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James Lenox

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A

MANUAL OF PRAYERS

FOR

YOUNG PERSONS,

OR

(Thomas) Bp. of Bath and Wells,

BISHOP KEN'S WINCHESTER MANUAL

ADAPTED TO GENERAL USE.

LONDON:

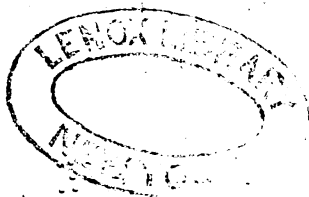
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ADVERTISEMENT.

THE following work has been undertaken in compliance with a wish expressed by several persons, that the Manual of Prayers, composed by Bishop Ken, for the use of the Scholars of Winchester College, might be presented to the public freed from allusions to the customs of that School, and from such antiquated expressions, as render it less adapted to general use in the present day. The alterations adopted in this edition consist, chiefly of omissions, but few sentences having been inserted, and those only in places where the sense of the passage would otherwise have been incomplete. The directions which precede the Prayers have been generally abridged, and in the latter part of the Manual, a somewhat different

ndon.

arrangement has been adopted. In revising the work of so distinguished a Prelate of the English Church as Bishop Ken, the Editor is conscious that he has undertaken a very delicate task. In the completion of it, he has therefore forborne to rely on his own judgment; and having availed himself of the advice and counsel of others, he trusts that the present edition has lost but little of the devotional spirit of the former ^{Work}, and that it will prove a faithful guide ⁱⁿ the duty of devotion, not only to the young ^{but} but also to those more advanced in years.

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A
MANUAL OF PRAYERS

FOR
YOUNG PERSONS;

ORIGINALLY DESIGNED FOR THE
USE OF THE SCHOLARS OF WINCHESTER COLLEGE.

AN EXHORTATION TO THE YOUNG.

My dear Friend,

IF you have any regard to your own eternal happiness, it ought to be your chiefest care to serve and glorify God. For this end, God both made and redeemed you: and two excellent rules he hath given you in Holy Scripture; by the observance of which you will be able, through his grace, to dedicate your tender years to his glory:

The one teaches you what you are to do:
Remember now thy Creator in the days of thy youth ;*

* Eccles. xii. 1.

The other what you are to avoid: *Flee youthful lusts*, that is, all those sins which young persons usually commit*.

You cannot imagine the advantage which you will gain by the practice of these two rules; nor how many dangers of soul he escapes, who is imbued with the fear of God, before he is sullied with ill company; before he hath contracted vicious habits, which will cost him infinite pains to unlearn; before his affections are too far engaged in the world; and before the devil hath got too strong a hold on him, to be suddenly dispossessed.

Ask any aged, pious Christian, *what fruit he had in all those sins of his youth, of which he is now ashamed*†! He will tell you that he has found them all to be but *vanity and vexation of spirit*, that he bitterly bewails his guilt, and wishes a thousand times that he could live over again the days he so grievously mispent.

Learn then, my dear friend, by the dear-bought experience of others, to accustom yourself to bear Christ's yoke from your youth; and his yoke will sit easy on your

* 2 Tim. ii. 22.

† Rom. vi. 21.

neck ; for your duty will grow natural to you by beginning betimes.

Do but consider how welcome a young convert is to God : it was to young *Samuel*, that God revealed himself, and that at a time when the word of God was precious, and very rare*. And you know that *St. John*, the youngest of all the disciples, was permitted to lean on our Saviour's bosom at the last supper, and that he is emphatically called *the disciple whom Jesus loved* †. And God encourages all young persons to serve him, when he says ; *I love them that love me, and those that seek me early shall find me* ‡.

O, let this heavenly promise excite in you a great zeal to seek God, for if you do seek, you are sure to find him ; and to reap all the happy effects of God's infinite love.

O how rich are the rewards of an early piety ! Nothing will make you a greater comfort to all your friends ! Nothing will make you more universally beloved, or more successful in your studies ! And besides that peace of conscience, which you will at present feel, think how unspeakable a joy it will be to you, in your elder years, and

* 1 Sam. iii. 1.

† John xiii. 23.

‡ Prov. viii. 17.

how powerful a consolation on your death-bed, to call to mind not only the well-spent years of manhood, but the innocence of youth, to remember that you have spent your whole life in God's service, and have, through Christ's merits, hope of happiness in heaven.

May God, of his great mercy, make these and the like considerations effectual to create holy resolutions in you; and give you grace to make good use of these directions, which are designed to teach you, from your youth, to fear the Lord.

DIRECTIONS FOR THE MORNING.

As soon as you awake in the morning, strive to keep all worldly thoughts out of your mind, till you have presented the first-fruits of the day to God, remembering that the Psalmist, upon happy experience, assures you, that it is a good thing to tell of the loving-kindness of the Lord early in the morning, and of his truth in the night-season*.

* Psal. xcii. 1, 2.

Remember that God, under the law*, ordained a lamb to be offered up to him every morning and evening. Be sure then every day to offer up yourself a morning and evening sacrifice to God, by using one or other of the following forms of prayer.

SHORT PRAYERS FOR THE YOUNGEST PERSONS.

MORNING PRAYER.

GLORY be to thee, O Lord God, for all the blessings I daily receive from thee, and in particular, for thy preservation and refreshment of me this night past.

O Lord, have mercy upon me, and forgive whatsoever thou hast seen amiss in me this night; and, for the time to come, give me grace to flee all youthful lusts, and to remember thee, my Creator, in the days of my youth.

* Exod. xxix. 38, 39.

Shower down thy graces and blessings on me, and on all my relations (*on my father and mother, on my brothers and sisters*), on all my friends, on all my governors in this place, and on all my fellow scholars, and give thy angels charge over us, to protect us all from sin and danger.

Lord, bless me in my learning this day, that I may every day grow more fit for thy service: O pardon my failings; and do more for me, than I can ask or think, for the merits of Jesus, my Saviour, in whose holy words I sum up all my wants.

Our Father, which art in heaven, hallowed be thy Name; Thy kingdom come; Thy will be done in earth, as it is in heaven: Give us this day our daily bread; And forgive us our trespasses, as we forgive them that trespass against us; And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

EVENING PRAYER.

GLORY be to thee, O Lord God, for all the blessings I daily receive from thee, and in particular, for thy preservation of me this day.

O Lord, have mercy upon me, and forgive whatsoever thou hast seen amiss in me this day; and for the time to come give me grace to flee all youthful lusts, and to remember thee, my Creator, in the days of my youth.

Lord, receive me and all my relations, and all that belong to this place, into thy gracious protection this night; and send me such seasonable rest, that I may rise in the morning more fit for thy service.

Lord, hear my prayers, and pardon my failings, for the merit of my blessed Saviour, in whose holy words I sum up all my wants.
Our Father, which art in Heaven, &c.

A MEDITATION ON THE EARLY LIFE OF JESUS
CHRIST,

*Which may be read on Sundays, or at any
other convenient time.*

GLORY be to thee, O Lord Jesus, glory be to thee, who, when thou wert twelve years old, didst go up to *Jerusalem* with thy parents, after the custom of the feast, to eat the passover, and to worship thy heavenly Father*. O blessed Saviour, give me grace, like thee, to make religion my first and chiefest care, and devoutly to observe all solemn times, and all holy rites, which relate to thy worship.

Glory be to thee, O Lord Jesus, glory be to thee, who, when thy parents returned home, didst stay behind in *Jerusalem*, and after three days wast found of them in the temple, sitting in the midst of the doctors, both hearing them, and asking them questions. O blessed Saviour, who in thy very childhood didst triumph over all the vain delights of youth, and didst love to abide in the tem-

* Luke ii. 41, 42.

ple of God, mortify in me all inordinate love of sensual pleasure, which may pervert me from my duty; raise in me an awful reverence of thy house, an early devotion in my prayers, and a delight in thy praises.

O blessed Jesu, who didst choose before all others the company of the doctors, and didst both hear them, and ask them questions, give me grace to abhor all lewd company and all filthy communication; Give me grace to love wise, and sober, and profitable, and religious conversation, and to be diligent and inquisitive after learning and whatsoever is good.

Glory to thee, O Lord Jesus, glory be to thee, who, when thy father and mother had sought thee sorrowing, didst reply to them, *How is it that ye sought me? Wist ye not that I must be about my Father's business?* O blessed Jesu, who from thine infancy didst make it thy whole employment to do thy Father's will, kindle in me a forward zeal for thy glory, that I may consecrate my youth to thy service, and make it the great business of my life, to know and fear, to love and obey my heavenly Father.

Glory be to thee, O blessed Jesu, who didst return home with thy parents, and wert subject to them: Give me grace to honour my parents and governors, and readily to obey all their lawful commands.

Glory be to thee, O Lord Jesus, who in those tender years wert blessed with such heavenly wisdom, that all that heard thee were astonished at thy understanding and answers, who didst daily increase in this wisdom, and in favour with God and man. O bless me with all abilities of mind and body, that I may daily increase in learning; but, above all, bless me with wisdom from above, and give me thy Holy Spirit to assist and enlighten me, that, as I grow in years, I may daily grow in grace, and in the knowledge of thee, and in favour with God and man, and be every day more and more conformable to thy unerring and divine example. *Amen, Lord Jesus, Amen.*

PRAYERS FOR THOSE THAT ARE MORE
GROWN IN YEARS.

In the Morning, at Waking, or Rising, say,

AWAKE, O my soul, and sing praises to
God.

Glory be to thee, O God, for watching
over me this night.

Lord, raise me up, at the last day, to life
everlasting.

MORNING PRAYER.

EARLY in the morning will I cry unto thee;
Lord, hear my prayer.

Glory be to thee, Lord God Almighty,
glory be to thee, for renewing thy mercies
to me every morning; glory be to thee, for
refreshing me this night with sleep, and for
preserving me from the perils of darkness.

O do away, as the night, all my trans-
gressions; scatter my sins as the morning
cloud.

Lord, forgive whatever thou hast seen
amiss in me this night.—(*Here, if you are
conscious to yourself of any sin of thought or
deed committed in the night, confess it.*) O

Father of mercies, wash me thoroughly from my wickedness, and cleanse me from my sin.

