

A PERFECT PATHWAY TO FELICITY

PHILIP STUBBES



PRAYER
SERIES

A
PERFECT PATHWAY
TO FELICITY

CONTAINING GODLY MEDITATIONS
AND PRAYERS FIT FOR ALL TIMES
AND NECESSARY TO BE PRACTICED
OF ALL GOOD CHRISTIANS

BY PHILIP STUBBES

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To the right worshipful, virtuous, and Godly gentlewoman
mistress Katherine Milward, most faithful spouse to the no less
worshipful, wise and religious gentleman, Master William
Milward, Esquire, P.S. Wish all happy success in this life, with
increase of worship, and in the life to come, eternal felicity in the
heavenly hierarchy by Jesus Christ.

DEDICATION



Two things per adventure (right worshipful) may be marveled at, concerning this little book, as namely, first why I have published it, considering the great number of books, either of the same, or very like argument, extant in these days. Secondly, wherefore I have dedicated it rather unto you, then to any other. For the first, I protest before God, who knows the secrets of all hearts, I have not published it, either for vainglory, lucre, or gains, nor yet for any other private respect of my own whatsoever, but at the instant request, and earnest desire of one of my very good friends, and alliance also, who yet being living, and the only man that has born the whole charges of the impression thereof, both can, and I know will (if need should require) justify the same, against any that should assert the contrary. And for the second, when I considered with myself, how much bound I have always been to your worship, ever since the time that I was first acquainted with you, for your good opinion you have ever conceived of me, and sundry other your courtesies showed towards me, far beyond my deserts or expectation: As also when I called to remembrance your fervent zeal which you have ever borne to the word of God, and holy religion, your exquisite knowledge therein, your careful endeavor to put the same in practice, and to frame your life thereafter. Briefly, when I remembered your marvelous humility and lowliness of mind, your wonderful modesty, gentleness and affability, your rare continency and integrity of life,

with infinite the like virtues and graces, wherewith God has beautified and adorned your worship above many others, I say, when I remembered these things, with many more, I could do no less (having so fit an occasion given me, by reason of my friends importunacy) then to dedicate these my labors to your worship, though not as a reward answerable to your deserts, yet as an infallible testimony, pledge and token of my thankful good will and grateful heart towards you. And albeit that in respect of the form or method of the book (for herein I have not studied to be curious) it may seem to be base and contemptible, and such as is far unworthy to be exhibited, to so wise, so discreet, so Godly and religious a gentlewoman, yet in regard of the matter, which is heavenly and divine, I most humbly beseech you to accept thereof, and to permit the same to go forth to the view of the world under the guard of your protection, and to patronize both the author and the book against the poisoned tongues of railing Phormions, and flouting Momusses, to whom all good things are had in disdain. And in so doing, both God shall be glorified by you, the church and Saints shall praise God in you, and I myself besides that I will not rest unthankful to you to the death, will not cease also to pray to God for you. And thus I most humbly take my leave. From my Chamber, this present 10th of April. 1592.

Your worships in the Lord.

Philip Stubbes

TO THE READER

To the courteous reader, grace, mercy, and peace.

Gentle Reader,

I have been constrained through the importunacy of my friend to publish this little treatise or manual of prayers and meditations, praying you in brotherly love and Christian charity (which as Paul saith covers the multitude of sins) that if anything have passed my pen, either through lack of due consideration, or the press through want of diligent attention, you will yet, either friendly amend it with your pen, or else silently pass it over. And if anything seem harsh, rough or unfiled, think that in this kind of argument I have not studied to be curious and besides, impute the cause thereof to straightness of time, which would not suffer me so much as to write out my copy twice, nor being once writ, scarce to read it over again. Thus friendly Reader I commit you to God, praying you to censure all things to your best, and to help me with your prayers that both you and I, and all the elect of God, in his good time appointed, may come to the full fruition, and possession of all the joys and glory of heaven, which God the Father has promised unto us, through his son Jesus Christ our Lord and Savior.

Thine in the Lord.

Philip Stubbes

CERTAIN GRACES FOR MEALS



Lord our God we give you most hearty thanks for all your benefits which you in mercy have vouchsafed to bestow upon us, and namely (O Lord) for these your creatures which at this present we shall receive of your bounteous liberality, beseeching you to give us grace to use them both at this and all other times, to your honor and glory, and to the refreshing of our hungry bodies, that thereby we may be made more apt to do those things which you have commanded us in your holy word. Grant this O Lord for Jesus Christ his sake our only Savior. Amen.

THANKSGIVING AFTER MEAT

We yield to you hearty thanks, O most merciful Father for all your benefits most liberally bestowed upon us, and especially at this time, for feeding us so plentifully, and grant (good Father) that we never abuse them, but that we may always use them in such sort as we never offend your majesty thereby. Grant this, O Father, for Jesus Christ's sake.

ANOTHER PRAYER BEFORE MEAT

O gracious God, vouchsafe to look upon our weakness and want, and give us at this time those things which may be to our comfort, sanctify these your gifts, that our bodies being replenished, we may

be thankful, and enjoy at your merciful hands, the bread of eternal life, to the relief of our poor souls through Jesus Christ.

ANOTHER PRAYER AFTER MEAT

We thank you, most bountiful Lord, for this your fatherly feeding our hungry bodies, so likewise we beseech you feed our hungry souls with the bread of eternal life, so that after this life is ended, we may ascend where Christ Jesus our only redeemer is gone before. Amen.

A PRAYER BEFORE MEAT



All things depend upon your providence (oh Lord) to receive at your gracious hands due sustenance for the maintenance of their needy bodies, you give it them, and they gather it, you open your hand, and they are satisfied with all good things. O heavenly Father, which art the very fountain of all goodness, we beseech you to show your mercies upon us your children and sanctify these gifts which we receive of your merciful liberality. Amen.

A THANKSGIVING AFTER MEAT

O Lord God, which of your great bounty and fatherly kindness, have at this time most plentifully fed our weak bodies, give us grace continually to be thankful unto your Majesty, for these and all other your benefits most abundantly at all times bestowed upon us, through Jesus Christ our Lord. Amen.

THE FOUR TERMS OF THE YEAR



Hillary Term begins the twenty-third of January, (which if it be Sunday) then the next day following and ends the twelfth of February.

Easter Term begins seventeen days after Easter and ends four days after Ascension Day.

Trinity Term begins the next day after Corpus Christi Day and ends the Wednesday fortnight after.

Michaelmass Term begins the ninth of October (if it be not Sunday) and ends the twenty-eighth of November.

The Queens Majesty's Judges neither sit in Westminster Hall, nor hear any matters pleaded in these days following. Namely, on the Ascension, Saint John the Baptist, All Saints, the Purification of Marie, nor the Sabbath days.

Note also that the Exchequer opens eight days before any term begins, except Trinity Term, in which it opens but four days before.

SPECIAL MEDITATIONS FOR ALL TIMES AND FOR ALL PERSONS



First, meditate with yourself, and think what God is, namely a divine spirit, or spiritual being: and therefore, will be worshipped in spirit and truth. Consider how this blessed God, being divided into a Trinity of persons, the Father the Son, and the holy Ghost, yet all one in substance and essence, has by his almighty power created all things both spiritual and temporal, visible and invisible whatsoever. And as he has created them by his omnipotent power, so does he rule and govern them by his providence, according to his good will and pleasure. And therefore, think that nothing comes to pass by fortune or chance, but by his heavenly determination and appointment. Consider how he has created you after his own similitude and likeness, and therefore you ought to be holy as he is holy. How he has predestined and chosen you before the foundations of the world were laid to everlasting salvation in Jesus Christ: how he has and does justify you, that is, account you just and righteous by a true and lively faith in the blood of his Son: how he does call you to the knowledge of his will and to the state of grace. First by the secret working of his spirit, secondly, by the preaching of his word: thirdly, by the sight and use of all his creatures of infinite variety. Consider how he made you holy, pure, and righteous, and how you by your

rebellion, pride, infidelity, and disobedience, made yourself sinful and wicked. Then consider, how he sent his own son Christ Jesus to redeem you by the shedding of his blood. Who as he is our only savior and redeemer, so is he our only mediator and advocate, and only to be called upon and invocated, and neither angel nor saint, martyr nor confessor, patriarch nor father, nor any other creature whatsoever. Consider with yourself, that as he has fulfilled all things for us, and reconciled us to his Father, so is he now ascended into the heavens, to prepare a place for us, who at the great day of accounts will come again in the same shape, and with the same body that he received of Mary, to judge both the quick and the dead, and to reward every man according to his works. Think that after the general judgment, our bodies being made immortal, and incorruptible, shall be united again to their proper souls, and forever inherit the everlasting kingdom of heaven, where is such joy, as no heart can conceive, no tongue, no not of angels themselves express, nor any pen is able to write. These and the like meditations ended, render most hearty thanks unto God in the name of Jesus Christ, for all his benefits and blessings in mercy bestowed upon you, pray for grace to be thankful, crave pardon for your unthankfulness, and the morning approaching, exercise yourself as follows.

PRECEPTS AND DIRECTIONS FOR THE MORNING



hen you arise in the morning, lift up your hands, your eyes, your soul and mind towards heaven, giving God hearty thanks, as generally for all his graces, and loving kindness shown towards you in Christ: so particularly for the quiet rest and sleep, which he has given to your body that night. Pray for his protection, and assistance, in the residue of your life: which done, meditate thus with yourself.

