washes the whole world, and opens the Gate of Heaven ! Who can be so irreligious as not to be pricked at the heart with the thoughts of thy Passion ? Who can be so

ar-

*The Exercise of Prayer.* 161

arrogant, or proud, as not to be humbled with the sight? who so choleric, as not to be melted into meekness with the contemplation? Who so luxurious, as not to be tempted to self-denial with this spectacle! O let thy Cross have that effect upon me, that I may crucifie my Flesh with all its Lusts and Passions. Let thy Charity to thine Enemies prevail with me, to do good to them that hate me! Let thy Patience under Reproaches oblige me to be silent under Calumnies. Let thy love to my Soul wound my Heart, that I may long for thee, breathe after thee, as my greatest

162 *The Exercise of Prayer.*

test comfort, think of nothing so much as of thee, value nothing so much as thee, delight in nothing so much as in thee, for thou hast done for me beyond expectation, beyond imagination, more than Father and Mother ever did, more than my dearest Friends ever did, more than mortal man can do. O chain my heart to thine, and let nothing separate me from thy love, but be thou mine, and let me be thine, and dwell with thee for ever. *Amen.*

A

## A Prayer for *Friday-Evening.*

**O** Jesu ! who hast led  
Captivity Captive, spoiled  
Principalities and Powers,  
made a shew of them openly,  
and triumph'd over them!  
How powerful was thy Death !  
How victorious thy Cross !  
How potent were thy Agonies !  
How effectual thy Sufferings !  
Thy Cross is my Conquest.  
Thy Gibbet is my Triumph.  
At that Devils tremble,  
and they that are not  
not

164 *The Exercise of Prayer.*

not afraid of splendid Palaces,  
are afraid of the Tree on  
which thy sacred Body was  
stretched out. How shall Sin  
reign any longer in my body,  
after such Compassion! Shall  
not I blush after such Mercy  
to offend that Friend, who  
died for me? Shall I reward  
evil for good, or dare to act  
against thee any more, who  
hast conquered my greatest E-  
nemies for me! They would  
have swallow'd me up quick,  
when they were so wrathfully  
displeas'd at me, but thou  
camest to my rescue, and woul-  
dest not let me perish by their  
fury. I can plead no more that  
Sin and the Devil, and the  
World

*The Exercise of Prayer.* 165

World are not conquerable,  
for thou hast made them so.  
They have lost their force and  
power, and a poor Christian  
can make even Devils tremble.  
O let the world be for ever  
crucified to me, and me unto  
the world. Let me not be a-  
fraid of Affliction, when my  
Lord and Master hath endured  
so much for me. I hope to  
share in the glories of thy  
Crown, O let me not be asha-  
med to bear thy Cross. O bles-  
sed Jesu! who art a Guide to  
the Blind, a Way to the erring  
Soul, a Staff to the Lame, a  
Comforter to the Poor, a Har-  
bour to the tossed with Tem-  
pests, a Counsellour to the  
Per-

166 *The Exercise of Prayer.*

Perplexed, Wisdom to the Foolish, the glory of Martyrs, the joy of Angels, the Foundation of the Church, the Physician of the Sick, Meat to the Hungry, Drink to the Thirsty, Clothes to the Naked, be thou all this to me, and let thy Cross supply all my wants, and in this let me glory and rejoyce day and night, that being in some measure crucified with thee here, I may be glorified with thee hereafter. *Amen.*

A Prayer for *Satur-*  
*day-Morning*, sui-  
ted to the Medita-  
tion prescribed Ex-  
ercise 3. for *Satur-*  
*day.*

**O** God, who art Purity and  
Holiness it self! How  
despicable, how odious, how  
contemptible have I made my  
self in thy sight by departing  
from thy holy Commandments  
delivered unto me! How like  
an Adversary! how like an E-  
nemy of the Cross have I li-  
ved!



