

OUR DAILY PRAYER – The Prayers of John Wesley

Edited by Jerry Nelson

Based on:
A Collection of Forms of Prayers
First Printed in the Year 1733
John Wesley

Introduction:

John Wesley (1701-1793): By the power of the Holy Spirit, John Wesley and George Whitefield were two of the greatest influences in the “Great Awakening” revival of the mid-18th Century. Wesley, born of Christian parents, entered the ministry and served as a missionary to the colony of Georgia *before* being savingly converted after he returned to England. An Anglican minister until he died he nonetheless formed “Methodist” societies throughout Great Britain during his years of itinerant evangelism. In 1784 he procured a legal constitution for the “Methodists” and ordained Thomas Coke and Francis Asbury for ministry in the United States. Methodism became a vital force for evangelism in America in the 19th century.

The example and teaching of the Lord Jesus is that his followers should pray. The “Revivalists” of the 18th century and the “Reformers” before them took Jesus seriously. Their prayers were not shallow nor were they centered on their comfort and prosperity. Their prayers were centered in a Trinitarian God and his kingdom purposes. In Wesley’s “forms of prayer” it has been suggested he focuses on six virtues every Christian should seek and exhibit: Sunday – Love for God; Monday – Love for neighbor; Tuesday – Humility; Wednesday – Self-denial; Thursday – Meekness; Friday – Self-denial (again); and Saturday – Gratitude (David A. deSilva, Praying with John Wesley, 2004, Discipleship Resources, Nashville.)

Using these prayers: Wesley’s prayers, like the prayers of the Bible, can be a model for teaching us how to pray. I recommend that the reader carefully and thoughtfully read the prayers making them his/her own. The breadth and depth of the subject matter combined with humility and love will lead the reader to a more edifying and effective prayer life. As noted below these prayers are informed by and saturated with the Word of God. May that become true of our prayers.

In editing these prayers, I made an effort to use current American **English** rather than the English of Wesley’s era (e.g. “you” instead of “thee” and “sexual desire” instead of “concupiscence”). I occasionally changed the order of the words to make it easier to read, always attempting to preserve the original meaning. **Scripture references:** These prayers breathe Scripture; they are instructed by Scripture; most clauses and many phrases are quotes or paraphrases of Scripture (usually the King James Version). The references however were added by me – serious effort was made to find the most likely biblical source of Rev. Wesley’s thought and/or wording. **Theological perspective:** Every effort has been made to maintain the theological perspective of John Wesley even when I may have disagreed. **Inclusive language:** Where Wesley clearly meant men and women, I have changed the language to “people” or similar unless such a change too greatly altered his literary style (e.g. I did not change “sons of men” to “children of people”).

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Sunday Morning:

Almighty God, Father of all mercies, I, your unworthy servant, desire to present myself with all humility before you to offer up my morning sacrifice of love and thanksgiving (Hebrews 13:15). Glory to you, O most adorable Father, who, after you finished the work of creation, entered into your eternal rest (Hebrews 4:4). Glory to you, O holy Jesus, who having through the eternal Spirit, offered yourself a full, perfect and sufficient sacrifice for the sins of the world (Hebrews 9:14), rose from the dead on the third day (1 Corinthians 15:4), and had all power given to you both in heaven and on earth (Matthew 28:18). Glory to you, O blessed Spirit, who, proceeding from the Father and the Son (John 14:26), came down in fiery tongues on the Apostles on the first day of the week (Acts 2:3,4), and enabled them to preach the good news of salvation to a sinful world, and have ever since been moving on the face of people's souls (1 Corinthians 2:14) as you once did on the face of the deep (Genesis 1:2), bringing them both out of the dark chaos in which they were involved (Colossians 1:13).