MEDITATIONS IN THE MORNING



ay thus to yourself. This day which I now enter into, is my last day, nay this moment, my last breath. I have no freehold of my life, see simple of my days, no charter of my years, no not for one minute of an hour, or twinkling of an eye. Death, yea infinite deaths daily wait upon me, and threaten my destruction: yea my body itself, carries infinite deaths in itself, being indeed the efficient cause of its own misery and calamity. Think also that as your body now rises out of your material bed, so shall it rise out of the bed of your grave at the great day of the Lord, and appear before the tribunal seat of God, all naked as ever you were borne, there to receive either the incorruptible crown of everlasting glory, or else the just reward of perpetual confusion. Think also, that as you rise forth of your bed to be occupied and employed in the labors and travails of this life, so should you rise out of the bed of sin, to serve the living God, in holiness and righteousness all the days of your life.

MEDITATIONS TO BE CONSIDERED AT THE RISING OF THE SUN



As now this temporal sun in the heavens representing unto us the true Sun of God Christ Jesus, is now risen, and has spread his beams upon the whole face of the earth, so shall the son of God indeed, at the time appointed manifest himself to the whole world, in unspeakable glory, to judge all flesh, and to reward every work under the Sun according to the quality, and merit of the same. Think also what infinite glory is treasured up in the kingdom of heaven, for the elect and chosen of God, after this life. For if this Sun in the element (being made but one lie for man's use, and to give light to the world for a time) be so glorious as no mortal eye without tears can behold the same, how much more glorious shall we think the joys of heaven to be, prepared for the elect after this life? Think also, that the Sun in the element does not only give light to the world by his radiations and glittering beams, but also does quicken, revive, fructify, and cause to grow all natural things upon the whole face of the earth: so Christ Jesus the son of God, does not only enlighten man by the beams of his grace, and inspiration of his Holy Spirit, but also does revive and quicken both our bodies, and our souls, being dead in sin, and also maketh us fruitful and plentiful in all good works, to the praise and glory of his holy name. Think also of the immensity of this visible Sun, which being in appearance but a small creature, yet such is the majesty and glory thereof, that it conveys his beams unto every corner of the earth: and thereby gather you, the immensity and

immeasurableness of the son of God Christ Jesus, who being the very light and life of the world, sits as a most glorious son in the midst of his creatures, imparting to every one of them certain sparks of his glory, which being taken away, they all consume and come to nothing. These meditations ended, humble yourself before God, and pray as follows or otherwise as the spirit of God shall direct your spirit.

A PRAYER FOR THE MORNING



h most glorious God and loving Father, who as you have by your mighty power created all things; so you have by your unsearchable wisdom ordered and disposed them, as may best serve for the benefit and comfort of man. I render most humble and hearty thanks unto you for all your benefits and blessings, both infinite, and inestimable, in mercies bestowed upon me, and namely for the sweet sleep, and quiet rest, which you have given to my body this night. And as you have preserved me this night from all perils and dangers; so I beseech you to keep my body and my soul this day, not only from committing that which is evil in your sight, but also from sustaining any evil through the envy of the devil, the malice of his ministers, the allurements and enticements of the world, or the corruptions of the flesh. And for that you have commanded every man to labor and train in his vocation and calling, for the maintenance of his estate, I pray you (good Father) so to bless all my labors, and the works of my hands, which I shall take in hand in your blessed and holy name this day,

so as they may tend to your honor and glory, the relief of my necessities, and the common benefit of all men. In all which my labors, give me grace (I beseech you most merciful Father) to deal faithfully, truly, and uprightly, with all men, and not to increase my wealth by any wicked or unlawful means. Grant that I may spend this day in such holy exercises as you have commanded in your blessed word, eschewing those things which are evil, and following those things which be good. And for that we are as it were besieged, and on every side beset, and most strongly assailed with many and puissant enemies, as the devil, and his members, which are infinite, on your one side, the world and the flesh on the other, I beseech you (good Father) to preserve me your servant from all their rage and fury, from all their force and violence. And to this end, let your holy angels pitch their tents round about me, conduct me by their ministry, and preserve me by your mighty power, so I will praise you forever, in the congregation of your Saints, through Jesus Christ our Lord. Amen.

PRECEPTS AT YOUR GOING FORTH OF YOUR CHAMBER



When you go forth of your chamber salute your bedfellow (if you have any) giving him the time of the day, and in meeting others do the like, (for civility requires it.) And when you come into the presence of your parents, not only salute them, but also fall down upon your knees before them, and desire them to pray to God to bless you. When you have so done, wash

your face and your hands, and keep your body clean and neat, in the doing whereof meditate thus with yourself.

MEDITATIONS IN THE WASHING OF ONE'S FACE AND HANDS



As the filthiness and pollution of my body, is washed and made clean by the element of water; so is my body, and soul purified, and washed from the spots and blemishes of sin, by the precious blood of Jesus Christ. Think also, this washing puts me in remembrance of my baptism, of my spiritual birth and regeneration, whereby I am not only born anew by the operation of the Holy Ghost; but also am sealed up to eternal salvation, through the redemption that is in Christ. These meditations ended, pray as follows.

A PRAYER TO BE SAID AT THE WASHING OF ONE'S FACE AND HANDS



Most gracious God, and loving Father, who has given your only begotten son Jesus Christ, to suffer death upon the Cross for my redemption, grant I most entirely beseech you, for his sake, that as this my body is now washed, and made clean by the element of material water; so my body and soul, may both be purified and purged from all uncleanness, and filthiness of sin, through the efficacy of your son his most precious blood. These things thus ordered, go forth to your labors in the fear of God, doing all things to his glory, and the good of your brethren.

MEDITATIONS BEFORE AND AT DINNER



hen dinner time approaches, meditate thus with yourself, as this earthly tabernacle of my body has need to be relieved and sustained with common air and material food; so my son has much more need to be refreshed, and fed with the incorruptible food of the word of God: and then as you hunger after the one, so thirst much more after the other. This done, draw near to the table with reverence, and with hearty affection pray as follows.

A PRAYER BEFORE MEAT



erciful Father, who in your great wisdom and incomprehensible power, has not only created the fowls of the air, the beasts of the earth, and the fishes of the sea, of infinite variety, for the benefit and use of man; but also by your blessing do daily multiply and increase them for the sustentation of man's bodies, sanctify, I beseech you, these your creatures by the power of your word, give them strength to nourish my body, and me grace to use them to your glory and my own comfort. And as in mercy you feed my body with these earthly creatures, which are transitory; so vouchsafe to feed my soul with the spiritual food of your blessed word, which is everlasting, and never shall decay, through Jesus Christ my only Lord and Savior, and for his sake. Amen.

DIRECTIONS HOW A CHRISTIAN SHOULD BEHAVE AT THE TABLE



hen you come to the table, show all obeisance, and courtesy, behaving yourself modestly, humbly, and soberly, as in the presence of God. Eat so much as nature requires, not how much insatiable appetite desires. Be spare as well of hand, as tongue. Let your countenance be amiable and pleasant toward all men. Let all your communication be seasoned with salt, as the Apostle speaks, that it may give grace to the hearers, remembering that we must give accounts at the day of judgment for every idle word. Use not to laugh much, to jest, or scoff, to flout or mock, to deride, backbite, or detract any man behind his back, but in all things so demeanor yourself, that you neither dishonor your God, nor give either offense or evil example unto any at the table. Dinner being ended, give God thanks as follows.

A THANKSGIVING TO GOD AFTER DINNER



ost holy Father, Lord of heaven and earth, I give you thanks in the name of Jesus Christ, for all your benefits and blessings in mercy bestowed upon me ever since I was borne. And namely, O Father, I praise you for feeding my hungry body, as always heretofore, so now presently at this time, with earthly food, beseeching you to feed my soul likewise with the celestial food of your holy word. And I pray you, good Lord, that as you have given unto me the use of these earthly creatures in great

measure; so you will in mercy vouchsafe to give unto me the continual supply of all my necessities and wants, needful either for my soul, or body, to the end, and in the end, through Jesus Christ our Lord.

MEDITATIONS AFTER DINNER



Think thus with yourself. As the mouth of my body whereby I receive corporal sustenance, is flesh and blood; so, the mouth of my soul, whereby I receive the spiritual food of eternal life, is faith towards God, hope in his promises, and love from a pure heart towards the brethren for his sake. Think also, that as the Sun is now in his highest ascent and degree, and therefore of necessity must needs decline, and go downward: And as the day also is now at the midst, or full, and therefore must needs in like manner draw towards his end; so my life being once come to his full ripeness and maturity, must of force draw towards his end, which is death, the reward or salary of sin. These things thus performed, dispose yourself to the labors of your vocation, as before, doing all things to the glory of him that made you, and one day will require a strait account of you for all your labors and works done under the Sun.

DIRECTIONS HOW TO BEHAVE YOURSELF BEFORE AND AFTER SUPPER



hen the day is ended, and the night approaches, first praise God, for your preservation, and protection that day, beseeching him to take like care over you that night. This done arraign yourself (as it were) at the bar, and call your conscience to accounts, demanding of yourself, as well what good you have omitted, and hast not done, as the evil which you have committed, and shouldest not have done. And as well repent for the one, as be sorrowful for the other. This done, draw towards the table in reverent manner, praising God to sanctify his creatures unto you, either in this, or the like form.