Let thy Holy Spirit so prevent, and accompany, and follow me this day, that I may believe in thee, and love thee, and keep thy commandments, and continue in thy fear all the day long.

Lord, make me chaste and temperate, humble, and teachable, diligent in my studies, obedient to my superiors, and charitable to all men.

Lord, deliver me from sloth and idleness; from youthful lusts and evil company; from all dangers ghostly and bodily; and give me grace to remember thee, my Creator, in the days of my youth.

Bless, and defend, and save the KING, and all the Royal Family, and all orders of men amongst us, ecclesiastical or civil. Lord, give them all grace, in their several stations, to be instrumental to thy glory, and the public good.

Together with them, I commend to thy Divine Providence (*my Father and Mother, my Brothers and Sisters*) all my friends and relations, all my superiors in this place, and all my fellow-scholars: O Lord, vouchsafe us all those graces and blessings which thou knowest to be most suitable for us.

Unto thee, O my God, do I dedicate this day, and my whole life: O do thou so bless and prosper me in my studies, that I may every day grow more fit for thy service.

Hear me, O Lord, and pardon my failings, for the merits of thy Son Jesus, in whose holy words I sum up all my wants.

Our Father, which art in Heaven, &c.

Having thus said your Morning Prayer, you may go cheerfully to your study, and rely upon the divine goodness for a blessing.

ON THE DAILY STUDY OF THE HOLY SCRIPTURE.

To read the Holy Scriptures on the Lord's Day is an indispensable duty; but I would advise you to lose no time in endeavouring, by God's blessing, to acquire the habit of reading, not only on the Lord's day, but on every day of the week, some short portion of Holy Scripture, and to keep in mind the example of Timothy*, of whom the blessed Apostle testified that he had known the Scriptures even from a child; and, whenever you begin to read any portion of the Holy Scripture,

* 2 Tim. iii. 15.

fail not to address yourself to God in the following short prayer :

A PRAYER BEFORE READING THE HOLY SCRIPTURES.

WHEREWITHAL, Lord, shall a young man cleanse his way? Even by ruling himself after thy word*.

Lord, open my eyes, that I may see the wonderful things of thy law.

O heavenly Father! I humbly beg thy Holy Spirit so to help me at this time to read and understand, and to remember and practise thy word, that it may make me wise unto salvation.

Do not read carelessly and without reflection, but consider that all the while you are reading, God is speaking to you; and therefore read with attention and humility, and endeavour, as much as you can, to suit your affections to the subject you read.

For instance; if you read any of God's commands, they should excite in you a zeal to keep them.

If you read any of God's threatenings against sinners, or his judgments on them,

* Psalm cxix. 9.

they should excite in you a fear of provoking him.

When you read any of his gracious promises, they should encourage and quicken your obedience.

When you read any of God's mercies, they should excite you to thanksgiving.

When you read any great mystery recorded in Holy Writ, you are to submit your reason to Divine Revelation.

And to this purpose, in the midst of your reading, say,

Lord, give me grace to obey this command.
Lord, deliver me from this sin; or, this judgment.

Lord, I rely on this good promise.
Glory be to thee, O Lord, for this mercy
Lord, I believe and adore this mystery,

as best agrees with the subject, and conclude your reading with these short prayers.

AFTER READING.

BLESSED be thou, O Lord; O teach me thy statutes*.

Lord, make thy word a lantern unto my feet, and a light unto my paths.

Lord, make thy word my delight and my counsellor.

* Psalm cxix.

SHORT PRAYERS THAT MAY BE SAID IN THE
DAY TIME.

AT GOING OUT.

LORD, bless my going-out, and my coming-in, from this time forth and for evermore *.

AFTER A SIN COMMITTED.

LORD, be merciful to me, a miserable sinner; and, for the merits of my Saviour, lay not this sin to my charge.

AFTER ANY BLESSING, OR DELIVERANCE FROM
DANGER.

GLORY be to thee, O Lord, for this blessing, *or*, this deliverance.

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

AT GIVING ALMS.

O LORD, who didst not despise the widow's mite †, accept of this little I now give to relieve one of thy poor members.

IN TEMPTATION.

LORD, succour me with thy grace, that I may overcome this temptation.

* Psalm cxxi. 8.

† Psalm ciii. 1.

‡ Mark xii. 42.

DIRECTIONS FOR THE EVENING.

CONSIDER how many that have gone to bed well over night, have been found dead the next morning ; and therefore how highly it concerns you to take care to make your peace with God before you go to sleep.

I advise you, therefore, towards night, to call yourself to an account how you have spent the day.

Examine your thoughts and discourses, and actions, and recreations, and devotions, and see what has been amiss in any of them.

Consider what idleness or unchastity, what lying and stubbornness, you have been guilty of ; or whether you have had a quarrel with any one ; and if you have, try to be reconciled to him, or at least in your heart sincerely forgive him before you say your prayers.

Again, consider also what particular blessing, or deliverance, God has vouchsafed you the day past, that you may give thanks for it, and then say as follows.

EVENING PRAYER.

LET my prayer, O Lord, be set forth in thy sight as incense, and let the lifting up of my hands be as an evening sacrifice *.

Holy, holy, holy, Lord God, I, miserable sinner, must acknowledge that I have offended thee this day, in thought, word, and deed; particularly (*Here mention any sin of which you have been guilty:*) Lord, for thy mercies' sake, forgive me: cleanse me from my wickedness, and strengthen my weakness, that I may overcome all the temptations which daily surround me, and continue constant in my obedience.

Accept of my humblest praise and thanksgiving, O Lord, for all the goodness thou hast this day shewed me; for all the helps of preventing or restraining grace thou hast vouchsafed me; for whatever I have done this day, which is in any measure acceptable to thee; for whatever progress I have made in my studies; for thy preservation of me from all the miseries and danger to which we are every moment exposed; particularly (*Here name any particular blessing or deliverance God hath sent you.*)

* Psalm cxli. 2.

Praise the Lord, O my soul, who saveth thy life from destruction, and crowneth thee with mercy and loving kindness.

O Heavenly Father, to thy almighty protection I recommend myself, and all my relations, and all that belong to this place. O thou that never slumberest nor sleepest, watch over us, and preserve us from sin and danger.

Lord, let it be thy good pleasure to refresh me this night with such seasonable rest, that I may rise in the morning more fit for thy service. O pardon my failings, and hear my prayers, for the sake of my Blessed Saviour, in whose holy words I sum up all my wants.

Our Father, &c.

SHORT PRAYERS AT GOING TO BED.

LORD, as I now go to my bed, I must one day go to my grave; O make me wise to consider my latter end.

I will lay me down in peace, and take my rest; for it is thou, Lord, only, that makest me to dwell in safety*.

* Psalm iv. 8.

DIRECTIONS FOR MIDNIGHT.

IF you chance to wake in the night, or cannot sleep, beware of idle and unclean thoughts rising in your mind ; and therefore, to arm yourself against them, I advise you to learn *Psalm* cxxx. and cxxxix. by heart ; or the following short prayers.

SHORT PRAYERS FOR THE NIGHT.

THOU, Lord, hast granted thy loving kindness in the day time ; and in the night season will I sing of thee, and make my prayer to the God of my life *.

O Lord, the holy angels are now before thy throne in Heaven. They never rest day or night from thy praises ; and with them do I now sing hallelujah, salvation, and honour, and glory, and power, be unto our God, for ever and ever. Amen, Amen †.

Lord, I know thou wilt one day call me to give an account of my stewardship ; but when thou wilt come, I know not, whether at even, or at midnight, or at cock-crowing, or in the morning ‡.

* *Psalm* xlii. 8.† *Rev.* vii. 15.‡ *Mark* xiii. 35.

O do thou give me grace to watch, and to pray always, that at thy coming thou mayest say to me, *Well done, good and faithful servant, enter thou into the joy of thy Lord. Amen, blessed Lord, Amen.*

DIRECTIONS FOR THE LORD'S DAY.

A GOOD Christian, that takes care to spend every day well, will take more than ordinary care to sanctify the Lord's Day, it being the proper employment of that day to attend God's worship, and to provide for our souls; and therefore it is fit you should add some petitions to your morning and evening prayer, relating to the solemn duties of the day. Endeavour therefore to retire into your closet, and say the following prayer.

BEFORE CHURCH-TIME.

O MY GOD, I humbly beseech thee to prepare my soul to worship thee this day acceptably, with reverence and godly fear; and purify my heart from all vain, and worldly, or sinful thoughts; fix my affections on things above, all the day long; and, O Lord, give me grace to receive thy word, which I shall hear this day, into an honest

and good heart, and to bring forth fruit with patience*.

Hear me, O God, for the sake of Jesus my Saviour. *Amen, Amen.*

When you come into the Church or Chapel, on the Lord's Day, or at any other time, use this prayer.

IN THE CHURCH.

O LORD, I humbly beg thy Holy Spirit to help my infirmities at this time, and to dispose my heart to devotion, that my prayers and praises may be acceptable in thy sight, through Jesus Christ my Saviour.

AFTER THE SERVICE IS ENDED.

GLORY be to thee, O Lord God Almighty; glory be to thee, who hast permitted me to appear before thee this day, and tread thy courts.

Lord, pardon all my failings in thy service this day past, the wanderings, and coldness, and indevotion of my prayers; for the sake of my blessed Saviour, have mercy upon me.

Lord, make me a doer of thy word, and not a hearer only, lest I deceive my soul †.

* Luke viii. 15.

† James i. 22.

DIRECTIONS FOR SELF-EXAMINATION PREPARATORY TO RECEIVING THE SACRAMENT OF THE LORD'S SUPPER.

THE receiving of this blessed Sacrament is the most divine and solemn act of our Religion; and it ought to be the zealous endeavour of every true Christian, by God's assistance, to prepare his soul for it with the most serious and devout dispositions, in compliance with that rule, which St. Paul has given us*, *Let a man examine himself, and so let him eat of that bread, and drink of that cup*; a rule which is fully explained by the Church, in the exhortations before the Holy Communion which you will find in your Common-Prayer book.

Let me then recommend you, in order to your worthily communicating at the Lord's table, at some convenient time to withdraw into your chamber, and there to begin to commune with your own heart, and to call your sins to remembrance; first praying heartily to God for his grace to assist you.