Glory to you, O holy, undivided Trinity (1 Peter 1:2), for jointly concurring in the great work of our redemption, and restoring us again to the glorious liberty of the sons of God (Romans 8:21). Glory to you, who in compassion for human weakness, have appointed a solemn day for the remembrance of your inestimable benefits (Deuteronomy 5:12-15). O let me ever esteem it my privilege and happiness to have a day set apart for the concerns of my soul, a day free from distractions, disengaged from the world (Exodus 20:5-11), wherein I have nothing to do but to praise and love you. O let it ever be to me a day sacred to divine love, a day of heavenly rest and refreshment (Isaiah 58:13-14).

Let your Holy Spirit, who, on the first day of the week descended in miraculous gifts on the Apostles (Acts 2:4,18), descend on me, your unworthy servant, that I may always be in the Spirit on the Lord's day (Revelations 1:10). Let the Spirit's blessed inspiration prepare me and assist me in all the duties of this, your sacred day that my wandering thoughts may all be fixed on you, my tumultuous emotions quieted

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and my flat and cold desires made alive into fervent longings and thirsting after you. O let me join in the prayers and praises of your church with ardent and heavenly affections and hear your word with earnest attention and a fixed resolution to obey it. And when I approach your altar, pour into my heart humility, faith, hope, love and all those holy dispositions that become the solemn remembering of a crucified savior. Let me use this whole day to the ends for which you ordained it, in works of necessity and mercy, in prayer, praise, and meditation; and "let the words of my mouth and the meditation of my heart, be always acceptable in your sight (Psalm 19:14).

I know, O Lord, that you have commanded me, and therefore it is my duty to love you with all my heart, and with all my strength (Luke 10:27). I know you are infinitely holy (Isaiah 6:3) and overflowing in all perfection (Matthew 5:48); and therefore it is my duty to love you. I know you have created me, and I have neither being nor blessing apart from your power and goodness. I know you are the end for which I was created (Ephesians 2:10), and that I can expect no happiness but in you (Philippians 4:7). I know that in love to me, being lost in sin, you sent your only Son (John 3:16), and that he, being the Lord of glory, did humble himself to death on the cross (Philippians 2:8) that I might be raised to glory (1 Corinthians 15:43). I know you provided me with everything needed to carry me through this life to eternal glory, and that all of this is out of the excess of your pure mercy to me who is unworthy of all your mercies. I know you have promised to be my exceeding great reward (Genesis 15:1), though it is you alone who works in me, both to will and to do of your good pleasure (Philippians 2:13).

In these ways and many others, I confess it is my duty to love you, my God, with all my heart. Give your strength to me, your servant, that your love may fill my heart, and be the motive of all the use I make of my understanding, my affections, my senses, my health, my time and whatever talents I have received from you. Let this love rule my heart without a rival; let it control all my thoughts, words and works; and only by this can I fulfill my duty and your command to love you with all my heart, and mind, and soul and strength.

O you infinite Goodness, confirm your past mercies to me by enabling me, for what remains in my life (Philippians 3:12), to be more faithful to your great command than I have been thus far. For the time that I have

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left on earth, let me fulfill this great duty. Permit me not to delude myself; let me not trust in words, or sighs, or tears, but love you even as you have commanded. Let me feel, and then I shall know, what it is to love you with all my heart.

O merciful God, whatever else you may deny me don't deny me this love. Save me from the idolatry of loving the world or any of the things of the world (1 John 2:15). Let me never love any creature but for your sake and always in subordination to my love for you. Take full possession of my heart; raise there your throne, and command there as you do in heaven (Matthew 6:10). Being created by you (John 1:3), let me live for you; being created for you (Ephesians 2:10), let me always act for your glory; being redeemed by you, let me give to you what is yours (1 Corinthians 4:7), and let my spirit always cling to you alone.

Let the prayers and worship of your holy church, offered to you today, be graciously accepted. Clothe your pastor-servants with righteousness and pardon all your people who are not prepared as they ought to be. Prosper all those who are sincerely engaged in propagating and promoting faith and love in you (name our pastors, teachers, missionaries, etc). Give your Son the peoples of the world as his inheritance (Psalm 2:8; 82:8), and the ends of the earth for his possession; that from the rising of the sun to the going down of the same, his name might be great in all the earth (Malachi 1:11).