168 *The Exercise of Prayer.*

ved! How may I stand amazed at thy patience, that I am yet on this side Hell! What ingratitude have I been guilty of, to thee the best of Masters, and the kindest Father, who hast been tender of me to a Miracle! How can I reflect upon my unthankfulness without blushing! O that I might not be able to remember any of my sins without horror! How have I undervalued thy wisdom by thinking my self wiser than my God, and by approving that, which thy wisdom hath condemned, as folly and brutishness! What fruit had I then in those things whereof I am  
now



170 *The Exercise of Prayer.*

them, and let me not come near the door of their house. Instead of excusing of them, give me grace to confess, and fight against them. Let not the present satisfactions tempt me to run into that fire, and anguish, they end in. Though the World lies in wickedness, yet let the familiarity and common practices of men be no temptation to me. Let me ever look up to that Great, and Glorious God, who interdicts it, and count myself happier in thy favour, than in all the Solaces and Flatteries of evil men. Anoint me with the oyl of gladness,

*The Exercise of Prayer.* 171

ness, and let me rejoyce in nothing so much as in doing thy will, through Jesus Christ our Lord. *Amen.*

I 2

A

## A Prayer for *Saturday-Evening.*

**O** Thou , at whose presence Devils tremble , and Sinners are afraid ! How blind hath sin made me ! How hath it darkned my Understanding , and clouded all my Faculties ! How hath it deprived me of spiritual strength , and thrust me into the very Jaws of the roaring Lion ! What power have I given to my spiritual Enemies by offending thee , and how have

I

*The Exercise of Prayer.* 173

I armed those Foes against mine own Soul! How like an Atheist have I lived, while I have been careless of thy Omniscience and Omnipresence! How basely have I preferred mine own will, and the favour of men, before thy Precepts, and the light of thy Countenance! O the many idle, foolish, silly, lascivious, ridiculous, censorious Words, Speeches, Discourses, and Answers, that I have been guilty of! How little regard have I had to thy Day, thy Name, thy Word, thy Ordinances, to the duty of Prayer, and to the Ministry! How inattentive in hearing thy Word,

I 3

how

174 *The Exercise of Prayer.*

how cold in Prayers, how negligent in the duties of my respective Relations have I been! What pettishness, peevishness, impatience, touchiness! What envy, hatred, passion, secret grudges have I harboured in my Bosom! What impure, covetous, unclean, disorderly thoughts and desires have I suffered to lodge in my Breast! What a stranger have I been to that veracity, meekness, patience, humility, charity, tenderness, compassion, steddiness in holiness, and readiness to every good word, and work, which thou hast peremptorily commanded! How have I rendered railing for railing, mistrusted

trusted thy Providence, allowed my self in discontentedness, and been a Coward in thy service ! O my God ! I renounce all these swarms of sin , and beg thy Illumination , Assistance, Power, Grace, and Influence against them ! Come Lord ! Come into this Soul of mine, and erect thy Throne in my Breast ! Whenever I am tempted for the future, let me say, I am a Christian, I am not mine own, I am bought with a price, and I cannot yield ! O make me stand in awe of mine own Conscience , and give me Rivers of Tears to deplore what is past ! O my God ! I desire to walk in the light, e-



176 *The Exercise of Prayer.*

ven as thou art in the light,  
that I may have fellowship with  
thy Saints, and the bloud of  
Jesus Christ may wash me from  
all sins. O quicken me, O  
strengthen me, O leave me  
not; in thee do I trust, let me  
never be confounded for Christs  
sake, to whom with thee, and  
the eternal Spirit, be all Ho-  
nour and Glory for ever. *A-*  
*men.*

**Ad-**

## ADVERTISEMENT.

1. **T**Hough the *Lords Prayer* be not mentioned in the foregoing Supplications, yet a Christian that makes use of these Devotions, may, and ought conscientiously to add it.