* 1 Cor. xi. 28.

A PRAYER BEFORE EXAMINATION.

HEAR the voice of my humble petition, O Lord, when I cry unto thee, and when I lift up my hands toward thy mercy-seat.

Behold, Lord, I am now about to search into my own heart; but, alas! my heart is deceitful, and desperately wicked; how can I know it*? Thou, therefore, that searchest the heart, and triest the reins, discover to me all the evils and deceits of my own heart, that I may confess, bewail, and forsake them, and obtain mercy. Lord, hear me, Lord, help me, for the merits of Jesus my Saviour. *Amen, Amen.*

Having prayed for God's assistance in the great work of self-examination, doubt not but that he will vouchsafe it you.

When your conscience answers guilty, resolve to repent immediately, for be sure of this, every hour longer you continue in a sinful course, makes your sins the more hard to be mastered, and your repentance the more difficult.

* Jer. xvii. 9.

But if you are earnestly desirous to gain a true sense of your sins, you will labour to imprint in your mind awful apprehensions of the day of judgment, and of God the great Judge, in whose presence you now are; and, to raise such apprehensions, dwell awhile on such meditations as these.

MOTIVES TO EXAMINATION.

O MY soul, thou art now in the presence of the great Judge of heaven and earth, before whose dreadful tribunal thou must certainly appear at the day of judgment, to give a strict account of all thy actions, of every idle word, and every evil thought.

Think, O my soul, think, if thou canst, what horrors will seize an impenitent sinner, when the last trump shall call him out of the grave, to appear at God's judgment-seat! What would he give to purchase one such opportunity of repentance as God now in great mercy gives thee? If ever thou hopest to escape those horrors, O my soul, make thy peace with God; judge thyself here, lest thou be condemned hereafter.

A FORM OF SELF-EXAMINATION.

I ADJURE thee, O my soul, in the presence of the great Judge, who knows all the se-

crets of thy heart ; I adjure thee, as thou wilt answer before God's judgment-seat at the last day, to tell me ;

1 Does not thy daily experience teach thee, that thy nature is corrupt, prone to evil, averse to good ?

2 How hast thou spent thy time from thy childhood to this very moment ?

3 How hast thou kept the solemn vow of thy baptism ?

4 What duties hast thou omitted ?

5 What sins hast thou committed ?

6 In particular, what sin art thou guilty of, more immediately against *God* ?

7 Art thou guilty of any infidelity, or atheism, of any distrust in, or presuming upon, God's mercy ?

8 Art thou guilty of wilful ignorance of God, or of any idolatry, in worshipping any creature ? Hast thou loved any thing more than *God*, or feared any one above him ?

9 Art thou guilty of repining at God's Providence, or of being impatient under his afflictions, or of being unthankful for his mercies, or of being disobedient to his commands, or of being incorrigible under his judgments ?

10 When, and in what manner, hast thou been guilty of dishonouring God ?

1 By blasphemous or irreligious thoughts, or discourses? or by tamely hearing others blaspheme?

2 By taking God's most holy name in vain? or by customary or false swearing, or by the breach of any lawful oath, or solemn vow?

3 By any sacrilege, or irreverent behaviour in God's house, or mis-spending the Lord's Day? or any inattention to God's word, read or preached?

4 Have I dishonoured God by coldness, and wanderings, and indevotion, or carelessness in my prayers? or by weariness in his service, or by my total neglect of it? or by unworthy communicating at the Lord's table?

5 By wilful impenitence, by superficial repentances, or frequent relapses, or resisting the good motions of God's spirit?

O my soul, what sins art thou guilty of more immediately *against thyself*?

6 Art thou guilty of being proud of thy descent or of thy estate, or of thy own holiness? or of boasting of thy own good deeds, or of being greedy of praise, or of performing duties to gain applause, or of committing sin to avoid reproach of men?

Hast thou been immoderately greedy of

riches, or of sensual pleasures? or guilty of peevishness, or of violent anger?

18 Hast thou been guilty of mis-spending thy time, or of negligence in resisting temptations, or of not improving those opportunities of learning and piety, which God has given thee?

Hast thou been guilty of any intemperance in eating, or in drinking, or in sleeping, or in recreations, spending too much time on them, or being too greedy after them?

Hast thou been guilty of idleness, or of drunkenness, or of laughing at it in others?

Hast thou been guilty of any uncleanness in thought or deed, or of any lasciviousness, or fornication, or adultery? or hast thou taken delight in lewd company, or in vicious or unchaste songs, or stories, or expressions?

O, my soul, what sins art thou guilty of, more immediately *against thy neighbour*?

Against whom hast thou been guilty of any injustice, or oppression, or breach of trust or promise, or of theft, or flattery, or dissimulation, or treachery, or lying?

Against whom hast thou been guilty of any ill language, or slander, or tale-bearing, or rash censuring, or back-biting, or of

scoffing at thy neighbour, either for his infirmities, or for his being religious?

Against whom hast thou been guilty of spite, or revenge, or of delighting causelessly to grieve thy neighbour, or of railing, or of actually hurting him, or of murdering him in thy mind, by ill wishes or curses? Hast thou been guilty of bitter imprecations, or bearing false witness, or coveting any thing which he possesses?

Hast thou been guilty of unthankfulness to those that have done thee good, or have reproved thee? or of uncharitableness to the poor, or to any Christian in distress? or of any unnatural conduct to thy relations? or of any evil-speaking, or disrespect, or stubbornness against any of thy governors, either civil or ecclesiastical? or, in particular, against thy parents, or superiors in this place? or of any wilful disobedience to the lawful commands of all or either of them?

Hast thou tempted any other to sin, by connivance, or encouragement, or command, or persuasion, and mightily increased thy own guilt by furthering the damnation of thy brother?

In case you find this examination too difficult, consult some spiritual guide, who will be able to remove your scruples, and to point out to you what course you had best pursue in order to relieve your conscience, and to prevent your being discouraged in your repentance.*

If, upon your examination, you find you have any way wronged your neighbour, resolve upon the first opportunity to make him some suitable satisfaction, and to ask his forgiveness; for you are first to be reconciled to your brother, before you come to the altar to offer your gift*.

If you are guilty of tempting any other to sin, ask God's pardon for him as well as yourself; and, if you have any opportunity to do it, exhort him to repentance.

But if any have wronged you, forgive the injury presently; for you beg forgiveness of God on this very condition, that you yourself forgive your brother.

This examination of yourself you may conclude with this short prayer.

A PRAYER AFTER EXAMINATION.

O LORD God, I have now, by thy assist-

* Matt. v. 24.

ance, considered my own evil ways: O thou who only knowest the heart, and who only canst change it, create in me such a broken and contrite heart, as thou hast promised not to despise, and so deep a sense of my own sin and misery, that my repentance may bear some proportion to my guilt. O my God, pardon all my failings, and perfect that good work which thou hast begun in me, for the merits of Jesus my Saviour, in whose holy words I sum up all my wants. *Our Father, &c.*

At your next opportunity of retiring, resolve, with the prodigal, to return to your heavenly Father, and humbly to beg forgiveness: and calling to mind all your sins, kneel down, and with the lowest prostration of soul and body, make your confession to God in the following manner.

A FORM OF CONFESSION.

O THOU great Judge of heaven and earth, before whose glorious Majesty even the good angels, who never sinned, fall prostrate, and tremble, with what abasement and dread ought I to appear before thy awful presence, who am not only dust and ashes, but also a miserable wretched sinner!

Holy, holy, holy Lord God Almighty, thou art of purer eyes than to behold evil with approbation: the way of the wicked, and the sacrifice of the wicked, is an abomination to thee*.

Woe is me, then, O Lord, woe is me! for I have inclined unto wickedness with my heart; but for the sake of thy well-beloved Son, cast not out my prayer, nor turn thy mercy from me †.

Miserable wretch that I am! I have gone astray from the very womb; I was shapen in wickedness, and in sin did my mother conceive me: Who can bring a clean thing out of an unclean †? What is man, then, O God, that he should be clean? or he that is born of a woman; that he should be righteous?

Thou, Lord, puttest no trust in thy saints, and the heavens are not clean in thy sight, and the very angels thou chargest with folly ‡.

How much more abominable, then, and filthy am I, who daily ¶ drink iniquity like water?

Lord, pity, and cleanse, and forgive, and save me, for thy mercies' sake.

I know, O God, that in my flesh dwelleth no good thing! for when I would do good,

* Prov. xv. 8. † Psalm lxvi. 20. ‡ Job xiv. 4.
§ Job iv. 18. ¶ Job xv. 16.

evil is present with me ; for I see a law in my members warring against the law of my mind, and bringing me into captivity to the law of sin *.

Lord, have mercy upon me, and deliver me from this body of death, from this tyranny of sin.

Alas ! my nature is corrupt, prone to evil, and averse to good ; my understanding is full of ignorance and error ; my will is perverse, my memory tenacious of all things that may pollute me, and forgetful of my duty ; my passions are disorderly, my senses are inlets of impurity ; and I have abused all my faculties.

Lord, pity, and cleanse, and forgive, and save me, for thy mercies' sake.

O Lord God, how have I through my whole life violated the solemn vow I made to thee in my baptism, by eagerly pursuing the vanities of this wicked world, by easily yielding to the temptations of the devil, by greedily indulging my own carnal desires and lusts, by a fruitless and dead faith, and by disobedience to thy holy will and commands !

Father, I have sinned against Heaven, and

* Rom. vii. 23.

in thy sight, and am no more worthy to be called thy son.

I have sinned, O Lord God, I have sinned against *thee*, by—

(Here confess more particularly the sins which you have committed against God, with the aggravations that accompany them: for instance,)

Lord, I have committed this sin, or these sins frequently, against checks of conscience, &c. and then add,

Father, I have sinned against Heaven, and in thy sight, and am no more worthy to be called thy son: O pity, and cleanse, and forgive, and save me, for thy mercies' sake.

I have sinned, O Lord God, I have sinned against *thee*, and against my own self, by—

(Here confess the sins you have committed more immediately against yourself, as sins of unchastity, intemperance, uncleanness, and say as before,)

Father, I have sinned against Heaven, &c.