Enable us of this nation, and especially those you have set over the church and the state, to serve you in all holiness, and to know the love of Christ, which passes knowledge (Ephesians 3:19). Continue granting to us the means of grace and grant that we may never provoke you to deprive us of them by our non-improvement (Hebrews 6:4-6).

Pour down your blessing upon our seminaries, that they may ever promote the gospel of Jesus Christ and sound learning. Show mercy, O Lord, to my father and mother, my siblings, to all my friends, relatives and enemies and those who are suffering (pray specifically, by name, for the above). Let your fatherly hand be on them, and your Holy Spirit ever with them; that by submitting entirely to your will, and directing all their thoughts, words and works to your glory, they may at length enjoy you in the glories of your kingdom, through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever."

Sunday Evening:

General questions which a serious Christian may propose to himself before he begins his evening devotions:

1. With what degree of attention and fervor did I use my morning prayers?
2. Have I done anything without at least some thought of its tendency to the glory of God?
3. Did I, in the morning, consider what particular virtue I was to exercise in this day?
4. Have I been zealous to undertake, and active in doing, what good I could?
5. Have I interested myself any further in the affairs of others than charity required?
6. Have I considered how my speaking or being spoken to may give or receive benefit?
7. Have I mentioned any failing or fault in another, when it was not necessary for their good?
8. Have I unnecessarily grieved anyone by word or deed?

Particular questions regarding my love for God:

1. Have I set apart some of this day to think upon God's perfections and mercies?
2. Have I labored to make this day a day of heavenly rest, set apart to loving God?
3. Have I used the part of the day that was not given to works and mercy to use in prayer, reading and meditation?

"O my Father, my God, I am in your hand; may I rejoice above all things in being so. Do with me what seems good in your sight; only let me love you with all my mind, strength and soul.

I magnify you for granting me to be born into your church and of faithful Christian parents; for washing me in your baptism (1 Peter 3:21), and for instructing me in the doctrines of truth and holiness (2 Timothy 3:15); for sustaining me by your gracious providence (Psalm 84:11,12), and guiding me by your blessed Spirit (Romans 8:14; 1 Corinthians 2:10ff); for allowing me, with

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the rest of my Christian brothers and sisters, to worship you together publicly (Hebrews 10:25); and for so often feeding my soul with your most precious body and blood at communion (Matthew 26:26). The bread and cup are pledges of your love and they are sure means of conveying to us your strength and comfort (1 Corinthians 11:23-26). O be gracious to all of us, who you have this day admitted to your holy table. Strengthen our hearts in your ways against all our temptations (Psalm 119:9) and make us more than conquerors in your love (Romans 8:37).

O my Father, my God, deliver me, I beg you, from the strong passions of fear, anger, doubt, etc. (1 Corinthians 9:25ff.) for I know how much these hinder me from both knowing and loving you. O let none of them find a way into my heart, but let me always control my own soul in moderation (1 Timothy 3:2-3). O my God, I desire to fear those strong passions more than death; let me not serve those cruel tyrants, but ever let you reign in my heart; let me always be your servant and love you with all my heart.

Deliver me, O God, from being too much engrossed in even the necessary business of life. I know how this dissipates my thoughts from my "higher" business and impairs that lively perception I always want of you standing by my side. I know the narrowness of my heart, and that too great attention on earthly things leaves it no room for things of heaven. O teach me to go through all my daily activities with such a truly disengaged heart, that I may still see you in all things, and see you as continually looking upon me and searching my heart (Psalm 139:23); and that I may never damage that liberty of spirit which is necessary for loving you.