A THANKSGIVING TO GOD BEFORE SUPPER



ather of mercy, and God of all truth, look down I beseech you, from the throne of your heavenly palace upon us your humble servants, albeit most wretched and miserable sinners, sanctify both our bodies and souls, by the presence of your Holy Spirit, and bless these your creatures unto us, give them strength to nourish our bodies, and our bodies their natural powers and force, every member to perform his office and duty, according as you have appointed, and as you see to be best for your glory, and the sustaining and repairing of our ruinous and weak natures. And we pray you good Father also, to feed our souls with the celestial Manna of your blessed word and bring us once

to sup with you in the kingdom of heaven, through the precious blood of Jesus Christ.

Then fall to your meat reverently, as before at dinner, having always a diligent eye, that you abuse not the good creatures of God, by gluttony, drunkenness, gourmandize, or any other kind of riot, or excess. Remember that nature is satisfied with a little, and what is more then will suffice nature, is superfluous, and one day you will be accountable for it, to the great judge of all the earth. Your body being satisfied, forget not to relieve the necessity of the Saints, according to your ability, that God may bless you, and multiply your store. When Supper is ended, give God thanks, either as follows, or otherwise, as the spirit of God shall illuminate your heart.

A THANKSGIVING TO GOD AFTER SUPPER



h Lord our God, most gracious and holy Father, we render all praise and thanksgiving to your sovereign majesty, for all your benefits and blessings so plentifully bestowed upon us. And namely we thank you (holy Father) for these your good creatures, which you have at this present in full measure given unto us. O Lord make us thankful for them, and pardon our unthankfulness for Jesus Christ's sake. Finally, make us all your true, obedient and faithful servants, and bring us to everlasting life in your good time, for your great mercies sake in your beloved. Amen.

DIRECTIONS OF CHRISTIAN BEHAVIOR AFTER SUPPER



he rest of the time after Supper until you go to bed, spend with your family, either in singing of Psalms, and spiritual songs, singing and making melody to the Lord, in your hearts: or else in conferring, reasoning, disputing and talking of the word of God, in reading, expounding or interpreting of the same. Then, when time calls you to go to bed, call your whole household together in some convenient place, make public confession of your sins to God the Father, crave pardon and forgiveness for Jesus Christ's sake, and pray for grace to be able to resist sin hereafter, with all means, ways, and allurements leading there unto. Which done, repair to your chamber, revolving with yourself these and the like things following.

MEDITATIONS WHEN YOU COME INTO YOUR CHAMBER



hen you come into your chamber, call to remembrance what evil you have committed that day past, either in thought, word, or deed, towards God, or towards man, and the good which you should have done, and have not done. If you have seen or heard any good thing in any man, note it, learn it, and pray for grace to follow it. If again you have seen or heard any evil in any man, note it in yourself, and pray for grace to eschew it. This done, kneel down by your bed side, confess your sins to God the Father, crave pardon for Jesus Christ's sake, and pray to him to

protect you that night, and to defend you under the shadow of his wings from all perils and dangers both bodily and spiritually. Your clothes being put off, meditate thus with yourself. O what a filthy, unclean, and ugly carcass do I bear about with me, that for very shame had need to be covered with garments. Think also from what an excellent state and dignity (in regard of your first creation) you are fallen, by reason of the filthiness of sin. Then think, that if your apparel were given you for very necessities sake, to cover and hide your shame withal, what reason have you to be proud thereof: For should a beggar be proud of the cloths that wrap his sores: Think also, that as you cannot without shame stand before men, naked and bare, so can you not without shame and confusion of face, stand before the majesty of God, except you be clothed with the garment of Christ's righteousness and holiness. Finally think, that as you put off, and lay aside your material garments: so will you once, and peradventure before you rest again, put off, and lay away the earthly mansion of your body, committing it to mother earth again, from whence it first came. When sleep comes upon you, pray as follows.

A PRAYER WHEN SLEEP COMES UPON ONE



Most merciful Father, with whom there is no difference of time, nor variety of change, seeing you have appointed the day for man to travail in, and the night for him to take his natural rest, I beseech you that as my body has been occupied and employed this day in the labors of this life, so it

may receive by your protection quiet rest and sleep this night, that I may be the abler to go forward in the exercise of good works, in the rest of my life that I have to live, to the praise and glory of your blessed name. And in this my sleep defend me, I beseech you, from all perils and dangers, and from all the force and violence of my enemies both spiritual and corporal. And as it may please you to grant to my body quiet rest and sleep, so let it be your good pleasure to make my soul watchful and vigilant to wait upon you, and diligently to look for your coming of your dear son Jesus Christ unto judgment for my redemption. Keep me from all fearful dreams, and visions, from all fantastical apparitions, and devilish illusions of the wicked enemy, from all carnal pollutions, and ungodly suggestions of the wicked spirit. Finally grant that both my body and my soul, resting under your divine protection, may be safe from all enmity and hostility whatsoever, and at the last may attain everlasting life, through Jesus Christ my only Savior and redeemer. This done, dispose yourself to rest, committing both your body and soul into the hands of God, praying him to be your watchman that night. Then descend into the secret closets and privy chambers of your heart, search every place, and ransack every corner: and if you find any filthiness or uncleanness therein (as indeed you will, find nothing else) wash it away with the tears of repentance, and make it clean with the broom of contrition. Then think thus with yourself. My bed does represent unto me my grave, wherein I must once sleep, and the clothes, the earth, where with all I shall shortly be covered in my sepulcher or grave. And as these

flees and gnats do bite and gnaw my skin, so shall the worms, eat and consume the frame of my body, in the dust of the earth, when the Lord does please. When the morning begins to dawn and the daystar appears, think thus. As now the morning comes on, and the day star begins to appear, so shall Christ Jesus the true morning star, show himself at the time appointed of his Father, to judge both the quick and the dead. And when you hear the crowing of the cock, the sounding of bells, or any other noise whatsoever, think always, that you hear the trump of the Archangel sound, saying, arise you dead, and come unto judgment. When you awake out of sleep, pray to this effect as follows.

A PRAYER WHEN ONE AWAKES OUT OF SLEEP



merciful Father, grant that as you have now awaked my earthly body out of this material sleep, so you will also vouchsafe to raise me up from the sleep of sin, and in the general resurrection of all flesh, to eternal life, through Jesus Christ my only Savior and redeemer.

MEDITATIONS WHEN ONE AWAKES OUT OF SLEEP



all to remembrance the unspeakable joy, glory, and beatitude, the ineffable blessedness, comfort and solace, which all the chosen of God have and will have forever after this life in the kingdom of heaven. Think also of the wonderful beauty that our bodies shall have and enjoy at the day of

judgment, being made like to the glorious body of Christ Jesus, and shining forever as the Sun, in the kingdom of heaven.

A PRAYER TO BE SAID AT THE BREAK OF THE DAY



Lord, the great and everlasting light, from whom all other lights whatsoever have their being and in comparison, of whom they are all but gross and palpable darkness, illuminate my heart and enlighten my understanding with the perfect knowledge of your blessed will. And grant that I knowing it, may faithfully obey you in the same all the days of my life that at the last I may attain to everlasting rest both of body and soul, through Jesus Christ our Lord. Amen.

MEDITATIONS AT THE APPEARING OF THE DAY



Think with yourself, that as your earthly body is guided and governed by your bodily eyes; so, and much more, is your soul and mind guided, ruled, and governed by the direction and inspiration of God's Holy Spirit. And therefore, how much more precious the eye of the soul is than the eye of the eye of the body. So much more is the one to be sought for than the other. Think that brute beasts have their bodily eyes, but man has not only corporal eyes but spiritual also, whereby he discerns strange things, conceives infinite things, understands wonderful things, believes all things, and hopes all things. This done, pray as follows.

A PRAYER WHEN ONE RISES FROM HIS BED



confess most merciful Father, our first parents by sin threw themselves, and all their posterity into a most deadly lethargy, and sleep of sin, whom you in great mercy vouchsafed to restore again, and renew by the death of your son. Grant Holy Father that as you have now raised my body from corporal sleep, so you will also raise both my body and soul from the deadly sleep of sin; and at the last from the dust of the earth, to dwell with you forever, in your everlasting kingdom, through Jesus Christ.

MEDITATIONS WHEN ONE RISES OUT OF HIS BED



Think that as you now arise from your bed, so should you rise from sin, to serve the living God in holiness and righteousness all the days of your life. Think also, that your body shall rise again in the end of the world, either to everlasting life (if you do well) or to everlasting death (if you do evil.) Then put on your apparel, in the doing whereof pray thus.

A PRAYER TO BE SAID AT THE PUTTING ON OF A MAN'S CLOTHES



blesed Father, seeing my natural corruption and filthiness is such, and so great, that of necessity it must be covered with these earthly garments, lest otherwise my nakedness and shame should appear to the world, clothe me, I beseech you, with the garments of Christ's righteousness and

holiness, and impute not unto me my manifold sins and offenses, least I receive not shame only, but everlasting confusion both of body and soul, as a just reward and recompense for my deserts.