I have sinned, O Lord God, I have sinned against thee, and against my neighbour, by—

(Here confess the sins you have committed more immediately against your neighbour, and add as before,)

Father, I have sinned against Heaven, &c.

O Lord God, my wickedness is great, and my iniquities are infinite; they are more in number than the hairs of my head; and my heart would fail me*, but that I well know thy mercies are more numberless than my sins.

Have mercy upon me, therefore, O Lord, according to thy great goodness; according to the multitude of thy mercies do away my offences †.

Who, alas! can tell how oft he offendeth? O cleanse thou me from my secret faults, from all my sins of ignorance, or infirmity, or omission, or which I have not observed, or which I have forgotten; Lord, lay none of them to my charge; Father, forgive me; Lord Jesus, have mercy upon me.

* Psalm xl. 12.

† Psalm li. 1.

O remember not the sins and offences of my youth ; but receive me, O heavenly Father, into the arms of thy fatherly compassion, as thou didst the returning prodigal : and forgive me all my transgressions, for the merits of Jesus thy only well-beloved Son, and my Saviour, *Amen, Amen.*

When you have thus confessed your sins, endeavour to be still more sensible of them, and to bewail them with a true penitential hatred, and shame, and sorrow for them ; then make steady resolutions of forsaking them, and cry constantly to God for pardon and grace ; you may perhaps find that the following methods of expressing all your desires after repentance, are too long to be used all at once ; in that case let me advise you to repeat one or more of them at such times as you have opportunity of retiring for purposes of private devotion.

AN ACT OF SHAME.

O LORD God, I am ashamed, and blush to lift up my face to thee ; for my iniquities are increased over my head, and my trespasses are grown up unto the heavens* !

* Ezra ix. 6.

What fruit have I reaped from all the pleasures of sin, which are but vanity and vexation of spirit!

Lord, I am ashamed of my own folly and madness, when I call to mind how treacherously I have betrayed my own soul to temptations, and hastened my own condemnation; how obstinately I have fled from thee, when thy mercy pursued me with promises of pardon; how unworthily I have abused thy goodness, and forbearance, and long-suffering, which should have led me to repentance.

Surely, after I was turned, I repented: and since I have considered my ways, I am ashamed; yea, even confounded, because I bear the reproach of my youth*.

AN ACT OF ABHORRENCE.

I HATE all evil ways, O Lord; but thy law will I love.

O Lord God, nothing is more abominable in thy sight, nothing more defaces thy divine image, or makes me more odious in thine

* Jer. xxxi. 19.

† Psalm cxix.

eyes than sin; and therefore I hate and abhor it!

O Lord God, I confess I have nothing good in me, nothing that can any way move thee to compassionate so great a sinner, but thy own free, undeserved, and infinite mercy, and the merits of my Saviour Christ.

O Lord God, I cannot but admire the riches of thy goodness, who hast spared me so long, and hast given me this opportunity of repentance. O do thou yet magnify thy mercy more in my forgiveness. O cleanse me from all that guilt which my soul hath contracted, which now renders me odious to my own self, as well as to thee.

AN ACT OF CONTRITION.

MISERABLE being that I am, that I should begin so early to offend my Creator, and sin so much in so short a time!

Lord, I fear I never yet thoroughly considered how evil and how bitter a thing it is to depart from thee: O make me every day more and more sensible of the error of my ways, and of my own sinfulness.

Miserable being that I am, that ever I should commit those sins, which expose me

to thy wrath, to all the curses of thy law, to all thy judgments temporal or spiritual in this life, and to the despair of those who shall be cast out from thy presence in the life to come!

Miserable being that I am, that ever I should transgress that law of thine, O God, which is so just, and holy, and good, and perfect; and in keeping of which there are so great, so inconceivable rewards!

O, that with *Mary Magdalen*, I could weep much, and love much, having so much to be forgiven*!

Gracious Lord, look on me, as thou didst on *Peter*; and let thy compassionate looks so pierce my heart, that I may weep bitterly for my sins †.

O Lord God, break this hard heart, for thou only canst do it, and melt it into tears of contrition!

Woe is me, that ever I should offend so indulgent, so liberal, so tender a Father!

Woe is me, that ever I should repay the infinite love, and the intolerable sufferings of my Saviour for me, with nothing but those

* Luke vii. 47.

† Luke xxii. 61.

sins which occasioned those severe sufferings!

Woe is me, that ever I should grieve thy Holy Spirit, by rejecting his good motions, from whom only I derive grace and consolation!

O Lord God, every slight worldly trouble is apt to draw plenty of tears from mine eyes; but when I would weep for my sins, which are the greatest calamities that can possibly befall me, either my eyes are dry, or my tears too few to bewail so many provocations!

O blessed Spirit, instil true penitential sorrow into my soul; make my head waters*, and my eyes fountains of tears.

But alas! I know all the tears I can possibly shed, can never wash away the least of my sins; it is thy blood only, Lord, that can do it!

O blessed Saviour, how can I ever sufficiently lament the guilt of my sins, which is so great, that nothing but thy own inestimable blood can expiate it!

O Heavenly Father, in the defect of my own tears, I offer thee the blood of thy own

* Jerem. ix. 1.

well-beloved Son; for his sake have mercy upon me. *Amen, Amen.*

A FORM OF RESOLUTION.

O LORD GOD, with shame I confess, that other lords besides thee have hitherto had dominion over me*.

I have been taken in the snare of the devil, and have been led captive by him †, and sin hath reigned in my mortal body, and I have obeyed it in the lust thereof †; but henceforth I resolve to serve none but thee, and from this very moment I utterly forsake all my sins, and turn to thee.

O my God, I do from my heart renew my baptismal vow, which, alas! I have hitherto so often violated; I do for ever renounce the devil and all his works, and all his temptations; I do for ever renounce all the vanities of this wicked world, which may prevent me from thy service, and all the sinful lusts of the flesh.

O my God, I do steadfastly believe all the articles of the Christian faith, and will keep thy holy will and commandments, and walk in the same all the days of my life.

* Isa. xxvi. 13.

† 2 Tim. ii. 26.

‡ Rom. vi. 12.

All this I am bound to do and believe, and by thy help so I will; and I heartily thank thee, O Heavenly Father, who hast called me to this state of salvation, through Jesus Christ my Saviour; and I humbly pray thee for his sake to give me grace, that I may continue in the same to my life's end.

AN ACT OF OBLATION.

BLESSED be thy Name, O Lord God, who hast set before me life and death, and hast bid me choose life.

Behold, Lord, I do with all my heart choose life. I choose thee, O my God; for thou art my life.

Save, Lord, and hear me, O King of Heaven, and accept of my sacrifice, even the sacrifice of my whole heart, which I now give thee.

O my God, I offer thee my senses and passions, and all my faculties; I offer thee all my desires, all my designs, all my studies, all the endeavours, all the remainder of my life; all that I have, or am, I offer up entirely to thy service.

Lord, sanctify me wholly, that my whole spirit, and soul and body, may become thy

temple*. O do thou dwell in me, and be thou my God, and I will be thy servant. *Amen, Amen.*

AN ACT OF CHARITY.

O LORD GOD, I do from henceforth resolve to love my neighbour as myself, and to love him not in word only, but in deed and in truth †.

I do from my heart forgive all men their trespasses against me: do thou, Lord, forgive them also.

Lord, bless them that hate me, and do good to them that have any way spitefully used me.

O my God, bless all those that I have any way wronged; have mercy on all those to whose sins I have been any way accessory; and give them all grace to forgive me. *Amen, Amen.*

PETITION FOR PARDON.

O THOU Father of Mercies, and God of all consolation, be merciful to me a miserable sinner.

* 1 Cor. vi. 20.

† 1 John iii. 18.

Lord, remember all thy gracious calls of sinners to repentance, all thy assurances to us that thou delightest not in the death of him that dieth *, but that thou wouldest have all be saved †.

Lord, remember all the exceeding great and precious promises which thou hast made to penitent sinners.

Lord, remember that thy mercy is over all thy works, that thou delightest in mercy, and that all the holy angels rejoice at the conversion of a sinner ‡; that the greater my sins are, the more will that mercy be magnified in my pardon §.

Lord, remember that thou didst so love the world, as to give thy only beloved Son a ransom for it.

O Heavenly Father, thou that sparedst not thy only Son, but deliveredst him for us, wilt thou not with him also freely give us all things ||? and if all things, wilt thou not also give us the pardon of our sins?

O my God, I firmly believe thou wilt; on that ransom which my Saviour hath paid for me, and on all thy gracious promises of pardon, which for his sake thou hast made to

* Ezek. xviii. 32. † 1 Tim. ii. 4. ‡ Luke xv. 10.
§ John iii. 16. || Rom. viii. 32.

me, I wholly rely; here only is the sure and steadfast anchor of my soul, to which my faith and hope shall for ever adhere.

All this, Lord, do I plead, to implore thy forgiveness.

Behold, Lord, though my failings are many, yet to the utmost of my power, I have confessed, and bewailed, and forsaken my transgressions. Behold, Lord, I come at thy call, and I come, weary and heavy laden with the burthen of my sins: be it unto me according to thy word. O thou that art faithful and just*, forgive me my sins, and cleanse me from all unrighteousness. Lord, do thou in no wise cast me from thee, but ease me of my burthen that I may find rest in thee; and say unto my soul†, be of good cheer, thy sins are forgiven thee.

O Heavenly Father, for thine own infinite mercies' sake, for thy truth and promise sake, for all the merits and sufferings of the Son of thy love, in whom thou art always well pleased, pardon all my sins and failings, and receive me into thy favour. *Amen, O Lord God, Amen, Amen.*

* 1 John i. 9.

† Matt. ix. 2.

A PETITION FOR GRACE.

O LORD GOD, I have sworn, that I will keep thy righteous judgments*.

But alas! I am able of myself to do nothing that is good, not so much as to think one good thought; and I no sooner shall rise from my knees, but I fear I shall be tempted to those very sins I have now solemnly renounced: and those temptations will certainly overcome me, unless thou, Lord, shalt seasonably interpose thy grace to withhold me.

But I can do all things through thee strengthening me †: do thou, then, O blessed Saviour, perfect thy strength in my weakness; for in thee only is my trust.