Deliver me O God from a lazy mind (Hebrews 6:12), from all lukewarmness (Revelation 3:16), and all depression of spirit. (Numbers 21:4,5); I know these cannot but deaden my love for you. Mercifully free my heart from these things and give me a lively, zealous, active and cheerful spirit that I may vigorously perform whatever you command, thankfully suffer whatever you choose for me, and always be passionate to obey your holy love.

Deliver me, O God, from all idolatrous love of any other person (Exodus 20:3-6). I know that infinite numbers have been lost to you by loving others more than you when you have commanded that all such love be subordinate to love for you. Preserve me, I beg you, from all such blind affection. God, please be a guard to all my desires that I fix my

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love on no one any further than that love tends to build me up in my love for you.

You have required that I love you with all my heart: Undertake for me and be my guarantee that I may never open my heart to anything or anyone but out of love for you.

Above all, deliver me, O my God, from all idolatrous self-love. I know, O God, (blessed be your infinite mercy for giving me this knowledge) that this is the root of all evil. I know you made me not to do my own will, but yours. I know the very corruption of the devil is having a will contrary to yours (Genesis 3:1-4). O be my helper against this most dangerous of all idols, that I may both discern all its subtleties and withstand all its force. May you, who commanded me to renounce myself (Luke 14:26), give me strength and I will obey your command. My choice and desire is to love myself only in and for you. O let your almighty arm establish (Psalm 89:21), strengthen and settle me, that you may ever be the foundation and pillar of all my love.

By this love for you, my God, may my soul be fixed against its natural fickleness; by this love for you may my soul be reduced to an entire indifference to all other things, and simply desire what is pleasing in your sight. May this holy flame ever warm my heart that I may serve you with all my might; and let this love of you consume in my heart all selfish desires that I may in all things regard, not myself, but you.

O my God, let your glorious name be duly honored and loved by all the creatures which you have made (Psalm 150:6). Let your infinite goodness and greatness be ever adored by all angels and men (Psalm 148). May your church, the universal seminary of divine love, be protected from all the powers of darkness (Ephesians 6:12). O grant, as a special privilege to all who call themselves by your name, one short glimpse of your goodness (Exodus 33:22). May they both taste and see how gracious you (Psalm 34:8) are to the end that everything else is nearly tasteless to them; that their desires may always be flying upward to you, that they may give you love and praise, and obedience, pure and cheerful, constant and zealous, universal and solemn, like the holy angels in heaven give you (Revelation 5:11).

Send forth your blessed Spirit in to the midst of us and make us a holy people (John 14:26): Stir up the hearts of our governmental leaders, of the clergy, and all whom you have set over us as leaders, that they

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may be happy instruments in your hand for promoting this good work. Be gracious to the seminaries, the important people and the common people of this land: And comfort all that are afflicted (II Cor. 1:3,4); let the trial of their faith work patience in them (1 Peter 1:7), and perfect them in hope and love (I John 4:18) (name those who are sick or otherwise afflicted).

Bless my father, mother, siblings, and all that belong to this family; all that have been instrumental to my good, by their assistance, advice, example or writing; and bless all those who do not pray for themselves (name such ones).

Change the heart of my enemies, and give me grace to forgive them, even as you, for Christ's sake, have forgiven me (Colossians 3:13; Ephesians 4:32).

O Shepherd of Israel (Psalm 80:1), grant, as a special privilege, your protection this night and forever; accept my poor services, and pardon my sinful shortcomings in fulfilling all my holy duties. O let it be your good pleasure to shortly put an end to sin, misery, infirmity, and death (Romans 8:20,21), to complete the number of your elect (Matthew 24:22; John 10:16), and to hasten your kingdom (Isaiah 5:19); that we, and all that wait for your salvation (Lamentations 3:26), may eternally love and praise you, O God the Father, God the Son, and God the Holy Spirit, throughout all ages, world without end (Ephesians 3:21).

Our Father who 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 sins as we forgive those who sin against us. And lead us not into temptation but deliver us from evil, for Thine is the kingdom, and the power and the glory forever, Amen (Matthew 6:9-13).