CHRISTIAN DIRECTIONS FOR THE MORNING



When you have attired yourself decently and comely, not pompously nor proudly, go forth of your chamber, and if you be master of a household, call your family together, confess your sins, crave pardon for Jesus Christ's sake, pray for grace to resist sin hereafter, and praise God for all his benefits and blessings in mercy bestowed upon you. Pray for continuance of them. Thank him for your protection that night, beseeching him to protect you that day, and to bless all your works and labors. And finally, desire him to keep and defend you that day, and ever from all perils and dangers, both bodily and spiritually whatsoever, and to bring you to everlasting life at the time appointed, through the precious blood of Jesus Christ. This done, go forth to your labors in the fear of God, doing all things with single eye, and good conscience, to the praise of him that made you, being assured that as in mercy he will not leave the good work that we do unrewarded: so in justice he will not leave the least evil that we do commit, either in thought, word, or deed, unpunished, except we repent. To God therefore our Father, to Christ Jesus our Savior and redeemer, and to God the Holy Ghost our comforter, and sanctifier, three persons and one true and everlasting God, be all honor, glory, praise, dominion and thanksgiving forever more. Amen.

A SHORT TREATISE OF PRAYERS AND SUPPLICATIONS

Comprising a brief sum of all such things as we stand in need of in this life. By the same author, P. S. Gent.

A MORNING PRAYER



give you thanks most merciful Father, for all your tender mercies, and loving kindness showed towards me in Christ Jesus ever since I was borne, and namely for the quiet rest and sleep which you have given to my body this night, and for preserving of me from infinite perils and dangers where unto poor man is subject in this life. And I beseech you holy Father, to extend your loving favor towards me this day. Defend me from all mine enemies both bodily and spiritually; bless all the works of my hands. Grant good issue and good success unto me, in all my godly actions, enterprises and affairs. And above all things give me a willing heart and a ready mind to serve you in true holiness and righteousness all the days of my life; that I, glorifying you here upon earth, may be glorified by you forever in heaven, through Jesus Christ our Lord, Amen.

AN EVENING PRAYER



ost gracious God, I praise you through Jesus Christ, for defending me this day from all dangers of body and soul, and for all your other benefits which you have plentifully bestowed upon me. And I pray you, good Father, to pardon and forgive me all my sins and wickedness wherein I have offended your divine majesty, either this day or any day of my life heretofore, even to this present hour. And receive me this night into your tuition and protection that my enemies may have no power over me nor in any sort prevail against me: but that my body by your gracious goodness, enjoying quiet sleep, my mind, my soul and spirit may continually wait upon you, and through faith behold your blessed majesty with an assured confidence and an infallible hope, after this frail and transitory life ended, to possess that immortal and everlasting glory wherein you eternally reign, to whom be all honor and glory for evermore.

A GENERAL CONFESSION



eternal God, Father of our Lord Jesus Christ, without beginning or ending, and of whom all things have their being, I a poor wretched and miserable sinner, lamenting my sins from the bottom of my heart, prostrate myself before the footstool of your blessed majesty, acknowledging and confessing, that I am a most grievous sinner, begot, conceived, and born in sin, and living in all corruption and iniquity, so that in me there is no goodness. Yea, my whole nature is so corrupt, that my

very righteousness itself is nothing but sin in your sight. Wherefore dear Father, setting a part all my own pretended merits as insufficient to purchase your favor, I come unto you in the name of your beloved son Jesus Christ (who is made unto us, holiness, righteousness, sanctification, and redemption) most humbly beseeching you for his precious blood shedding, and for his bitter death and passion, to have mercy upon me, pardon and forgive me all my sins and wickedness, both original and actual, of thoughts, words, works and deeds, of presumption, of frailty, of ignorance, and of knowledge, or howsoever else committed against your sovereign majesty, ever since I was born. Good Father blot them out of your remembrance, hide them in the bloody wounds of your son, wash them away in the streams of his blood. Accept his holiness for my holiness, his righteousness for my righteousness, and his precious blood as a full recompense, satisfaction, and propitiation for all my sins. And as I crave pardon for all my sins past; I beseech you, for your great mercies sake in Jesus Christ, give me grace, power, and strength to resist sin hereafter, with all occasions, means, ways, and allurements leading thereunto. And because (oh Lord) without faith nothing can please you, give me, I beseech you, a true, perfect and a justifying faith, without the which no man shall see your blessed face. Strengthen this faith in me forever to the end, and in the end, grant me your Holy Spirit truly to repent, and most heartily to sorrow for the multitude and heinousness of my transgressions. Work in me also (good Father) an inward hatred, loathing, and detestation unto any, that I,

walking before you with uprightness of heart, may after the dissolution of this my earthly tabernacle, inherit eternal glory in the heavens, through the merits of your son Christ Jesus, Amen.

A CONFESSION OF SINS WITH DESIRE OF FORGIVENESS



sweet Jesus, O most glorious Jesus, Son of the eternal God, who came into this world to take away the heavy burden of them that were laden, to seek them that were lost, and to call sinners to repentance, to give life to the faithful, and to be a mediator between God and man. I a poor and miserable sinner, lamenting my sin from the bottom of my heart, most entirely beseech you for your infinite mercies sake, according to your accustomed desire, to pardon and forgive me all mine offenses, sins and wickedness, of what nature or kind, or how many or grievous soever they be, and to be my mediator and advocate to God your Father, to appease his wrath, to satisfy his justice, and to reconcile me into his favor again. Regenerate, renew, and sanctify my heart (sweet Jesus) with your Holy Spirit, the Spirit of truth, that I may proceed and go forward from virtue to virtue, from grace to grace, from holiness to holiness, until I arrive in the kingdom of heaven, the most quiet and happy haven and port of all peace, through the merits of your blood.

A FRUITFUL PRAYER TO GOD THE HOLY GHOST



most glorious Spirit of the most high God, who being true and everlasting God, with God the Father, and God the Son, proceeding from them both, who also by your heavenly inspiration and breathing, does quicken them that before were dead in sin, comforts them that were comfortless, enlightens them that were ignorant, brings into the way of truth all such as have erred and are deceived, and plentifully enriches them with unspeakable graces, that pray unto you in the name and mediation of Jesus Christ. Purify my heart with the fire of your love, mortify in me whatsoever is not yours, garnish my mind with all heavenly and spiritual treasures, that I may be a most beautiful temple for your blessed majesty to dwell in, to lead me into all truth, oh Everlasting Spirit of everlasting truth, and suffer me not to be carried about with every blast of strange doctrine, but always to remain and abide in that doctrine whereof you only are the author. Embrace my soul against the poisoned suggestions, and crafty temptations of the devil, against the vain pleasures and deceivable delights of this life, and against the filthy lusts of this my cankered flesh, that I being endued and replenished with your holy breath, may do that which is pleasant and acceptable unto you, to whom be all honor, glory, and thanksgiving forever, Amen.

A PRAYER FOR THE QUEENS MAJESTY



W e render all praise and thanks to you, oh king of all kings, and governor of all things, for that in the multitude of your mercies you have vouchsafed to place over us your little flock, so godly and virtuous a guide, so gracious and wise a princess, as the world never had her peer. And we humbly pray you, holy Father, with your favorable countenance to behold the same your servant, our sovereign Lady and governess. And so sanctify her heart with the grace of your Holy Spirit that she may bend all her study and endeavor to the setting forth of your glory, the maintenance of your holy religion, the advancement of true virtue and godliness, the supplanting of vice and commodity of this her majesties common well-being under you: kindle in her a fervent zeal of your glory and a vehement desire to establish whatsoever is defective or lacking in this your Church and vineyard in England, for the true and sincere discipline and government of your church and common wealth. Save and defend her from all foreign power, and authority, from all traitorous conspiracies, plots and practices, either of papists, atheists, or any other sectaries whatsoever. Give her Godly, wise, and religious counselors, such as may respect only your glory, that her majesty ruling according to your will, they counseling according to the inspiration of your Holy Spirit, and we her subjects faithfully obeying, may altogether in the end receive the incorruptible crown of eternal glory in the heavenly Jerusalem, through Jesus Christ our Lord, Amen.

A PRAYER FOR MAGISTRATES AND RULERS IN THE COMMONWEALTH



As much as it has pleased you oh, eternal God, ruler of all kings and kingdoms, to constitute and appoint me (though altogether unworthy) to be a ruler and governor of your people under my sovereign, I beseech you, give me grace, so to execute my office, and minister justice in the commonwealth, that I may please you in all things, injure no man, oppress no man, neither in body, nor in goods, but by your gracious working, may judge justly, neither favoring the rich nor mightily for desire of gifts, nor yet despising the poor for want of rewards, that I seeking your glory, the advancement of your holy word, and Gospel, and the common benefit of all men, may be found acceptable unto you in your beloved, and may hear that sweet harvest sung, well good servant, you have been faithful in small things of this life, (which are but vanities and trifles to the things in the life to come) enter into the joy of the Lord. O Lord let it be so for Jesus Christ his sake. Amen.