2. As besides our own spiritual Wants, we are to recommend to God the necessities of others, so the following *Ejaculations*, may be added to the foregoing Prayers.

---

## For the whole Race of Mankind.

**A** Rise O Lord, let thy  
Light shine, and let  
thy Glory rise upon *Heathens,*  
*Jews,* *Mahometans,* and others,  
who have not known thee, and  
upon all the Families that do  
not call upon thy Name. Re-  
move the darkness that covers  
the Earth, and the gross dark-  
ness under which whole Na-  
tions lie. Let all men see the  
light of thy Gospel, and flow  
to

*The Exercise of Prayer.* 179

to it, that their hearts may  
fear, and be enlarged, and  
glorifie the House of thy Glo-  
ry.

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For

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For the Universal  
Church of Christ.

**H**Ave mercy, Lord, on  
thy Church dispersed  
all the world over. Let vio-  
lence be heard in her no more,  
nor wasting and destruction  
within her borders. Let her  
Walls be called Salvation, and  
her Gates Praise. Let her  
Priests be cloathed with righ-  
teousness, and let her Saints  
rejoyce and sing. Let her righ-  
teousness go forth as brightness,  
and the Salvation thereof as a  
Lamp that burns. For



## 182 *The Exercise of Prayer.*

hood. Let him rule in the  
fear of God, and let his glory  
be as the light of the Morning,  
when the Sun rises, even as a  
Morning without Clouds.

**For**

## For the Royal Family.

**L**et their glory, O Lord, be great in thy Salvation, Honour and Majesty do thou lay upon them. Be thou entreated to make them blessed for ever, and exceeding glad with thy countenance. Let their goodness be answerable to their greatness, and make them shining and burning lights, that others may see their good works, and praise their Father which is in Heaven.

For



## For the Bishops and Clergy.

**E**Nable thy Ministers, O Lord, to hold Faith and a good Conscience; Make them great examples of the Believers in Wdrd; in Conversation, in Charity, in Spirit; in Purity. Let them meditate upon these things; give themselves wholly to them, that their profiting may appear to all. Let them take heed unto themselves, and unto their Doctrine, and continue in it, that they may both save themselves and them that hear them. For

## For the People of the Land.

**O** Lord, make the people willing in the day of thy power, willing to fear God, to honour the King, and to love one another with a pure heart fervently. O that there were such a heart in them, that they might love thee, and fear thee, and keep all thy Commandments always, that it might be well with them, and with their Children for ever. Pardon their crying sins, and perswade them  
to

186 *The Exercise of Prayer.*

to do justly, to shew mercy,  
and to walk humbly with  
their God.

---

For

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## For persons distressed in Body or Mind.

**O** Lord, bind up the broken-hearted, proclaim Liberty to the Captives, and the opening of the Prison to them that are bound: Proclaim the acceptable year of the Lord to the miserable, and the day of peace to comfort all that mourn. Give unto them Beauty for Ashes, the Oyl of Joy for Mourning, the Garment of Praise for the Spirit of Heaviness. For their  
Shame

188 *The Exercise of Prayer.*

Shame let them have double,  
and for Confusion, let them  
rejoyce in their Portion, and  
let everlasting Joy be upon  
their heads.

---

For

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## For Relations.

**L**ord, be thou a Father, a Husband, a Friend, a Master, a Ruler, and a Protector to them all. Make them thy Friends, thy Children, thy Favourites, love them freely, receive them graciously, let their Souls be bound up in the bundle of life with thee, keep them as the Apple of thine eye, and when thou makest up thy Jewels, remember them, and spare them as a man would spare his own Son that serves him.

For

## For Benefactors.

**L**ord, do good to them that have done good to me. Bless them with a true Repentance, with pardon of all their sins, with a mighty sense of God, with a holy fruitfulness in all good works, with a meek and humble Spirit, with peace of Conscience, with joy in the Holy Ghost, with eminency of Vertue, and for the kindnesses they have shewn to me,

*Here the Benefactors Names may be mentioned.*

*The Exercise of Prayer.* 191

me, *and mine*, reward them sevenfold with mercy into their Bosoms.