Monday morning:

General questions, which may be used every morning:

- Did I think of God first and last this day?
- Have I examined my previous day's behavior since going to bed last night.
- Am I resolved to do all the good I can this day and to be diligent in the business of my calling in life?

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"O God, the giver of all good gifts (James 1:17), I your unworthy servant entirely desire to praise your name for all the expressions of your bounty toward me. Blessed be your name for giving your Son to die for our sins, for the means of grace (the Lord's Supper, baptism, the Word, Worship, Fellowship, etc), and for the hope of glory (Colossians 1:27). Blessed be your love for all the temporal benefits that you so liberally pour out on me: for my health and strength, food and clothing, and all other necessities with which you have provided your sinful servant. I also bless you that after all my refusals of your grace, you still have patience with me, and have preserved me this past night and have given me yet another day to renew and perfect my repentance (Romans 2:4). Pardon, good Lord, all my sins, and make me every day more zealous and diligent to improve every opportunity of building up my soul in faith (Jude 1:20), love and obedience. Make yourself always present to my mind, and let your love fill and rule my soul, in all those places and among all those people, and in all those activities to which you call me this day. In all my passage through this world don't let me set my heart on this world; but always fix my single eye (Luke 11:34) and my undivided attention on the prize of my high calling (Philippians 3:14). This one thing let me do; let me so press

toward this, as to make everything else minister to it; and be careful so to use them, as thereby will fit my soul for that pure bliss which you have prepared for them who love you (1 Corinthians 2:9).

O God, You are good and you do good. You extend your lovingkindness to all people who are the work of your hands, who bear your image and are thus capable of knowing and loving you forever. Don't let me, O Lord, exclude any from my charity who are the objects of your mercy; but let me treat all my neighbors with that tender love which is due to your servants and to all your children. You have required this mark of my love for you (John 13:35): O let no temptation expose me to ingratitude or make me forfeit your lovingkindness, which is better than life itself (Psalm 63:3). But grant that I may assist all my brothers and sisters with my prayers (2 Corinthians 1:11) when I cannot reach them with actual services. Make me zealous to embrace all occasions that may minister to their happiness, by assisting the needy (Deuteronomy 15:11), protecting the oppressed (Zechariah 7:9,10), instructing the ignorant, confirming the wavering, exhorting the good, and reproving the wicked (2 Timothy 4:2).

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Let me look upon the failings of my neighbor as if they were my own; that I may be grieved for them, that I may never reveal them but when love requires, and then only with tenderness and compassion. Let your love to me, O blessed Savior, be the pattern of my love for my neighbor (John 13:34). You thought nothing was too dear to part with, to rescue me from eternal misery: O let me think nothing too dear to part with to advance the everlasting good of my fellow Christian. They are members of your body; therefore I will cherish them. You have redeemed them with an inestimable price (1 Peter 1:18-29); therefore assisted by your Holy Spirit, I will endeavor to recover them from a state of destruction; that thus adorning your holy gospel by doing good according to my power (Galatians 6:10), I may at last be received into the endearments of your eternal love, and sing everlasting praise unto the Lamb that was slain and sits on the throne forever (Revelation 5:6ff).

Extend, I humbly beg you, your mercy to all people and let them become your faithful servants (2 Peter 3:9). Let all Christians live up to the holy religion they profess; especially the people of this nation. Hear our prayers, good Lord; be glorified by our reformation and not by our destruction. Turn us and we will be turned (Psalm 80:3ff). Be favorable to your people; give us grace to stop our sinning, and put a stop to our punishment. Defend your church from schism, heresy and sacrilege. Defend our governmental leaders from all treasons and conspiracies. Bless all the church leaders with apostolic graces, exemplary lives and sound doctrine (1 Timothy 3:1-7). Grant to our city leaders wisdom from above, to our judges integrity and zeal, to the seminaries quietness and industry, and to all people, pious, peaceable and loyal hearts.