A PRAYER FOR THE INCREASE OF FAITH



Almighty God, and loving Father in Jesus Christ, by whose Holy Word we are taught that without faith it is impossible to please you, vouchsafe therefore (most merciful Lord God) to plant in my heart and mind, a true perfect and a justifying faith, that I may certainly know you, the only true God, and him whom you have sent Jesus Christ, with the Holy

Spirit our comforter, sanctifier, regenerator, instructor, and teacher. Increase this faith in me (O Lord) daily more and more, that it may grow up to full perfection, accompanied with good works, without the which no man shall see your glory. Banish far from me, sweet Father, all infidelity and incredulity, all mistrust, and distrust, all doubting and wavering, instead whereof, plant in my heart a constant hope, with a careful keeping of all your commandments, that I doing that which is good and acceptable before you, may be glorified of you in the end, in the kingdom of heaven, through Jesus Christ our Lord.

A PRAYER AGAINST THE DEVIL, THE WORLD, AND THE FLESH



Most merciful Father, I a poor wretched and miserable sinner, humbly beseech you, to send me from your holy heavens, both power and strength to resist and withstand all the assaults, fiery darts, and subtle temptations of the devil, who like a roaring Lion, goes about seeking to devour me. Give me also your Holy Spirit, with grace and strength to resist all the raging lusts, and filthy concupiscence of the flesh, with all the vanities of this wicked world, that being by your only help acquitted and freed, from the force and violence of these and all other my mortal enemies, may serve you in holiness and righteousness all the days of my life, through Christ our Lord.

A PRAYER FOR GOD'S DIRECTION IN ALL THINGS



Lord my God, I do acknowledge and freely confess my own great blindness, and ignorance, and the willful obstinacy of my corrupt nature, which seeks rather to fulfill the fantasies and devises of my own brain, than the motions of your Holy Spirit, and rather to use human help, than to crave your divine aid. Wherefore, holy Father, vouch safe I beseech you, to establish in my heart, godly fear, with most sincere obedience to your holy ordinances, statutes, and laws. And for that without your blessing nothing can prosper, or come to good effect, bless all the works of my hands, all my labors, actions, and affairs, which I shall take in hand in your holy name, according to your will, for the necessary maintenance of my poor estate. Grant me good issue, and good success in them for the glory of your holy name that I having plenty of all good things in this life may be rich and plentiful in all good works, to the glory of your holy name, and profit of my brethren, through Jesus Christ our Lord.

A PRAYER FOR A COMPETENT AND A NECESSARY LIVING



Lord our God, most gracious and holy Father, whose love towards man in Christ Jesus is infinite and unspeakable, and whose tender care over him is such, that you have promised that whosoever believes in you, depends upon your providence, and seeks his relief at your blessed hands, shall never want any good thing, either necessary for soul or body.

Therefore most gracious Father, I your vile creature, of myself poor, yea poverty and nakedness itself, most entirely beseech you, for Jesus Christ's sake, that you will give unto me a competent, and a necessary living, as meat, drink and cloth, with all other things needful for my body, that pinching poverty oppress me not, nor that I be not drawn to attempt wicked and unlawful means for the maintenance of my life. To this end therefore (good Father) bless my store, and replenish my basket with your blessings, that I may be able through your beneficial liberality, to live out of debt and danger of all men, and to occupy myself in the exercise and practice of good works, to the relief of them that have need, and the setting forth of your honor and glory; through Jesus Christ our Lord. Amen.

A PRAYER THAT WE USE OUR WEALTH TO THE GLORY OF GOD



Almighty and most merciful Father, the only giver of all good things, the only stay and comfort of all mankind, give me grace your humble servant, that as you have blessed my store, and increased my wealth exceedingly, far beyond either my deserts or expectation, insomuch as I have not only sufficient to supply mine own want, but also enough to relieve others that have need: so I beseech you to remove far from me all covetous desires of lucre and gain, and give me a willing mind, and ready desire to distribute to the necessity of your saints, according to the abundance of my wealth, to feed the hungry, to cloth the

naked, to harbor the harborless, to visit the sick and needy, and to do all other good works which thou require of me in this life, that I live not to myself, and for myself only, but to the help and relief of all that have need of my furtherance in this life, that treasuring up for myself a good foundation in the kingdom of heaven, I may inherit eternal life through Jesus Christ my only Lord and savior, Amen.

A PRAYER TO BE SAID OF WOMEN WITH CHILD



mighty and most merciful Father, creator of heaven and earth, who in the beginning for the sin of our first parents, did lay a most heavy judgment upon the sinful daughters of disobedient Eve, namely, that in sorrow and great pains we should bring forth our fruit. And for that our nature is weak, and our sex frail, and altogether unable to bear the pangs, the throbs and throws, which accompany us poor women in these our travails, I most humbly beseech you, (holy Father) for Jesus Christ's sake that you will extend to me, and to all others in the like case, your mercy and loving favor, to mitigate the pains thereof, that we may be able to sustain and to endure the pangs and pains of our travails at the appointed time, that the fruit of my womb where with I am now laden, may graciously be delivered from my weak and frail body, to your praise and glory and my comfort. Send us (good Father) both easy, and speedy deliverance, that we may become joyful mothers of happy children. Grant both to me, and to all others, who by your blessing have conceived with child,

strength to bring forth that which your almighty hand has so wonderfully wrought in us. Be present with us (good Lord) in all our travails, help us, and most graciously deliver us. Let your mighty power and outstretched arm, be no less manifested in the delivery, then it was, and is in the forming, and framing of your creature in our wombs: and after our delivery vouchsafe (holy Father) to restore us to our former strength, and ability of body again, that we may sing unto you the Psalms of praise and thanksgiving all the days of our lives, through Jesus Christ our Lord.

A PRAYER FOR GODLY WISDOM



oly Father, who art wisdom itself, light itself, and understanding itself, vouchsafe to give unto me your holy creature that excellent gift of wisdom, discretion and understanding. Replenish my heart with all heavenly prudence, renew a right spirit within me, and write your holy laws in the tables of my heart by the finger of your Holy Spirit, that I walk not in the ways of error, neither yet be carried away with every blast of vain doctrine. Sweet Father, give me this blessed gift of heavenly wisdom, that I may perfectly know and understand what your holy will and pleasure is in all things. And, grant that I knowing it, may faithfully obey it, and walk in the true observation thereof all the days of my life that having the lamp of love, and the candle of true faith continually burning in the secret closets of my heart, I may at the last enter with thine elect into the kingdom of heaven,

purchased with the blood of your Son to all faithful believers. To you therefore with your dear son Jesus Christ, and the Holy Spirit, be all honor and glory forever. Amen.

A PRAYER AGAINST ALL KIND OF ENEMIES



Lord such is the malice of Satan that he not only seeks my confusion himself but also raises up his members, wicked men, in number many, in power strong and mighty to practice my destruction. Therefore (holy Father) receive me into your protection and safeguard. Drive back and confound them all that rise up against me. Fight for me against them that fight against me. Strike a terror into their hearts (oh Lord) that they may not dare to lift up a hand against me. Turn their wicked imaginations and devises from me, either to their amendment, or to their own confusion. Let all the words which they utter to my discredit, redound to their own shame. Let your holy angels pitch their tents about me and defend me from the rage and fury of all my enemies, that they may, not only not prevail against me, but also may fly before my face by the mighty power of thine own right arm. Good Father, look upon them, either in mercy to convert them and to turn their hearts or else in justice to confound them, that they never have power to hurt me your servant, either in body, goods or name, so shall I praise you forever, through Jesus Christ my only Lord and savior. Amen.

A PRAYER WHEN ONE TAKES A JOURNEY IN HAND



Lord God, who not only guides and directs all those that walk and travail in this world, but also defends them from infinite perils and dangers in the same: vouchsafe to hold your holy hands of protection over me, and defend me from all hostility and enmity whatsoever in this my intended journey, which by your divine assistance I purpose to take in hand at this time. And because (O Lord) my enemies are many and strong in this world, which lie in wait for me, and seek my destruction, I most humbly beseech you for Jesus Christ's sake to command your holy angels to conduct me, by their ministry, and to preserve me by your mighty power. Let them go before me and deliver me as they did your servant Tobias travailing into a strange country. Prosper me also in this my journey (good Father) that my business may have good success and that I may by your blessed assistance return home again safe and sound, both in body and soul, to glory you the only true God, to whom with your dear son Jesus Christ, and the Holy Comforter, be all honor, and glory for evermore.

A THANKSGIVING TO GOD AFTER A RETURN HOME FROM A JOURNEY



Most holy Father, I praise you in your son Jesus Christ for that it has pleased you of your singular grace and goodness to give me prosperous and happy return home again from this my journey. I praise you for preserving me from all

perils and dangers in the same, as namely from drowning by water, from stroke of thunder, and blasts of lightning, from the insatiable jaws of cruel beasts, and from the bloody hands of thieves and robbers, and infinite the like dangers, whereto we miserable men are subject in this life. I praise you also (good Lord) not only for preserving me in this my journey but also for prospering my business and granting good issue and good success unto me in all things I have taken in hand. O Lord, I acknowledge it to be your only blessing, and to proceed only from your mere mercy and not from any deserts of mine. To you therefore, with your son Jesus Christ, and the Holy Ghost, be all praise and glory forever.