---

For

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## For Enemies.

**L**ord bless them that curse me, do good to them that hate me, be merciful to them that either have wrong'd me, or would despitefully use me, and transform them by the renewing of their mind, that they may prove what is the holy and acceptable and perfect will of God.

---

### ADVERTISEMENT. 3.

**I** Thought to have made an end here, but for some reasons was prevailed withal to add these following Prayers. - For

## For a Sick person.

**O** Thou, who deliverest the Poor when he cries, the Needy also, and him that hath no helper, look upon this thy weak Servant, from the habitation of thy Holiness, and be a Physician to his outward and inward man. At once heal his Soul and Body. Speak the word, and thy Servant shall be whole. Bless him with a sound Repentance, and make this affliction an effectual means to produce in him the peaceable fruits of Righteousness,

K

194 *The Exercise of Prayer.*

teousness, of Faith, and Love,  
and Charity. Hear his Prayers,  
regard his Groans, give  
him ease under his burthen, re-  
store his Soul, and make him  
thankful for thy Mercy, thro-  
ugh Jesus Christ our Lord.  
*Amen.*

A

---

**A Short Thanksgiving  
after Recovery.**

**I** Thank thee O Father, Lord of Heaven and Earth, because thou hast been pleased to spare this thy unworthy Servant. Fill me with a mighty sense of thy Goodness. O let this Mercy never never be forgotten. Let me see thy hand in this providence, and admire the great Giver of this Blessing. Be thou hereafter in all my thoughts. Encrease my desires after thee, my fear of

K 2

offen-

196 *The Exercise of Prayer.*

offending thee, my care to  
please thee, my love to thy  
ways, my zeal to thy Glory,  
and fit me for thy everlasting  
Kingdom, through Jesus Christ  
our Lord. *Amen.*

**A**

## A Prayer for a Woman with Child.

**O** Thou, who settest the Poor on high from affliction, and makest him Families like a Flock. Take pity of me, O thou that hearest Prayers, be with with me in the hour of trouble, when Fear and Anguish come upon me. Forget my sins, and strengthen me with thy Grace. Bless the Fruit of my Body, and sanctifie it early. As the Mountains are round about

198 *The Exercise of Prayer.*

*Jerusalem,* so let the Lord be round about me from henceforth, even for ever, and though I sow in Tears, yet let me reap in Joy. Be thou my Fortrefs and Deliverer, and in the great danger watch over me for good and not for evil, and enable me to tell my Friends what the Lord hath done for my Soul through Jesus Christ our Lord. *Amen.*

## A Thanksgiving after safe deliverance.

**O** God! How am I bound  
to praise thy great and  
glorious Name, who hast not  
forsaken me when my Soul  
was in trouble. Out of the  
depth have I cried unto thee,  
and thou hast heard my voice,  
and my supplication. For this  
shall every one that is godly  
pray unto thee in a time, when  
thou mayst be found. O Lord  
my God, I cried unto thee,  
and thou hast healed me.  
Thou hast brought up my Soul  
K 4 from



200 *The Exercise of Prayer.*

from the Grave, thou hast kept me alive, that I should not go down to the Pit. Thou hast turned for me my mourning into dancing, thou hast put off my Sack-cloth, and girded me with gladness, to the end that my glory may sing praises to thee and not be silent. O Lord my God, I will give thanks unto thee, and delight myself in the Lord for ever, thorough Jesus Christ our Lord.  
*Amen.*

A

## A Prayer for one that intends a Single Life.

**O** Most gracious God, who givest power to the weak, and strength to the feeble, thou knowest my purposes, and seest my desires, and art acquainted with my design of being married to none but thee. O blessed Bridegroom of my Soul, give me chaste desires, power to resist Temptations, strength to subdue the motions of the Flesh. Dwell