O my God, thou hast promised to give thy Holy Spirit to those that ask it †. Behold, Lord, I do humbly, I do now earnestly ask thy Holy Spirit of Thee: O fulfil thy gracious promise to me: O vouchsafe me that Holy Spirit for whose help I pray, to purify my corrupt nature, to strengthen my weakness, to comfort me in troubles, to sup-

* Psal. cxix.

† Phil. iv. 13.

‡ Luke xi. 13.

port me under discouragements, to succour me in temptations, and to assist me in all parts of my duty; that I may ever hereafter live in thy fear, and in constant, sincere, and universal obedience to all thy righteous laws.

Thou, O searcher of hearts, knowest the sins to which I am most inclined (*Here name them*); and herein will lie my greatest danger of backsliding: but, O my God, I beg a double portion of thy aid against them: hold thou up my goings in thy paths, that my footsteps slip not. O work in me that faith, by which I may overcome the world, the devil, and my own corrupt nature*.

There may be many sins, which, through thy grace, I have not yet committed; but alas! there is in my corrupt nature so great a proneness to evil, that without thy restraining grace, every temptation, when I shall have more age and liberty, will be apt to draw me from my obedience, and to overthrow all my present resolutions.

But my help standeth in thee, O great Creator, who hast made Heaven and earth; and I commit† my soul to thy keeping. O thou that art faithful, as well as al-

* 1 John v. 4.

† 1 Pet. iv. 19.

mighty, watch over me, that I may not be beguiled by the deceitfulness of sin, or betrayed by my own treacherous heart, or surprised by my ghostly enemies; and give me grace, myself to watch and to pray incessantly, lest I enter into temptation. Hear, Lord, from Heaven, and succour me, for the alone merits of Jesus my Saviour. *Amen, Amen.*

PETITIONS FOR PARTICULAR GRACES.

O THAT my ways, Lord, were made so direct, that I might keep thy statutes! For then shall I not be confounded, when I have respect unto all thy commandments*.

Vouchsafe me thy Holy Spirit therefore, O Lord God, to work in me whatever is well pleasing in thy sight, that, for the time to come, I may bring forth fruits meet for repentance.

O let it be thy good pleasure to create in me a saving knowledge of thee, and of my duty, a justifying faith, true sanctification, and a purifying hope, an ardent love, and a filial fear of thee, a constant desire of pleas-

* Psal. cxix.

ing thee, and a great tenderness of offending thee.

Lord, create in me a penitent heart, a resigned will, and mortified affections, an habitual mindfulness of thy presence, and a steady devotion in my prayers, sincere intentions and zeal for thy glory, perseverance in all holy purposes, and constancy in all trials and temptations.

Lord, create in me a reverential awe of thy name, a delight in thy service, a sincere regard to thy holy day, and to the house of prayer, and a great attention to thy word; a daily care of my time, and diligence in my studies.

Lord make me chaste and temperate, easy to be advised, and patient of reproof; and create in me a cheerful and meek, a contented and considerate, a quiet and peaceful spirit.

Lord, bless me with health and competency of living, with a good understanding, a retentive memory, and a ready apprehension, and with such a measure of temporal good things, as thou seest fit for me: and give me grace to make a right use of all those blessings which I have already received.

Lord, purify my thoughts, bridle my tongue, guide all my actions, guard all my

senses, stop my ears, and turn away my eyes from sin and vanity.

Lord, give me grace to be just in all my dealings; to do to all men as I would they should do to me; to be subject to my parents, and to all my superiors; to the King as supreme, and to all civil magistrates; to the pastors of thy Church, and to all my governors in this place: O grant that I may render due honour and obedience to them all in their several stations.

Lord, make me willing to forgive injuries, and unwilling to offer any; make me grateful to my benefactors, friendly to my equals, condescending to my inferiors, compassionate to the afflicted, charitable to the poor, according to my ability, a lover of good men, and kind to my enemies; and give me grace to keep always a conscience void of offence towards thee, and towards all men, and to continue in the communion of the Church without wavering.

O merciful God, keep thy servant from all wilful, deliberate, or presumptuous sins, and let no wickedness have dominion over me.

From stubbornness and pride, idleness and sloth, intemperance and youthful lusts, inconstancy and lying, good Lord, deliver me.

From irreligious principles, and false teachers, unruly passions, and violent temptations, from contracting vicious habits, or taking pleasure in sin: from profaneness and ill company, envy and malice, detraction and uncharitableness, good Lord, deliver me.

From the errors and vices of the age, and all sinful affections, from whatsoever is offensive to thee, or destructive to my own soul, good Lord, deliver me.

Hear me, O heavenly Father, and conform my whole life to the example of my blessed Saviour, and that for his sake, in whose holy words I sum up all my wants: *Our Father which art in Heaven, &c.*

DEVOTIONS PREPARATORY TO RECEIVING THE LORD'S SUPPER.

A MEDITATION ON THE OUTWARD ELEMENTS.

I ADORE thee, O blessed Jesus, my Lord, and my God, when I consider what that Sacrament is, to which thou now invitest me, and of what parts it consists; of an outward and visible sign, and of an inward and spiritual grace: for thou, Lord, who knowest our infirmities, and how little able we

are to conceive things heavenly and spiritual, in pity to our dark and feeble apprehensions, hast ordained outward and obvious, and visible signs, to represent to our minds thy grace, which is inward and invisible. Thou hast ordained bread and wine, which is our corporal food, to picture out to our faith the food of our souls.

ON THE INWARD PART, OR THING SIGNIFIED.

I KNOW, O my God, that I must look through the outward elements, and fix my faith on that which they signify, and which is the inward and invisible grace, even thy own blessed body and blood, which is verily and indeed taken and received by the faithful in the Lord's Supper.

But, Lord, how canst thou give us thy flesh to eat?

Lord, thou hast told me *, that thy words they are spirit, and they are life, and are therefore not carnally to be understood: Lord, I believe, help thou my unbelief.

Lord, I believe that the bread that we break, and the cup that we drink, are not bare signs only, but the real communication

* John vi. 63.

of thy body and thy blood *, and pledges to assure me of it ; and I verily believe, that if with due preparation I come to thy table, as certainly as I receive the outward signs, so certainly shall I receive the thing signified, even thy most blessed body and blood ; to receive which inestimable blessing, O merciful Lord, do thou fit and prepare me. *Amen, Amen.*

ON THE INSTITUTION OF THE LORD'S SUPPER.

I ADORE thee, O blessed Jesus, my Lord, and my God, when I consider that this holy Sacrament was thy own institution ; for it was thou, Lord, who, in the same night in which thou wast betrayed, didst first take bread, and after that the cup, and didst bless them, and give them to thy disciples. O blessed Saviour, strike into my soul an holy awe and reverence in approaching it : O create in me heavenly dispositions to celebrate so heavenly an institution. *Amen, Amen.*

ON THE END OF THE INSTITUTION.

I ADORE thee, O blessed Jesus, my Lord, and my God, when I consider for what end

* 1 Cor. x. 16.

thou didst institute thy Holy Sacrament, implied in thy own command, *Do this in remembrance of me.*

But what need this command, O gracious Lord? Is it possible for me ever to forget thee my Saviour, who hast done so great things for me?

Alas! my own experience tells me that every temptation, every vanity, is apt to make me forget thee, though thy own dying words bid me remember thee.

But, O blessed Lord, for thy infinite mercies sake, pardon all my forgetfulness and ingratitude, and do thou now create in me that thankful and lively remembrance of thy death, which may excite me to give up myself entirely to thee, by dying daily unto sin, and mortifying every corrupt affection. *Amen, Amen.*

A THANKSGIVING FOR CHRIST'S SUFFERINGS,
Which may be repeated during Passion Week.

O THOU, my crucified Saviour, glory be to thee for causing thy sufferings to be recorded in the Gospel: I have read, and I remember the works and triumphs of thy almighty love, for which I will always adore and praise thee.

I remember, O gracious Lord, how thou, who thoughtest it no robbery to be equal with God, wast made in the fashion of frail man*, and tookest on thee the form of a servant: I remember how many reproaches, and contradictions, and blasphemies, and persecutions thou didst endure from a wicked and perverse generation; and all this to save us sinful men.

Q. Lord Jesus, was ever sorrow like unto thy sorrow? Worthy art thou, O Lamb, that wast slain, to receive power, and riches, and wisdom, and strength, and honour, and glory, and blessing †.

I remember, O gracious Lord, how thou didst endure a most bitter agony, and didst sweat great drops of blood, falling to the ground; how thou, who art God above all, blessed for ever ‡, wast treacherously betrayed and apprehended, and bound as a malefactor; how thou wast set at nought by *Herod* and his men of war, and forsaken of all thy disciples, and denied by *Peter*; and all this to save us sinful men.

O Lord Jesus, was ever, &c.

* Phil. ii. 7.

† Rev. vii. 12.

‡ Rom. ix. 5.

I remember, how thou, O God of truth, wast accused by false witnesses; how thou, whom all the angels adore, wast blindfolded, and buffeted, and mocked, and spit upon, and stripped naked, and scourged; and all this that we may be healed by thy stripes, and to save us sinful men.

O Lord Jesus, was ever, &c.

I remember, Lord, how thou, who art the great Judge of Heaven and earth, wast thyself dragged to the judgment-seat, and condemned; how thou, O King of Heaven, wast crowned with thorns, and oppressed with the weight of thy own cross: and all this to save us sinful men.

O Lord Jesus, was ever, &c.

I remember, O blessed Saviour, how thou, who art the Lord of Glory, and the sole author of life, wast put to a most ignominious death; how thy hands and thy feet were nailed to a cross; how thou wast crucified between two thieves, and numbered with the transgressors; how thou hadst gall given to thee to drink to embitter thy very last gasp; and all this to save us sinful men.

O Lord Jesus, was ever, &c.

I remember, O gracious Lord, how when thou wert hanging on the very cross, thou wast scoffed at and reviled; how infinitely thou wert then afflicted and bruised for our transgressions, when the iniquities of us all were laid on thy shoulders; how thou didst then express an anguish greater than all the tortures of thy crucifixion, when thou didst cry out, My God, my God, why hast thou forsaken me! and how thou didst at the last give up the ghost, and die thyself, that we might live.

O Lord Jesus, was ever, &c.