A PRAYER FOR EVERY SUBJECT OF A COMMONWEALTH



Lord God, we acknowledge and confess, that as in your unsearchable wisdom, you have appointed some to rule and govern, that your glory may be increased, and the common society of men maintained; so hast thou ordained also other some to obey and to be subject. And for that it has seemed good to your blessed majesty, to appoint me in the number of subjects, I pray you (good Lord) give me a faithful heart and an obedient mind to my superiors, rulers, and governors. Keep me far from all disobedience, rebellions, treasons, conspiracies, and practices against them, knowing that who so resists the powers, resists your holy ordinance (for there is no power but of you) and purchases to himself eternal damnation, as your holy word bears

record. Make me (O Lord) faithful to obey them, and truly to honor them, according to your blessed word and ordinance in all things not derogating from your honor, that they justly ruling, and I dutifully obeying, may all in the end receive the crown of everlasting glory purchased for us by the blood of Jesus Christ: to whom be all honor and glory, both now and forever.

A PRAYER FOR THE UNMARRIED



Lord our God, in as much as you have commanded in your blessed word the word of truth, that we abstaining from all whoredom and fornication, and uncleanness, should keep our vessels in holiness, and not in the filthy lusts of the flesh as do the heathen, who know not you. I beseech you therefore to give me grace to perform this your most holy commandment, and grant that I never pollute nor defile my body with whoredom, fornication, nor any other uncleanness. And because, O Lord, chastity of the body is nothing without the continency of the mind, bridle therefore, I beseech you, all the motions and affections of my heart, that I banishing all wicked thoughts, and unclean imaginations out of my mind, may live in all holy innocence, purity, and integrity, both of body and soul, unto my lives end, through the efficacy, power, and strength of the precious blood of Jesus Christ. Amen.

A PRAYER FOR THE MARRIED



oly Father, we are taught by your sacred word, the breath of your own mouth, that after you had created all things, the last of all other you created man, and woman of a rib of his side, giving her unto him in holy wedlock, adding unto them your blessing, saying: increase and multiply, and replenish the earth. I give you most humble and hearty thanks for that it has pleased you to call me to the honorable state of marriage. And I most heartily beseech you that we may live together in your true faith, fear, and love all the days of our lives. Give us grace the one to love the other, and both of us to love you, and our brethren for your sake. Keep us (good Lord) far from all wicked jealousy, hatred, malice, and contention one with the other. And as our bodies are incorporate together, and become, as it were, but one body, so vouchsafe, holy Father, that as your own turtle doves, we may live together in chastity and continence both of bodies and minds, without defrauding one another. And if it please you to bless us with children, give us grace to bring them up in such holy exercises discipline and learning, as you require of us in this life. Grant that we may labor and travail either of us in our vocation, that by your blessing, we may have always sufficient to maintain our estates withal, in your holy fear, that we be not chargeable to others, but living forth of debt and danger of all men, may be rich and plentiful in all good works, to the praise and glory of your blessed name, through Jesus Christ our lord, to whom be praise and glory for evermore. Amen.

A PRAYER FOR THE MASTERS OF HOUSEHOLDS



ou have commanded (oh gracious lord God) by your blessed Apostle, that masters should entreat their servants gently, and courteously, putting away all bitterness, and threatening, doing unto them all equity and justice, knowing that you are our common master in heaven. Grant me grace therefore, (good lord) so to order my servants, as I never attempt nor enterprise any unrighteous thing against them, but so to execute my authority over them, as I may always remember that you are the Lord and master of us all and respect no man's person. Make me, O Lord, to be the same unto them, that a good pastor is to his flock, to teach them by words your holy laws, and by example of life, true righteousness, and holiness in conversation, that they and I together in your good time, may all inherit everlasting life, by Christ our Lord. Amen.

A PRAYER FOR SERVANTS



Lord our God, seeing you have ordained sundry degrees and states of men in this life, and amongst them all hast appointed me to be a servant, give me grace I beseech you, to serve in my vocation faithfully, and to obey willingly in all things, not repugnant to your blessed will, not with eye service as studying to please men, but with all sincerity, and singleness of heart, as seeking to glorify you, being thoroughly persuaded that in serving them, I serve you, and of you shall receive my reward. Give me grace to demeanor myself faithfully, justly, and truly towards all

men, in all things, and not to enrich myself by picking, stealing, embezzling, purloining or conveying anything from any man by any sinister practice whatsoever but so to behave myself towards all men, as there may be no fault found in me, that your name maybe glorified, and my salvation in Christ Jesus sealed up unto me. Grant this O Lord for your mercy's sake. Amen.

A PRAYER TO OBTAIN GOD'S GRACE AND FAVOR



I confess and acknowledge (O Lord my God) that albeit a man does abound with all transitory pleasures and vain delights that this world can afford, yet if he want your grace and favor, all is vain vanity, and vexation of mind, and he remains nevertheless the bondslave and vassal of Satan. Yea all his pleasure is but a sweet poison and all his riches nothing but beggary itself. Pour down therefore (most merciful Father) your heavenly grace into our hearts, and extend your gracious favor and love towards us, that we may be thoroughly persuaded by the suggestion of your Holy Spirit, of the singular good will, and fatherly care which you have over us. Make us, O Lord, to love you above all things, and our brethren for your sake. Banish far from us all hatred, rancor, and malice, and engraft in our hearts godly fear and reverence to your holy name. Keep us from all carnal security, and worldly delights, and chain us unto you by the links of your love. Finally, grant that we, abandoning the world with all deceitful pleasures and vain detestations of the flesh and blood, may in your

good time come to those everlasting joys, which you have promised to them that love you, through Jesus Christ our Lord. Amen.

A PRAYER FOR A QUIET CONSCIENCE



he wicked and ungodly (O Lord) are like unto a tempestuous, raging and foaming sea, which is never calm, never silent, nor never at rest, but continually boiling and foaming: whereas on the contrary side, such (good Lord) as love you, believe in you, and obediently walk before you, have all joy, all peace, and all tranquility of conscience, which is the greatest jewel, and the incomparable treasure in the world. Give me therefore (holy Father) a joyful mind, a quiet and merry conscience, with a full and resolute persuasion of the accomplishment and performance of all your gracious promises made unto me in Christ Jesus, in your good time. Grant (good Lord) that I may so behave myself in this perverse and crooked world, that I may have the testimony of a good conscience, in all my actions, that I being free from the accusations of Satan, my ancient and deadly enemy, from the vain allurements of the world, from the filthy incitations of the flesh, and from the heavy curse and malediction of the law, may be made your elected child in Christ Jesus, and may finally inherit everlasting life, through the merits and death of your son, who died for my sins, and rose again for my justification, to whom be all glory, praise and thanksgiving forever.

A PRAYER FOR A TRUE AND LIVELY FAITH



For as much (most merciful Father) as without faith nothing can please you, seem it never so holy good, commendable, or beautiful to the eye of the world, I beseech you, to breath and instill into my heart, soul and mind, by the inspiration of your blessed Spirit this most excellent gift of faith, working by charity. O Lord give me no weak, wavering, cold or faint faith, such as the very devils themselves have, who believe and tremble (as your blessed Apostle bears record) but give unto me a true, perfect, lively and justifying faith, such a faith (O Lord) as may believe you to be the only true God, and him whom you have sent Jesus Christ, with the Holy Spirit our comforter, and teacher, yea such a faith as may bring forth good works in full measure, to the glory of your most blessed name, to whom be rendered all praise and thanks forever. Amen.

A PRAYER FOR LOVE AND CHARITY



Holy Father, we are taught by your blessed Word, that love and charity, from a pure heart, a good conscience, and faith unfeigned, are the cognizances and badges whereby your children are discerned and known from the profane people of the world. I beseech you therefore, holy and blessed Father, give me this Christian badge of love and charity that I may love you my Lord God with all my heart, soul, and mind, my neighbor as myself, and all your creatures for your sake, that at the great audit when all flesh shall appear before your tribunal seat, I

may be known and discerned by this your cognizance and badge, from the wicked and reprobate, and being numbered amongst your saints and holy ones, may be received into the kingdom of heaven, there to rest with you forever, through Jesus Christ our only Savior and Redeemer.

A PRAYER AGAINST PRIDE AND FOR HUMILITY



We are taught by your blessed Word (most holy Father) that every good gift, and every perfect gift comes from you the Father of light, and that we have nothing which we have not received. Remove far from me therefore (good lord) all pride, arrogancy, and haughtiness of mind, and engraft in my heart true humility, that I may not only acknowledge you to be the author of all good things, yea, goodness itself, but also may rest thankful unto you for them, and may so use them, as may be to the glory of your great and magnificent name, and the profit of my brethren. Withdraw from me all love of this world and give me grace that I may rejoice in nothing but in you alone, knowing that all things in this life are nothing but vanity and vexation of mind, and that to love and believe in you, is the only true life and felicity of soul and body. To you therefore with your dear son Jesus Christ, and the Holy Spirit, be all praise and thanksgiving forever. Amen.

A PRAYER FOR A GOOD NAME



ou have commanded (good Lord) in your sacred Word, that those that profess your name, should be holy as you are holy, and should so frame their lives, as the very enemies of your truth may have no just cause to speak evil of them. Give me grace therefore (oh blessed Father) so to order my life, after the rule of your word, as I may give no man just occasion to speak evil of me. Grant, that whereas it has pleased you in mercy to bestow upon me the name of a Christian, the most excellent name or title in the world, so I may in my life and conversation bring forth the fruits of true Christianity, that your holy name be not blasphemed, nor evil spoken of amongst the heathen, which know not you. Make me able and willing (oh my good God) to do your will, and to stop the mouths of all them that lyingly, falsely and deceitfully go about to take my good name from me. Finally, bring me to everlasting life in your appointed time, through the merits of your son Jesus Christ, to whom be praise forever.