202 *The Exercise of Prayer.*

in me by thy Spirit. Teach me to love thee passionately. Let no other object engross my Affections. Give me a spiritual Appetite. Keep me unspotted in this sinful world. Be thou my All, my Riches, my Pleasure, my Delight, my Crown, my Glory, through Jesus Christ our Lord.  
*Amen.*

**A**

## A Prayer for one that is entring into a Married state.

**O** God, who hast made  
Marriage an honoura-  
ble thing, and promised to  
bless those that marry in the  
Lord! In thy name I am  
entring into another state of  
life. Be merciful unto me, O  
Lord, rejoyce the Soul of thy  
Servant, for unto thee O Lord  
do I lift up my Soul. Direct  
me in all my actions. Counsel  
me in what I am to do. En-  
cline my heart to fear thy  
Name.

204 *The Exercise of Prayer.*

Name. Enrich her, that is to be my Yoak-fellow with the choicest of thy favours. Give us both hearts to rely and depend upon thee. Let's look up to thee, in all our concerns. Make our mutual love sincere, and constant, and let's encourage one another to godliness. Make us helpful one to another, and in our lawful endeavours, and enterprizes let's see thy bountiful hand. Make us both pleas'd with what thou shalt think fit to send upon us, and contented in all conditions, and with united force let's press toward the mark of eternal glory, through Jesus Christ our Lord. *Amen.*

A

## A Prayer before a Journey.

**O** Thou who wast a Pillar of Cloud to thy People of old in the day, and a Pillar of Fire by night, watch over me in this Journey day and night. Be thou my Guide, my Star, my Light, my Director, and bring me safe to the place I intend for. Preserve me from all evil. Protect me from all dangers, let thine Angel be my Guardian, and under the shadow

206 *The Exercise of Prayer.*

shadow of thy Wings let my  
refuge be, that I may observe  
thy Statutes, and keep thy  
Laws, through Jesus Christ our  
Lord. *Amen.*

*[Faint, mostly illegible text, possibly bleed-through from the reverse side of the page. A circular stamp or mark is visible on the right side.]*

**A**

A Thanksgiving after  
a safe return.

**B**lessed God, whose works  
are honourable, and glo-  
rious, and who hast made  
thy wonderful works to be  
remembered, give me leave to  
admire, and to praise thy  
Providence, which hath cover-  
ed me with its Feathers, and  
been my Shield and Buckler,  
which hath kept me from the  
terroure by night, and from  
the destruction that wasteth  
at noon day. I cheerfully  
offer



offer here unto thee the Sacrifice of righteousness, and as I see the loving kindness of the Lord, so enable me for the future to live in a thankful remembrance of thy goodness, and let this and all thy other gracious Providences prevail with me to walk before thee with a perfect and upright heart, through Jesus Christ our Lord. *Amen.*

*A*

## A Prayer for one, that is going to Sea.

**O** Thou, who stillest the  
raging of the Sea, so  
that the Waves thereof are  
still. Thy Way is in the Sea,  
and thy Path in the great Wa-  
ters, and thy Footsteps are not  
known. O God! I am like  
to see thy Works and Won-  
ders in the deep. Be with  
me I beseech thee in my go-  
ing out, and in my coming in.  
Spread thy wings over me, and  
let me find by blessed expe-  
rience, that they who trust in  
thee

210 *The Exercise of Prayer.*

thee shall never be confounded. Prosper my Voyage, and give success to my endeavours. Let not the Deep swallow me up, neither let the Clouds drown me. Shine upon me day and night, and with thy love cherish my fainting Spirits. Let no evil examples have dominion over me. Let thy fear be upon my Soul, at all times, and let nothing tempt me to depart from my integrity. Let my Soul learn by thy Providences to keep close to thy Word, and let that be my Comfort in all my Afflictions, through Jesus Christ our Lord. *Amen.*

A

A Thanksgiving when  
one is returned  
safely.