I unfeignedly believe, O gracious Lord, that thou didst suffer all this for sinful men, when we were all thy utter enemies, and had nothing in us, to move thee to pity us, but our extreme misery; nothing to move thee to save us, but our great unworthiness, and thy greater mercy.

O the depth of the riches of thy love, blessed Lord! How unutterable is thy mercy, and thy love past finding out!

Was there ever sorrow like that which my Lord and my God endured for me?

Was there any love like to that love my Lord and my God hath shewed me?

O my gracious Lord, my heart is now full of the sense of thy mercy; and what have I to return to thee but the devotion of myself; accept it, O merciful Lord, imperfect as it is. With all my heart I praise and love thee; but, alas! I can never do it enough.

O do thou at the last, gracious Lord, translate me to thy kingdom of glory, that there I may love thee to the uttermost capacity of a creature, and praise thee to all eternity. *Amen, Lord Jesus, Amen, Amen.*

ON THE BENEFITS WHICH WE RECEIVE IN THE LORD'S SUPPER.

I ADORE thee, O blessed Jesu, my Lord, and my God, when I consider the benefits, which through thy mercy we receive by this Holy Sacrament.

Glory be to thee, O Lord, who there makest thy own body and blood to become our spiritual food, to strengthen and refresh our souls.

Glory be to Thee, O Lord, who by this immortal food dost nourish our souls to live the life of grace here, and dost raise us up to life everlasting hereafter. Lord, do thou evermore give us this bread*. *Amen, Amen.*

* John vi. 34.

MOTIVES FOR RECEIVING THE LORD'S SUPPER.

O BLESSED Saviour! what more powerful motives can I have to persuade me to communicate, than thy command, and the blessed effects of this Holy Sacrament!

But, alas! my corrupt nature is apt to subject me to low and base inducements to this duty; such as are, fear of my superior's displeasure, if I abstain; or shame of not appearing as devout as my equals; or the mere custom of the place, or of the season.

But, Lord, I do from my heart renounce all these and the like carnal considerations, and I come to thy table, to renew my baptismal covenant with thee.

I come to testify my sense of thy love, O heavenly Father, in thy so loving the world, as to give up thy only Son to die for me.

I come to testify my faith in thee, and my love towards thee, O blessed Saviour, and thankfully to commemorate thy wonderful love in dying for me.

I come, Lord, to testify my steadfastness in the communion of thy Church, and my charity to all the world.

I come to thy table, O Lord, from a sense that I want that spiritual food, to which thou there invitest me.

Alas! I am soon apt to grow weary of well-doing; a few prayers tire me; every slight temptation overcomes me; and I know there is no food can strengthen my soul but thy body; no cordial can revive my drooping obedience, but thy blood; and it is thy most blessed body and blood after which I hunger and thirst: O gracious Lord, grant that I, and all who communicate with me, may feel its saving efficacy. O feed, refresh, and nourish our souls with it to life everlasting, and that, for thy own infinite mercy's sake, which moved thee to offer up thy body and blood for us. *Amen, Amen.*

PRAYER FOR PREPARATION.

To be added to Morning Prayer on the Day of Communion.

BLESSED Lord Jesus! I even tremble when I consider, that he that eateth and drinketh unworthily, increases his own guilt; and this makes me afraid to come to thy altar.

But when I consider, that thy sentence is as severe against those, who, being invited, refuse to come, (for thou hast said, they shall

not taste of thy supper) I am then afraid to keep away.

But blessed be thy mercy, O Lord: for in this perplexity thou art my guide; thou by giving me this opportunity of receiving, invitest me to thy table; thou callest me to seek thy face, and my heart replies, Thy face, Lord, will I seek.

If thou, Lord, shouldst be extreme to mark what is done amiss, alas! I am then unfit, not only to communicate, but to say even my daily prayers.

I know, Lord, that if I should stay till I am worthy to come, I should then never come; and therefore, though I am unworthy of so unspeakable a mercy, yet I come to beg thy grace to make me worthy, or at least such a person as thou wilt accept.

O blessed Jesus, do thou so open my eye of faith, to discern thy body and blood in this Holy Sacrament: do thou so dispose me at this time, that I may feel all the happy effects of thy own divine institution; that my soul may receive such lasting impressions of thy goodness, and be so filled with the love of thee, and with the incomparable delights of thy service, and with such an early foretaste of heaven, that all the

pleasures of sin, which in my growing years may tempt me, may appear to me tasteless and unwelcome.

O Heavenly Father, clothe me with the wedding garment, even the graces of my blessed Saviour; for then am I sure to be a welcome guest at thy table, when I shall come thither in the likeness of thy own well-beloved Son, in whom thou art always well pleased.

O Heavenly Father, fill me with a lively faith, profound humility, filial obedience, pure affections, and universal charity: O raise in my soul all that zeal and devotion, that love and desire, that joy and delight, that praise and thanksgiving, which become the remembrance of a crucified Saviour, which become one redeemed by the blood of God; and that, for his sake only that redeemed me; in whose holy words I sum up all the graces and blessings of which I stand in need: *Our Father, which art in heaven, &c.*

DIRECTIONS IN TIME OF RECEIVING.

IN time of receiving this Holy Sacrament, labour all you can to keep your heart affected with the public prayers, filling up all the vacant minutes with holy ejaculations, such as these which follow :

AT THE OFFERTORY.

BLESSED be thou, O Lord God, for all things come of thee, and of thy own do I now give thee *.

O let my alms be a sacrifice acceptable and well-pleasing to thee †.

AT GOING TO THE LORD'S TABLE:

IN the multitude of thy mercies, O Lord God, do I now approach thy table: O pardon my sins, and receive me graciously. *Amen, Amen.*

AT THE CONSECRATION.

O **BLESSED** Jesu, in the bread broken, I call to mind thy body torn with whips, and

* 1 Chron. xxix. 14.

† Phil. iv. 18.

thorns, and nails ; and in the wine poured out, I call to mind thy precious blood, shed for my sins.

Glory be to thee, O Lamb of God, that didst offer thyself a sacrifice to take away the sins of the whole world : Lord, have mercy on me, and take away mine also.

WHILST OTHERS ARE COMMUNICATING.

O MY God, whom have I in heaven but thee ? And there is none on earth I desire in comparison of thee*.

As the hart panteth after the water-brooks, so panteth my soul after thee, O God †.

My soul is athirst for thee, O God, my God.

Blessed Saviour, I am thine, I am wholly thine ; for thou hast bought me with a price, with the inestimable price of thy own blood ‡.

Lord, suffer not the price of thy own blood to perish, and I will always glorify thee in my body, and in my spirit, which are thine.

If there be many communicants, and you have much vacant time, and want devout

* Psalm lxxiii. 25. † Psalm xlii. 1. ‡ 1 Cor. vi. 20.

matter to employ your thoughts till all have communicated, you may then repeat the *Thanksgivings for Christ's Sufferings*, p. 54. either in whole or in part, as you see it needful.

WHEN THE PRIEST COMETH TOWARDS YOU.

O LORD GOD, I now desire to renew my covenant with thee, and to seal it in this sacrament.

Lord, put thy laws into my mind*, and write them in my heart: and for the sake of that passion of thy Son, which I now commemorate, be merciful to my unrighteousness; my sins and my iniquities remember no more; be thou my God, and I will be thy servant. *Amen, Amen.*

O my soul, taste now, and see how gracious the Lord is t.

AFTER RECEIVING THE BREAD.

GLORY be to Thee, O Lord, who feedest me with the bread of life.

O Lord God, who didst sanctify us by the offering of the body of Jesus once for all †, sanctify me, even me, O Heavenly Father.

* Heb. viii. 10.

† Psalm xxxiv. 8.

‡ Heb. x. 10.

AFTER RECEIVING THE CUP.

GLORY be to thee, O Lord Jesus, who permittest me to drink of the fountain of life freely.

Blessed Saviour, thou hast loved us, and washed us from our sins in thy own blood; and, therefore, to thee be glory and dominion for ever and ever. *Amen, Amen* *.

Glory be to thee, O Jesus, my Lord and my God, for thus feeding my soul with thy most blessed body and blood: O let thy heavenly food infuse new life and new vigour into my soul, and into the souls of all that communicate with me, that we may all grow more humble and contrite for our sins, that we may all love thee, and serve thee, and delight in thee, and praise thee more than we have heretofore done. *Amen, Amen.*

After the congregation is dismissed, take the first opportunity of retiring to your chamber, and there give God thanks in the following form for that great blessing of which he has now made you a partaker.

* Rev. i. 6.

A THANKSGIVING AFTER RECEIVING THE
LORD'S SUPPER.

O how plentiful is thy goodness, O Lord, which thou hast laid up for those that fear thee, and put their trust in thy mercy *.

Thou hast not only died for us on the cross, but hast united thyself to us in the Holy Sacrament, and become the very food, the life, the strength, the support of our souls.

What thanks then, gracious Lord, can I return to thee for that love which thou hast shewed to me, wretched sinner!

O, Lord, raise thou my devotion to the highest pitch to praise thee; enlarge my soul to love thee!

How can I ever more offend thee, O crucified Saviour! And yet, whilst I carry this body of sin about me, I fear I shall. But, Lord, I do from my heart renounce and abhor all things that displease thee; I resolve, to the utmost of my power, to resist all temptations, and to become as totally thine as my frail nature will permit.

O, gracious Lord, who hast so infinitely loved us, and given us everlasting conso-

* Psal. xxxi. 19.

lation, and good hope through grace, comfort my heart, and for ever establish it in every good word and work; grant that I may never more pollute my soul, which thou hast now consecrated to be thy temple.

Blessing, and honour, and glory, and power, be unto him that sitteth on the throne, and to the Lamb for ever.

I will love thee, O Lord my King, and I will praise thy name for ever and ever.

Praise the Lord, O my soul; while I live will I praise the Lord: As long as I have any being, I will sing praises unto thee, O blessed Saviour, my King and my God.
Amen, Amen.

GENERAL DIRECTIONS

ON THE USE OF THESE AND THE FOLLOWING PRAYERS.