A PRAYER FOR PATIENCE IN SICKNESS



our holy Apostle (O Lord) does teach us, that you chastise every child whom you receive, and that him whom you chasten you love, and further, that if we be not under chastisement, we are bastards and not children. Therefore, most holy Father, in as much as you have at this present laid upon me your heavy rod of correction, and chastisement, as a just punishment for my sins, I most humbly beseech you, good

Father, for Jesus Christ's sake, to give me the excellent gift of patience and satisfaction of mind. Make me, O Lord, to humble myself under your hand, to rest contented with your good will and pleasure, and not to repine, grudge or murmur against your judgments, but in all things to submit my will to your blessed will, being assured that you work all things for the best to them that love you, knowing most certainly, that you work my salvation by these means, subdue the flesh to the Spirit, and renew me in the inward man, that I may serve you in newness of life, to the praise and, glory of your blessed name, through Jesus Christ our Lord.

A PRAYER FOR ASSISTANCE OF GOD'S HOLY ANGELS AMID NEED



Howasmuch (oh most gracious Lord God) as you have created your holy Angels, not only for the execution of your blessed will but also for the preservation, protection, and defense of your elect and chosen upon earth, and for that I your poor servant, weak and feeble, am at this present, and at all times, and in all places, sundry ways beset and assaulted with infinite, both spiritual and corporal enemies, which daily and hourly seek my destruction. I beseech you, good Father, look down from heaven upon me, send your holy angels, those ministering spirits, to take care and charge of me, to watch over me, to pitch their tents round about me, and to save and defend me from all the raging fury, and cruel tyranny of all my enemies. Let me not fall into their hands, O Lord, lest they be too proud, and say, where is

now his God? But abate their pride, assuage their malice, confound their devises, and bring their counsels to naught, and make them snares to take themselves with all. Finally, grant, O Lord, that I being delivered and set free from all perils and dangers, and from all the rage and fury of my enemies, may give you thanks, and so wholly to rest upon your mercies. Grant this, oh Father of all mercy through Jesus Christ our Lord, and for his sake. Amen.

A PRAYER AGAINST SUDDEN DEATH



Lord our God, who in your secret judgments as a punishment for sin, has appointed every man to die once. Keep me, I beseech you, from sudden death, and from everlasting condemnation. Make me always ready and prepared, good Lord, that the day of my departure hence come not suddenly upon me to my utter destruction forever. Make me also mindful and willing to die, knowing that so long as we are at home in the body, we are strangers from you. Teach me to number my days, O Lord, that I may know how long I have to live. Give me also not only true repentance for all my sins, but also sufficient time, and space to repent in that I never depart hence in your wrath and heavy displeasure. Give me a true faith, and a constant hope, looking for the accomplishment of your promises made unto us in your beloved, as also, a zealous care, and fervent desire to walk in the true obedience of your blessed laws and holy commandments, that after the final dissolution of this life, I may dwell with you forever in the kingdom of heaven, through Jesus Christ. Amen.

A PRAYER FOR ONE THAT IS SICK AND AT THE POINT OF DEATH



Lord our God, who as you have appointed all men to die once, so hast you ordained sickness and diseases, as ordinary means to bring him to the same, and as it were to summon him to the doom, I a poor wretch, and miserable sinner, visited by your hand with extreme sickness, and grievous diseases, most humbly beseech you for Jesus Christ's sake, to look down from heaven upon me, with the eyes of your pity and compassion. Pardon and forgive me all my sins, which are the causes both of sickness and death itself. Enter not into judgment with me, O Lord, for no flesh is righteous in your sight. Punish me not (O Lord my God) according to my deserts, neither in this life, nor in the life to come, for then I must needs perish, so manifold are my sins, and so heinous are my transgressions. Give me grace that I may willingly leave this wicked world in full and certain hope of the blessed resurrection of my body to eternal life in your good time. Make strong my soul (O Lord) against all temptations of the wicked enemy, and strengthen my faith that I never waver, nor fall away from you, neither for love of life, nor fear of death. Grant (good Father) that I mate humble myself under your hand, and take patiently whatsoever it shall please you in mercy to lay upon me, without all grudging and murmuring whatsoever. And if it be your blessed will, restore me to health of body again, as you did your servant Hezekiah, prolonging his life XV. years more, that I may praise you all the days of this my transitory and miserable life:

but if it seems better unto you to take me out of this wretched world at this present, your blessed will be done, on • lie this (oh Father) give your holy Angels 〈◇〉 to carry and convey, my soul into your everlasting kingdom of heaven, there to reign with you forever, through Jesus Christ our Lord. Amen.

A PRAYER FOR THE RICH AND WEALTHY



Most gracious God, and loving Father, who gives your blessings, and your benefits sundry ways to man, to some more, to some less, according to the purpose of your will and as you see to be best for your glory, and their good. I praise you, and I thank you, for that it has pleased you in your great liberality, to bestow upon me your unworthy servant, so great a portion of earthly riches and temporal blessings. I beseech you to give me grace that I may use them to your honor and glory, and to the comfort and help of others that have need, being assured that you have made me a steward of so many and great things to no other end, but that I should distribute them to the poor and needy. O Lord give me a willing heart, and ready mind to do good, according to that ability that you in mercy hast bestowed upon me. And as I acknowledge them to be your gifts, so give me grace, good Lord, that I never misspend them in gluttony, drunkenness, riot, or excess, neither yet in pride, or any other uncleanness, vanity or folly, knowing that you will one day require a strait account of me, both how I have got my goods, how I have kept them, and how I have spent and laid them forth. And as you have made me rich in

temporal blessings, and things of this life, so make me much more rich in spiritual gifts, and graces, that in the end I being found a faithful and just steward of your goods, may receive the crown of immortal glory in the kingdom of heaven, through the merits of Jesus Christ, to whom be all honor and glory forever.

A PRAYER FOR THE POOR AND NEEDY



merciful Father, who hast appointed in your unsearchable wisdom, sundry states and conditions of men, and has commanded everyone to be contented with his state and calling where in you have placed him, without all repining, murmuring, or grudging against you for the same. I a poor worm before you, and one whom you have placed in the lowest degree, and meanest state amongst men, most entirely beseech your fatherly goodness, to give me grace to be heartily well contented with your good will and pleasure, being assured that you know what is best for me, and work all things for your own glory, and our good. Make me therefore good Father willingly to submit my will to your blessed will, to depend upon your providence, and to cast all my care upon you, who hast promised to be careful for me. And albeit I be poor and needy, yet keep me far from all infidelity, and incredulity, from all mistrust and distrust, and from all despair of your help whatsoever. Finally, grant (O Lord) that I walking in your holy fear, and doing those things which please you, may at the last receive the reward of everlasting glory, through Jesus Christ our Lord.

A PRAYER FOR THE INCREASE AND PRESERVATION OF THE FRUITS OF EARTH



As you have appointed man how long he has to live upon the face of the earth, most merciful Father, so have you ordained him means to preserve and continue this his life withal, as seems best to your Godly wisdom, and to that end have appointed the earth to bring forth all manner of fruits of infinite variety for his relief and sustenance. Bless therefore (I beseech you) the fruits of the earth universally, and of me particularly, whose ground for the multitude of my sins you have made barren. Enter not into judgment with me, O Lord, neither punish me according to my deserts, but in mercy look upon me, and so multiply my store, as you did the oil of the woman of Sareptha your servant. And if it please you (good Father) to multiply and increase the fruits of the earth generally, and of me particularly, grant seasonable and temperate weather also for the gathering and reaping of them, that we having plenty of all things, may be rich and plentiful in all good works, and with joyful hearts, may laud and praise your sovereign majesty all the days of our lives, through Jesus Christ our Lord. Amen.

A PRAYER AGAINST COVETOUSNESS AND AVARICE



Lord my God, most blessed and holy Father, who hast commanded every man to labor and travail in his vocation, for the maintenance of his estate, and hast

promised thereto your blessing; bless (I beseech you) all my labors, actions, enterprises, and affairs, which I shall take in hand in your holy name, at any time hereafter, for the necessary maintenance of my poor estate; so as I having always sufficient, may be free from all covetousness, ambition, and filthy avarice, being always persuaded that godliness is great riches, if a man be content with that that he has, for we brought nothing into this world, neither shall we carry anything out. Grant, good Lord, that I having sufficient food and raiment for my body with all other necessities needful for this my life, may be heartily well content therewith, not desiring or coveting more. Withdraw my heart, O Lord, from the love of this vain world, and of all things in the world. Make me to love and desire you, and nothing but you, knowing that he that loveth anything beside you, loveth you so much the less. To you therefore, oh Father, with your Son, and the Holy Ghost, be all glory, and praise forever. Amen.

A PRAYER BEFORE READING, STUDYING, OR HEARING GOD'S WORD



For that your word (O Lord) as David your servant witnessed, is a light unto our paths, and a lantern unto our feet: and for that all human wisdom is nothing but foolishness before you, and altogether unable to pierce into the bowels and secrets of your revealed will, without the illumination of your Holy Spirit. Instill therefore, O Lord, into my heart and soul, the spirit of wisdom, knowledge and understanding, that I

may be able to understand the mysteries of your law. Keep me far from all sects, schisms, heresies, and errors contrary to your Word and so root your truth in my heart that it may never be removed, but always remain firm and steadfast in you. And in the reading, hearing, studying, conferring, reasoning, disputing or talking of your Word, give me (most glorious Father) not only the spirit of holy wisdom, to understand it aright, but also grace to humble myself unto you in all holy obedience, reverence, humility, and fear, that I obeying you in your Word, and living thereafter, may come to those everlasting joys which you have prepared for them that love you, through Jesus Christ our Lord.