**O** God, thou art the God,  
that doest Wonders,  
thou hast declared thy strength  
among the People, Thou hast  
with thine arm redeem'd thy  
People, the Sons of *Jacob* and  
*Joseph*. I will praise thee, for  
thy goodness, and for thy  
wonderful Works to the Chil-  
dren of men. I will exalt  
thee in the Congregation of  
the People, and praise thee in  
the Assembly of the Elders.

I

## 212 *The Exercise of Prayer.*

I cried unto the Lord in my trouble, and thou broughtest me out of my distresses. Thou hath delivered me from the great Waters, and my Life hath been precious in thy sight. Recreate my Soul with the thoughts of thy mercy, and while I am sailing through the boisterous Sea of this World, let thy Word be a Lanthorn to my Feet, and a Light to my Paths, through Jesus Christ our Lord, *Amen.*

A short Prayer before  
Divine Service or  
Sermon.

**O** God, I am come into  
the house, where thy  
Honour dwelleth. Overaw  
me with a sense of thy Pre-  
sence, that I may pray with  
understanding, and like a per-  
son concern'd about the blef-  
sings; I shall pray for. Fix my  
Thoughts and Affections on  
thy sweet self, and teach me  
to make intercessions with  
groans, which cannot be ut-  
tered. Let thy Word be  
sweet

214 *The Exercise of Prayer.*

sweet to me, and give me a tractable Spirit, that may cheerfully, and willingly submit to the Yoke of the Lord Jesus. Assist me in all my Duties and Devotions, and let thy good Spirit direct and order them to thy Glory. Make my Soul a gainer by these spiritual Exercises, and let all the Congregation feel the power of thy influences, that with one heart, and one voice, we may glorify God in the day of Visitation, through Jesus Christ our Lord. *Amen.*

**A**

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A Prayer after Divine Service and Sermon.

**O** Thou, who livest for ever and ever, I have pray'd, I have heard thy Word, I have joyn'd with thy People in their Supplications and Prayers. If thou Lord shouldest mark Iniquities, who shall stand? Pardon, I beseech thee, the iniquities of my holy things, and what imperfections thou hast seen in my Devotions, cover them with the unspotted righteousness of *Christ Jesus*, and  
cleanse



216 *The Exercise of Prayer.*

cleanse them with his Bloud. Cast me not away from thy presence, neither take thy holy Spirit from me. Accept of my imperfect Services, and make me more circumspect in all my ways. Let thy Word be written in my heart, and let neither the cares, nor riches, nor pleasures of the world steal it away. O give me thy Grace to walk according to this rule, through Jesus Christ our Lord. *Amen.*

A

## A Morning - Prayer for a Family.

**O** God, great and glorious! the Day is thine, and the Night is thine, thou hast made Summer and Winter, thou hast made the outgoings of the Morning and Evening to rejoyce. How great is thy loving kindness! therefore the Children of men shall put their trust under the shadow of thy Wings. We praise thee O God, we acknowledge thee to be the Lord. Thou  
L art

218 *The Exercise of Prayer.*

art the great preserver of men. Thou hast protected us the night past, and through thy mercy we have escaped innumerable dangers ; thou hast been our refuge, our hiding place, our fortress, and our deliverer. One Generation shall praise thy Works unto another, and declare thy mighty acts. We see thy goodness again in the land of the living. Thou hast spread thy Wings over us, thou hast covered us with thy Feathers. Thou knowest our frame, and remembrest we are dust. Thou knowest how unable we are to keep our selves, and therefore hast taken care of us, and

unto

*The Exercise of Prayer.* 219

unto this moment thy favours  
and loving kindnesse rest up-  
on our Souls and Bodies. O  
that men would praise the Lord  
for his goodness, and declare  
his wonderful works to the  
Children of men! We cannot  
but remember, how like a Fa-  
ther thou hast pitied us all our  
days. We have always found  
thy help in the time of trouble.  
How precious are thy thoughts,  
which are to us ward; they can-  
not be reckon'd up in order  
unto thee. If we would de-  
clare and speak of them, they  
are more than can be numbred.  
What Sacrifices of thanksgiving  
are we bound to offer unto  
thee for thy love to our Souls