If opportunity, leisure, and devotion do at any time incline you like Daniel * and holy David †, not only at morning and evening, but also at noon-day to pray to God, you may then use the prayer for particular Graces, p. 48, or the form of Resolution, p. 41, or of Oblation, p. 42, or the forms of General Thanksgiving, p. 74, or of Intercession, p. 77, as may best suit with the season and with your own affections.

If you find that any particular sin of which you are guilty, or any grace which you want, or any blessing for which you desire to give thanks, is not in these forms of prayer expressly mentioned, you can have no difficulty in supplying them as occasion requires; and in like manner, if you meet with any passages which are not suited to express your feelings, you are at liberty either to alter or omit them.

* Dan. vi. 10.

† Psal. lv. 17.

ON THE RIGHT USE OF FASTING.

WHENEVER you are engaged in the solemn duties of self-examination and confession, believe me, nothing will more enforce your prayers and repentance, than if you accompany them with fasting and alms, after the example of *Cornelius*, whose prayers and fastings, and alms, all joined together, were so acceptable to God *, that he sent first, an angel from heaven, and after the angel, an apostle, and after the apostle, the Holy Ghost, to confirm and enlighten him,

The kind of fasting which I recommend, is only the denying yourself, in some instances, the full indulgence of your appetite.

And I would caution you most earnestly against doing this so as to be seen or approved of by others; for this both is hypocrisy, and is likely to puff you up with a vain conceit of your holiness, and to cause you to be guilty of the great sin of spiritual pride: And, alas! when you have done your utmost, you will fall very short of your duty, and it is God's mere mercy, and not any the least merit in you, which makes your service acceptable to him.

* Acts x. 4.

CONCERNING INFIRMITIES.

If, after all the care and pains you can take, and your petitions also for God's grace, you find in the performance of your duty, in your daily prayers, examinations, receiving the Holy Eucharist, or the like, great coldness and wanderings, and weariness of spirit, and that your heart is little affected, and that you fall very much short of the rules here laid down, and therefore are ready to conclude that all that you have done is in vain, be not disheartened at this; your being so much grieved for your failings, is an argument of filial tenderness, and of a desire to serve God better; and if you still continue your endeavours and prayers, patiently relying on God's infinite goodness, be assured that in his good time he will hear you.

Be not then afflicted, if you cannot come up exactly to the rules here given you: it is sincerity which God requires of us, and not perfection; for if there be a willing mind in us, it is accepted according to that which a man hath, and not according to that a man hath not*. So that however your infirmi-

* 2 Cor. viii. 12.

ties may humble, they ought not to discourage you.

For instance, suppose you should not be able, after all your endeavours, to shed any, or but few tears for your sins, be not too much cast down at it; for to be troubled for want of tears, is one sign of a godly sorrow; and there may yet be true godly sorrow without them.

Whensoever, then, you are troubled with an afflictive sense of your infirmities, I advise you to use the following prayer against failings, and to rest satisfied, that he that died for you, will both hear, and accept, and succour you.

A PRAYER AGAINST FAILINGS.

O THOU compassionate Saviour, look down from Heaven, and have mercy upon me, wretched sinner: O help me; for without thee I can do nothing as I ought; my very prayers and repentance are accompanied with so many failings, that I am sometimes afraid that thou, Lord, wilt not hear such prayers, nor regard such repentance.

But, O blessed Saviour, my Lord, and my God, it is thy promise not to discourage

the humble and penitent: thou wilt not quench the smoking flax, or break the bruised reed*.

Thou hast compassion upon the weakness of thy servants: thou art the good Shepherd of the sheep, who art described by the prophet as carrying the tender lambs in thy bosom, and gently leading those that be with young †.

Thou thyself hast felt human infirmities, and canst not but pity those that sigh under them †.

Why art thou then so heavy, O my soul, and why art thou so disquieted within me? O put thy trust in thy Saviour, who is the help of thy countenance, and thy God §.

O, gracious Lord, do thou pity me, and accept my weak and imperfect performance, and supply, by thy boundless mercy, all the defects in my duty; let it be thy pleasure that I should serve thee better, O Lord: increase, O Lord, thy succours of grace, and I shall then increase in my obedience.

O thou lover of souls, for the sake of thine infinite compassion which moved thee to die for me, hear me, and help me. *Amen, Lord Jesus, Amen.*

* Matt. xii. 20. † Isa. xl. 11. ‡ Heb. ii. 10. iv. 15.

§ Psal. xliii. 5.

A FORM OF GENERAL THANKSGIVING

*Proper to be used on the Great Festivals
of the Church.*

WORTHY art thou, O Lord of heaven and earth, to receive glory, and honour, and power; for thou hast created all things, and for thy pleasure they are, and were created*.

Thou hast made the heaven, the heaven of heavens, with all their host, the earth, and all things that are therein: Thou preservest them all, and the host of heaven praiseth thee †.

Glory be to thee, O Lord God Almighty, for creating man after thine own image, and making so many creatures to minister to his use.

Glory be to thee, who givest us life, and breath, and all things; who givest us fruitful seasons, and fillest our hearts with food and gladness †.

Glory be to thee, O Lord God, for all thy many blessings and deliverances; for all thy forbearance and long-suffering to this sinful

* Rev. iv. 11.

† Nehem. ix. 6.

‡ Acts xiv. 17.

nation: and for that light of the Gospel vouchsafed to us, of which so great a part of the world is destitute.

Glory be to thee, O Heavenly Father, for my being and preservation, strength and health, understanding and memory, for the dear relatives and kind friends which thou hast given me, and for all my abilities of mind and body.

Glory be to thee, O Heavenly Father, for my livelihood, for my education, for all my known or unknown deliverances from danger, and for the guard which thy holy angels keep over me.

But, above all, glory be to thee for giving thy only Son to die for my sins, and for all the spiritual blessings which he has purchased for me; for my admission by Baptism into his Church, for all my opportunities of serving thee, and of receiving the Holy Sacrament; for my escapes from sin; for whatever good I have done, for all thy gifts of grace, and all my hopes of heaven.

Glory be to thee, O Lord Jesus, for thy love to lost mankind: for condescending to take our frail nature on thee: for giving thy heavenly doctrine to instruct us, thy great miracles to convince us, and thy perfect example to be our guide.

Glory be to thee, O blessed Jesus, for thine agony and bloody sweat, for all the torments and anguish of thy bitter passion; for thy glorious resurrection, thine ascension into heaven, and intercession for us at the right hand of thy Father.

O gracious Lord, thou that hast done so much for me, how can I ever sufficiently praise and love thee ?

Glory be to thee, O blessed Spirit, for all the miraculous gifts and graces which thou didst bestow on the Apostles, to fit them to convert the world ; for instilling holy thoughts into my soul, for all the strength, and support, and comfort, and illumination which we receive from thee ; for all thy preventing, and restraining, and sanctifying grace.

Blessed Spirit, let me never more by my sins grieve thee, who art the author of life and joy.

Blessing, and honour, and thanksgiving, and praise beyond what I can utter, or conceive, be given unto thee, O Father, Son, and Holy Ghost, Three Persons in one God, by all angels, and all men, and all creatures, for ever and ever. *Amen.*

A THANKSGIVING FOR THE FOUNDERS OF
PUBLIC SCHOOLS.

I GIVE thee humble and hearty thanks,
O most merciful Father, for our founder,
and all other our benefactors, from whose
bounty we derive the blessings of religious
education and useful learning; and I be-
seech thee to give us grace so to use these
thy blessings to the glory of thy name, that
we may become profitable members in the
Church and commonwealth, and be at last
partakers of the immortal glory of the resur-
rection, through Jesus Christ our Lord.
Amen.

A FORM OF GENERAL INTERCESSION,

*Which may be used especially on Days of
Public Fasting and Humiliation.*

HOLY, holy, holy, Lord God Almighty,
I, a miserable sinner, humbly acknowledge
that I am altogether unworthy to pray even
for myself; but since thou hast commanded
us to make prayers and intercessions for all
men, in obedience to thy command, and in
confidence of thy goodness, I humbly desire
to commend to thy mercy the wants and ne-
cessities of all mankind.

Lord, let it be thy good pleasure to restore to thy Catholic Church primitive peace and purity, and to preserve it against the gates of hell.

Particularly, O Lord God, I implore thy mercy for this sinful nation; for the iniquity of the land is exceedingly great: we are unthankful for thy blessings, incorrigible under thy judgments, and unprofitable under all the means of grace; and what can we expect from thee, but to drink deep of the cup of thy wrath?

But, O Lord God, in the midst of judgment remember mercy: Turn thou us, good Lord, and so shall we be turned: O be favourable to thy people, and give us all grace to turn to thee in fasting, weeping, and mourning.

O Lord God, out of the multitude of thy mercies, give us grace to fear thee, and to keep thy commandments always, that it may be well with us, and that thou mayest rejoice over us, to do us good.

O let it be thy good pleasure to bless us all, from the highest to the lowest, in our several stations:

To defend the Church of *England* from the assaults of its enemies; from false doctrine, heresy, and schism; and to give grace

to all Bishops, Priests, and Deacons, that both by their preaching and living they may set forth thy true and lively word.

O let it be thy good pleasure to save and defend our Sovereign Lord the King from all his enemies: grant him a long and happy reign over us; and endue him with all those gifts and graces which may make him a terror to evil works, and a promoter of thy glory.

Bless him and all the Royal family with all temporal good things, and with eternal glory in the world to come.

Lord, let it be thy good pleasure to grant to his Council, wisdom from above; to all magistrates, integrity, and zeal for religion; to the gentry and commonalty, pious and just, peaceable and loyal hearts; to our armies and navy, protection and victory; to the whole nation, healthful, and fruitful, and peaceable times.

Lord, let it be thy good pleasure to grant to all *Jews, Turks*, infidels, atheists, and heretics, conversion; to all malefactors and wicked men, timely repentance; to all holy persons, increase of grace and perseverance.

Lord, let it be thy good pleasure to bless all those whom I have any way wronged, and to forgive those that have wronged me;

to comfort the disconsolate; to give health to the sick, ease to those that are in pain, patience to the afflicted, food to the hungry, clothes to the naked, liberty to the captive.

Lord, let it be thy good pleasure to bless my parents, my brothers and sisters, and all my relations; all my friends, and all my Governors, all my fellow-scholars, particularly — (*Here you may name them if you see occasion.*) Lord, thou best knowest all our conditions, all our desires, all our wants: do thou, therefore, suit thy graces and blessings to our several necessities of body and soul.