A PRAYER AGAINST SWEARING



Seeing that your holy name (oh most gracious God, and loving Father) is both so honorable and majestical, as the same is never to be either remembered or once spoken of, without great reverence, fear and dread, at the glorious naming whereof, the very devils themselves do quake and tremble as your holy Apostle James records. And seeing you have commanded us that we should not swear at all, but that all our communication should be yea, yea, nay, nay: and in as much as your holy reverence has promised that you will not hold him guiltless that takes your name in vain, I beseech you therefore, good Father, so to direct me by your Spirit, that I may never think nor speak of you, but with all holy reverence, fear, and dread. And in all my communications and speeches (good Lord) keep me I pray you,

from all manner of swearing, forswearing, blaspheming, and profaning of your sacred name. And for that you have given unto mankind only the use of the tongue above other creatures, to this end (no doubt) that he might glorify you therewith. I pray you (holy Father) so to qualify the affections of my mind, and to order the words of my mouth, that in all my thoughts, words and deeds, I may do worship to your glorious name, through Jesus Christ your only begotten son, to whom with your blessed majesty, and the Holy Spirit, be all honor and glory forever.

A PRAYER AGAINST DRUNKENNESS



Most merciful and holy Father, who in your great liberality hast given unto man the fishes of the sea, the fowls of the heavens, and the beasts of the earth, with other your good creatures of infinite variety, for the sustentation and maintenance of this his life, and hast commanded them to be received with praise and thanksgiving unto you for the same. I beseech you therefore, O Lord my good God, and holy Father, to give me grace to use all your creatures both soberly and temperately, and always to rest thankful unto you for them. Give me grace (blessed Lord) that I never abuse them, nor offend you in them, through drunkenness, gluttony, or any other kind of superfluity, riot or excess, knowing that the abusing of your good creatures reaches even to your own reverence. Finally grant, that I walking in all sobriety and integrity of life, may at the last receive the reward of

everlasting glory in the kingdom of heaven, through Jesus Christ, and for his sake Amen.

A PRAYER AGAINST SLOTHFULNESS AND IDLENESS



We are taught, O Lord, in your holy Word, that idleness is the mother and nurse of all wickedness and sin: for the body being idle, the mind is naturally occupied in vain thoughts, and foolish imaginations, and so consequently made weaker, and readier for the enemy to assault. I beseech you therefore (oh my good God) keep me from all idleness and sloth, and grant that I may be always occupied in some good thing, to the glory of your name, and the benefit of my brethren. And as it may please you, O Lord, in mercy to keep my body from all manner of idleness and sloth, so I beseech you to keep my soul ever exercised in holy meditations, and heavenly contemplations, thinking always of you, loving you, and ever praising you in all things, till I come to the perfect fruition of your heavenly joys, through Jesus Christ. Amen.

A PRAYER FOR THOSE PERSECUTED FOR THE TRUTH



Lord Jesus Christ, who coming into this miserable world, and taking our nature upon you, didst thereby not only deliver us from sin, but also remembering your mercies, did also leave unto us the inestimable treasure of your

blessed Word, as a perfect direction, and rule for us to frame our lives by, and which alone is able to save our souls. Bless therefore this your holy Word unto us, make it a word of power to regenerate and beget us a new unto eternal salvation of our bodies and souls. And strengthen all your servants which in any place are persecuted, imprisoned, condemned, and daily put to death, for the sincere profession of the same, and for the testimony of a good conscience. Be merciful unto them, O Lord, and although they seem destitute of all man's aid, or worldly comfort, yet let your sweet comfort and grace never depart from them, O Lord let no further trial be laid upon them, then they may be made able by you to bear. And as you have by the power of your might, not only vanquished and overcome all corporal and bodily enemies where or whatsoever, but also your and our spiritual adversaries, so strengthen all your servants that suffer any kind of cross, persecution, trouble or vexation, either in body or mind, for the constant profession of your holy Word and sacred religion. Give them patience, good Lord, to bear your cross thankfully, with strength to go through, and to persevere to the end, even to the effusion of their blood, knowing that they who deny you before men, you will deny them before your heavenly Father and his holy Angels in heaven. And for that there is no true wisdom whereof you are not the author, inspire their hearts with the spirit of true wisdom, knowledge, and understanding that they may know your will aright, and that they may be able by the same spirit to confound, and overthrow all the

enemies of your truth. Grant this, sweet Jesus, for your holy names sake. Amen.

A PRAYER FOR GODLY WISDOM



I confess (good Father) that so long as we bear about us this earthly tabernacle, imprisoning the soul, that our nature is so corrupted as it always rebels against the spirit, accounting that true wisdom, which is nothing but mere foolishness in deed. Wherefore good Lord, vouchsafe to send down your Holy Spirit, even the spirit of wisdom which waits upon your throne, into my heart, that I may know and understand what things are good and acceptable before you, that I may attain everlasting life, through the merits of your son his most bitter death and passion, Amen.

A PRAYER FOR GRACE TO BE MINDFUL TO DIE



O Lord our God, in whose hands stands the life and death of all mankind, vouchsafe I beseech you, for your son Christ's sake, to make me mindful and ready to depart out of this miserable and transitory life. And all though my body does creep here upon the earth, yet let my conversation be always in heaven, from whence we look for a savior even Jesus Christ the righteous, who shall change our vile bodies, and make them like to his glorious body, by the mighty power whereby he is able to subdue all things to himself. Teach me, good Lord to know, that we are all here strangers and pilgrims, and have in this world no

dwelling place, but look for one to come: in regard whereof, give me grace, I beseech you, willingly to forsake this wicked world, with all the vanities thereof, and to hunger and thirst after that life, which never shall decay. Make me, good Lord, to esteem all things in this worlds as dung, that I may win Jesus Christ. And for that the remembrance of death terrifies us from sin, as your servant Solomon bears record, give me grace I most humbly entreat you, always to remember and bear in mind, that I am mortal, and therefore must once of necessity depart hence, either to everlasting glory, or else to everlasting pains and confusion both of body and soul. O Lord assist me with your Holy Spirit, that I may so live in this present evil world, as I may not fear either, but whensoever he approaches, I may with bold confidence, cry out and say, O Death where is your sting? Oh Hell where is your victory? Grant this, O Lord my God, for Jesus Christ your only begotten son's sake, Amen.

A THANKSGIVING TO GOD FOR ALL HIS GRACES AND BLESSINGS



uch is your liberality and mercy, O Lord, towards mankind, that for all your blessings and benefits both infinite and inestimable, bestowed upon him, you require nothing again, but thankful hearts to you. Wherefore (most holy Father) I render all praise and thanks to you, from the bottom of my heart, generally for all your benefits and blessings, for all your great mercies, and loving kindness showed towards me in Jesus

Christ, and particularly for that it has pleased you to elect and choose me in Christ Jesus to everlasting salvation, before the foundations of the world were laid, for creating me after thine own similitude and likeness, for redeeming of me by the death and passion of your own Son Jesus Christ, when I was bitterly lost and cast away forever, for regenerating and renewing of me by your holy Spirit, for sanctifying me by the same Spirit, for instilling into my heart a true, a lively and justifying faith in Jesus Christ, for giving me grace to be penitent and sorrowful for my sins, for inspiring my heart with a true and constant hope, looking for the accomplishment of all your gracious promises, made unto me in your beloved without all doubting, or wavering. For giving me wisdom, understanding and knowledge in some competent measure, I praise you, and I thank you also, O Lord, for feeding, nourishing, clothing and sustaining my body ever since I was born, for defending me from infinite perils and dangers, yea from infinite deaths, which at diverse times, and in sundry places have lain in wait for me, and threatened my destruction, and into which I had certainly fallen, had I not been by your gracious goodness supported, protected and defended. Last of all, I thank you, good Lord, and I praise you, for your sweet promises of everlasting salvation, made unto me in Jesus Christ. For these and all other your most gracious, benefits and blessings, (oh most glorious Father) I praise you, most humbly beseeching you for Jesus Christ your son's sake, to pardon and forgive me my great unthankfulness, ingratitude, and unkindness towards you, and from henceforth give

me your holy grace, that I may proceed from thankfulness to thankfulness, from gratitude to gratitude, and from kindness to kindness towards you, that I be never accounted amongst the number of those nine unthankful lepers, who being cleansed from their leprosy, returned not again to give you thanks. Grant these my petitions unto me, oh most benign Father, with all other good things which you knowest to be necessary for me, better than I can either wish or desire, even for the glory of your great name, for the truth of your promises, and for Jesus Christ your Son's sake my only Lord, Savior, Redeemer, Mediator, and Advocate, to whom with your blessed Majesty, and the holy Spirit, one true and everlasting God, be all honor, glory, praise, dominion, power, and thanksgiving for evermore. Amen.

Vni Deo and trino sit, omnis gloria.

FINIS.