L 2

in

220 *The Exercise of Prayer.*

in *Christ Jesus*, for the assistances of thy Holy Spirit, for thy Word, and Ordinances, and for all the encouragements we have to lay hold on eternal life ! O make us sensible of thy goodness ! Let us see how sweet , and how gracious thou art, and let this sight work in us a perfect hatred of sin , and a fervent love to the ways of holiness. Discover to us the errors of our ways. Reveal to us our secret corruptions. Let not only greater, but even all lesser sins become odious and loathsome to our Souls. Establish us with thy grace, uphold us with thy free Spirit. Leave us not to our selves, rule us by thy

*The Exercise of Prayer.* 221

thy power, direct us by thy wisdom. Enable us to do thy will. Encourage us to cleanse our selves from all filthiness both of flesh and spirit, and whatever things are praise-worthy, let's not onely think of them, but practise them. Give us earnest desires to imitate the best of mankind. Let's delight greatly in thy Commandments. Lord! open the eyes of our Understandings, that we may look more earnestly upon the spiritual riches thou hast vouchsafed unto us, and may be enamour'd with them, and despise the vanities of the world, and set our affections upon the things which are above, and may at

L 3

last

222 *The Exercise of Prayer.*

last obtain the end of our Faith,  
even the salvation of our Souls.  
Be with us this following day.  
Make us watchful over our  
senses. Work in us a detesta-  
tion of all filthy discourses, and  
of all the ill we see in the world.  
Teach us how to live in thy  
fear, and whatever sin we are  
tempted to, let's tremble at it,  
and say, how can we commit  
this wickedness, and sin against  
our God! Let thy holy An-  
gels keep us in all our ways.  
Order our steps according to  
thy Word. Direct and guide  
our thoughts, and words, and  
actions. Bless all our lawful en-  
deavours. Cross and disappoint  
us, in that which is offensive to

L 5

thy

*The Exercise of Prayer.* 223

thy holiness. Prosper that which is expedient for us. Give us courage, and wisdom, discretion, and resolution in our behaviour toward God and men, and let's use the world, as if we used it not. Keep our thoughts fixed upon a better life, that whenever thou shalt call us away from hence, we may be ready and willing to obey thy Summons, through Jesus Christ our Lord. *Amen.*

*Here the Prayers for the King,  
Royal Family, Church, &c.  
may be added.*



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## An Evening Prayer for a Family.

**M**ost holy, and ever-glorious God! how excellent is thy Name in all the World! Thou art to be seen in all thy works, and we have seen thee, the day past, in thy various Mercies and gracious Providences, for which we do here render our most humble and hearty thanks. O God! who is like unto thee? For though thou dwellest on high, yet thou humblest thy self to behold the ways of the Children  
dren

dren of men ! What are we, that thou shouldest take notice of us ! or what is our frame, that thou shouldest have such respect unto us ! We see thy condescension , and admire it. We see thy loving kindnesses, and praise thy Name. Thy Mercy reacheth unto the Heavens, thy Faithfulness unto the Clouds. Thou givest unto us all that our Hearts, and Faith, and Reason can desire ! What a glorious gift is the Son of thy bosom ! what rich Presents are thy Promises ! how industrious is thy Providence, to engage our hearts to love thee ! yet how backward are we to this duty ! How loath to raise