Hear, O merciful Father, my supplications, and that for the sake of thy Son Jesus, who died for us all; in whose holy words I sum up all my own, and the wants of all for whom I pray. *Our Father, &c.*

DIRECTIONS IN TIME OF SICKNESS.

IF it please God to visit you with disease, let it be your first care to make your peace with Heaven; for by taking you off from your usual studies and pursuits, God gives you a call to repent; delay not then in the beginning of your sickness to call your ways to remem-

brance, but let self-examination and repentance occupy the chiefest place in your thoughts.

Beware of deferring this duty because you are young, and think you may have time enough to repent hereafter; for you see that persons younger than yourself die, and you are not sure to outlive this distemper; and if you should put it off till your sickness becomes more severe, it may perhaps take away your senses; or if it does not, it will much more indispose you to prayer and recollection.

In the beginning of your sickness, begin your repentance; and say over this following prayer, and not only say, but endeavour to practise it:

PRAYER IN THE BEGINNING OF SICKNESS.

O Heavenly Father, who in thy wisdom knowest what is best for me, if it seem good in thy sight, remove this distemper from me, so that I may employ my health to thy glory, and praise thy name.

But if thou art pleased that it should greatly increase, I willingly submit to thy afflicting hand; for thou art wont to chastise those whom thou dost love; and I am sure thou wilt lay no more on me than thou wilt enable me to bear.

I know, O my God, that thou sendest this sickness on me for my good, even to humble and to reform me ; O grant it may work that saving effect in me.

Lord, create in me a true penitent sorrow for all my sins past, a steadfast faith in thee, and sincere resolutions of amendment for the time to come.

Deliver me from all frowardness and impatience, and give me an entire resignation to thy divine will: O suffer not the disease to take away my senses, and do thou continually supply me with devout and holy thoughts. Lord, bless all the means that are used for my recovery, and restore me to my health ; but if otherwise thou hast appointed for me, thy blessed will be done. O wean my affection from all things below, and fill me with ardent desires after Heaven: Lord, fit me for thyself, and at thine own good time bring me to those joys unspeakable and full of glory. Grant this for the sake of thy only Son Jesus, my Saviour, in whose holy words I sum up all my wants: *Our Father, &c.*

SHORT PRAYERS IN TIME OF SICKNESS.

FATHER, if it be possible, remove this cup from me; nevertheless, not my will, but thine be done*.

* Matt. xxvi. 39

Trouble and heaviness have taken hold upon me; but my sure trust is in thee, O Lord.

Forsake me not, O my God, when my strength faileth me; haste thee to help me, O Lord God of my salvation*.

Lord, teach me so to number my days, that I may apply my heart unto wisdom †.

Deal thou with me, O Lord, according to thy name, for sweet is thy mercy.

Lord, what is my hope? Truly my hope is even in thee.

O my soul, tarry thou the Lord's leisure: be strong, and he shall comfort thy heart, and put thou thy trust in the Lord.

Into thy hands I commend my spirit; for thou hast redeemed me, O Lord, thou God of truth!

In my Father's house are many mansions; and thou, Lord Jesus, art gone before to prepare a place for us, that where thou art, we may be also †.

Lord, be merciful to me a miserable sinner.

O Lord God, we must all at the last day appear before thy judgment-seat: O cleanse me from my sins, that I may be found blameless at the coming of the Lord Jesus.

* Psal. xxxviii. 21, 22. † Psal. xc. 12.

† John xiv. 2.

As the day goeth away, and the shadows of the evening are stretched out, so passeth away my life, even like a vapour, that appeareth for a little time, and then vanisheth away *.

Eye hath not seen, nor ear heard, nor the heart of man conceived, the good things which God hath laid up for those that love him †.

I know, Lord, that thy judgments are right, and that thou of very faithfulness hast caused me to be troubled †.

O Heavenly Father, my hope is wholly in thy mercy, and in the merits and sufferings of my Saviour: O, for his sake, forgive and save me.

To these, and the like ejaculations, you may add a *Psalm* either reading it yourself, or having it read to you. The xxiii, xxv, xxvii, and li, *Psalms*, are some of those more particularly suited to times of distress and sickness.

But I need give you no farther directions because, I presume, that when you feel your sickness prevailing on you, you will not fail

* James iv. 14.

† 1 Cor. ii. 9.

‡ Psal. cxix. 75.

to send for a spiritual guide who will give you more particular advice, and minister to all the necessities of your soul; and, therefore, I shall only add this Form of Thanksgiving.

A THANKSGIVING AFTER RECOVERY.

GLORY be to thee, O Heavenly Father, for the sickness with which thou hast in mercy visited me.

Before I was troubled, I went wrong; but now I will keep thy word *.

It is good for me that I have been in trouble, that I might learn thy statutes.

Glory be to thee, O Lord, glory be to thee, for delivering me from the terrors of death, and restoring me to my health again.

I called upon the Lord in my trouble, and the Lord heard me at large †.

I shall not die, but live and declare the works of the Lord.

Praise the Lord, therefore, O my soul: as long as I have my life, which at first God gave me, and which he has now restored to me, I will sing praise unto his name.

* Psal. cxix. 67.

† Psal. cxviii. 5.

O Lord God, who hast in thy tender mercy prolonged my days in this world, give me grace to spend in thy service that life which thou hast now lengthened. O give me grace to perform all my new resolutions of obedience, and so to live in the fear and love of thee, all the remainder of my time, that I may at last die at peace with myself, at peace with the whole world, and at peace with thee; grant this for the sake of thy well-beloved Son, and my Saviour, in whose holy words I sum up all my wants: *Our Father, &c.*

Reader, if you have reaped any good from these Prayers and Instructions, give God hearty thanks for it, and let this encourage you to make the more frequent use of them; and may God of his infinite mercy bless them every day more and more to your growth in grace, and to his own glory, for the sake of his blessed Son. *Amen.*

THREE HYMNS,

BY THE

AUTHOR OF THE MANUAL OF PRAYERS FOR THE USE
OF THE SCHOLARS OF WINCHESTER COLLEGE.

A MORNING HYMN.

AWAKE, my soul, and with the sun,
Thy daily stage of duty run,
Shake off dull sloth, and joyful rise,
To pay thy morning sacrifice.

Thy precious time mis-spent, redeem,
Each present day thy last esteem,
Improve thy talent with due care,
For the great day thyself prepare.

In conversation be sincere,
Keep conscience as the noon-tide clear.
Think how all-seeing God thy ways,
And all thy secret thoughts surveys.

Wake, and lift up thyself, my heart,
And with the angels bear thy part,
Who all night long unwearied sing
High praise to the eternal King.

I wake, I wake, ye heavenly choir,
May your devotion me inspire,
That I like you my age may spend,
Like you may on my God attend.

May I like you in God delight,
Have all day long my God in sight,
Perform like you my Maker's will,
O may I never more do ill.

AN EVENING HYMN.

All praise to Thee, who safe hast kept,
 And hast refresh'd me whilst I slept ;
 Grant, Lord, when I from death shall wake,
 I may of endless light partake.

Lord, I my vows to Thee renew,
 Disperse my sins as morning dew,
 Guard my first springs of thought and will,
 And with thyself my spirit fill.

Direct, controul, suggest this day,
 All I design, or do, or say ;
 That all my powers with all their might,
 In thy sole glory may unite.

Praise God from whom all blessings flow,
 Praise Him all creatures here below,
 Praise Him above, ye heavenly host,
 Praise Father, Son, and Holy Ghost.

AN EVENING HYMN.

ALL praise to Thee my God this night,
 For all the blessings of the light,
 Keep me, O keep me, King of kings,
 Beneath thine own almighty wings.

Forgive me, Lord, for thy dear Son,
 The ill that I this day have done ;
 That with the world, myself, and Thee,
 I, ere I sleep, at peace may be.

Teach me to live, that I may dread
 The grave as little as my bed ;
 To die, that this vile body may,
 Rise glorious at the awful day.

O ! may my soul on Thee repose,
 And with sweet sleep mine eye-lids close ;
 Sleep that may me more vig'rous make,
 To serve my God, when I awake.

When in the night I sleepless lie,
My soul with heavenly thoughts supply;
Let no ill dreams disturb my rest,
No powers of darkness me molest.

O may my Guardian while I sleep,
Close to my bed his vigils keep,
His love angelical instil,
Stop all the avenues of ill.

May he celestial joys rehearse,
And thought to thought with me converse,
Or in my stead all the night long,
Sing to my God a grateful song.

Praise God from whom all blessings flow,
Praise Him all creatures here below,
Praise Him above, ye heavenly host,
Praise Father, Son, and Holy Ghost.

A MIDNIGHT HYMN.

My God, now I from sleep awake,
The sole possession of me take,
From midnight terrors me secure,
And guard my heart from thoughts impure.

Bless'd angels! while we silent lie,
You hallelujahs sing on high,
You joyful hymn the ever bless'd,
Before the throne, and never rest.

I with your choir celestial join,
In offering up a hymn divine,
With you in Heaven I hope to dwell,
And bid the night and world farwell.

Give me a place at thy saints' feet,
Or some fall'n angel's vacant seat;
I'll strive to sing as loud as they,
Who sit above in brighter day.

A MIDNIGHT HYMN.

O may I always ready stand,
 With my lamp burning in my hand ;
 May I in sight of Heav'n rejoice,
 Whene'er I hear the Bridegroom's voice.

Bless'd Jesu, Thou on Heaven intent,
 Whole nights hast in devotion spent ;
 But I, frail creature, soon am tie'd,
 And all my zeal is soon expir'd.

Shine on me, Lord, new life impart,
 Fresh ardours kindle in my heart ;
 One ray of thy all-quick'ning light,
 Dispels the sloth and clouds of night.

Lord, lest the Tempter me surprise,
 Watch over thine own sacrifice ;
 All loose, all idle thoughts, cast out,
 And make my very dreams devout.

Praise God from whom all blessings flow,
 Praise Him all creatures here below,
 Praise Him above, ye heavenly host,
 Praise Father, Son, and Holy Ghost.

THE END.