L 5

our

our Souls above the world's  
 How unwilling to take thee for  
 our greatest treasure to We say,  
 and speak glorious things of  
 thee now and then, but we  
 feel them not. O touch our  
 hearts, and wash them with  
 the fire of the Sanctuary, and  
 let's know no other thing, than  
 to love thee with all our hearts,  
 and with all our Souls. Be thou  
 the pleasing object of our Souls,  
 and let's be displeas'd with  
 nothing but what displeases  
 thee. Teach us to neglect our  
 own will, that we may the bet-  
 ter comply with thine, and let's  
 walk by this golden Rule, to  
 speak little, to think little, and  
 to do much. Thou hast done

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great things for us, denied thyself in thy glory, majesty, and splendor to do us good, let's therefore scruple nothing that thou commandest; and give us strength to do what thou commandest, and then command what thou pleasest. Enable us to act, and speak, and live, as in thy presence, where-ever we are, and whatever we are doing, and let's so live in the world as not to be of the world. Let no condition thou shalt call us out unto, be uneasy or unpleasant to us, and whenever thou shalt think fit to correct us, let's look upon the providence, as intended for our good. Whenever we are exercised  
by

## 228 *The Exercise of Prayer.*

by Temptations, let's not grow impatient, but rest in an humble and cheerful resignation to thy Will. Fit us for the hour of our death, and let's not delay our seriousness to a sick bed. Let's readily obey thy present call, and take heed of procrastinations. Let the great things that depend upon our death, be much in our thoughts, and let's not put the evil day far from us. Encourage us so to sojourn here, that at our journeys end, we may be received into everlasting habitations. Take us all into thy protection this following night. O thou great Shepherd of *Israel*, who neither slumberest  
nor

nor sleepest, spread thy wings over us, and we shall be safe. Fit us for the duties of the following day. Teach us to commune with our hearts upon our beds, and to meditate of thy wondrous works. Let our rest be comfortable to the refreshing of our bodies, and that we may be the better able to discharge our duties the following day. Let our everlasting rest be never out of our minds, and from the sweetness of our rest on our Beds, let's take occasion to consider, how much sweeter our eternal rest will be in thy bosom. Banish from our minds all foolish and vain imaginations, and let's ever think our  
selves.

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selves most happy when we do most converse with thee, who art most blessed for ever. Visit us with the favour thou bearest unto thine own people; and give us all such resolutions to serve thee, that we may never be faint or weary in thy service, through Jesus Christ our Lord. Amen.

*[The following text is extremely faint and largely illegible due to the quality of the scan. It appears to be a continuation of a prayer or a related text.]*

A Grace before meat

**O** Lord, thy bountiful hand hath provided these thy good Creatures for me[us]. Let me use them with Moderation, Temperance, and Sobriety, to the glory of thy Name, through Jesus Christ our Lord. *Amen.*

Or :

**L**ord, let me see thee the great Creator in these thy Creatures, and as thou dost intend them for my nourishment,



222 *The Exercise of Prayer.*

ment, so let my Soul be encouraged by these Mercies to abound more and more in **Goodness and Vertue**, through **Jesus Christ our Lord.** *A-*

*men.*

**T**

**A**

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humb  
Merc  
walk  
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Jesus

**A**

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hav

## A Grace after meat.

**O** Lord, who art the great Preserver of men, and who hast fed me at this time with thy Blessings, receive my humble Praises for these thy Mercies, and engage me to walk before thee in Righteousness and true Holiness, through Jesus Christ our Lord. *Amen.*

Or :

**H**ow excellent O Lord, is thy loving Kindness, I have seen and tasted again how sweet  
sweet

234 *The Exercise of Prayer.*

sweet and gracious the Lord is.  
Make my will perfectly conformable to thy Will, and let these and all thy other Mercies prove Motives to me to love thee unto the end, through Jesus Christ our Lord,  
*Amen.*

*[Faint, mostly illegible text, possibly bleed-through from the reverse side of the page.]*

**F I N I S .**

25 JU 67

**The**

The TABLE

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