Preserve my parents, my brothers and sisters, my friends and relatives, and all mankind in their souls and bodies. Forgive my enemies, and in your time make them kindly affected toward me (Matthew 5:44). Have mercy on all who are afflicted in mind, body or circumstances; give them patience under their sufferings, and a happy end to all their afflictions. O grant that we, with those who have already died in Christ, may together partake of a joyful resurrection (1 Thessalonians 4:13-17; 1 Corinthians 15:51,52), through him who lives and reigns with you and the Holy Spirit, one God, world without end.

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Monday evening:

Particular questions related to my love for others:

- Have I been willing to part with anything, except my conscience, to please or serve my neighbor?
- Have I rejoiced or grieved with another?
- Have I looked on his infirmities and weaknesses with pity and not with anger?
- Have I contradicted anyone when no good would come of it and/or when there was no probability of convincing them?
- Have I let someone have the last word even when I thought they were wrong?

“Most great and glorious Lord God, I desire to prostrate myself before your divine Majesty, under a deep sense of my unworthiness; and with sorrow, and shame, confess that, by my many transgressions, I deserve your severest judgment. “Father, I have sinned against heaven and am no longer worthy to be called your son.” (Luke 15:21) O let your fatherly heart yearn for me, and for Jesus’ sake graciously receive me. Accept my imperfect repentance, and send your Spirit of adoption into my heart that I may again be owned by you, call you Father, and share in the blessings of your children. (Romans 8:15-17)

I adore your goodness for all the benefits you have bestowed on me; for the good things of this life and for the hope of eternal happiness. (Mark 10:29-30) Particularly, I offer my thanks to you for preserving me this day. If I have escaped any sin, it is the effect of your restraining grace; if I have avoided any danger, it was your hand directing me. To your holy name be ascribed the honor and glory. O let the sense of all your blessings have this effect on me – to make me every day more diligent in devoting myself, in all I am and have, to your glory. (1 Corinthians 10:31)

Oh my God, fill my soul with an entire love for you, that I may love nothing except for your sake, and in subordination to your love (Exodus 20:3; Matthew 22:37). Give me grace to study your word each day, that the more I know you the more I may love you (Colossians 3:16). Create

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in me a deep desire to obey all your commands (Psalm 119:11), a cheerful patience during all your disciplines of me (Hebrews 12:5), and a thankful acceptance of all your desired outcomes for me (Romans 8:28). May I always have awe-filled thoughts of you; never mention your holy name except in just, solemn and devout ways; and even then, not without acts of adoration (Exodus 20:7). O let it be the one business of my life to glorify you by every thought of my heart, every word of my tongue, every work of my hand (1 Corinthians 10:31); by professing your truth even to the death, if it should please you to call me to it; and by engaging all people, as far as it is in me, to glorify and love you (Philippians 1:20-25).

Let your long-suffering and tender love for me make my love long-suffering and tender to my neighbor (John 13:34). Make me eager to pray for and to carefully obtain and promote his health and safety, his ease and happiness. Make me active to comfort, help and relieve all whom your love and their need recommend to my generosity. Make me peaceful and easily reconciled; easy to forgive and glad to return good for evil (Romans 12:9-21). Make me like yourself, all kindness and gentleness and all patience when offended (1 Peter 2:23). And, O Lover of souls, raise in me a compassionate zeal to save the life, the external life, of souls (Romans 9:2-3); and by affectionate and timely

advice, exhortations and correction, to reclaim the wicked, and win them to your love (2 Timothy 4:2-5).

Be pleased, O Lord, to take me, with my mother and father, my brothers and sisters, my friends and relatives, and my enemies into your almighty protection this night. Refresh me with such stress-free and secure rest that I may rise more fit for your service. Let me lie down with holy thoughts of you and when I awake let me be still thinking of you (Psalm 63:6; 139:17).

Show mercy to the whole world, O Father of all; let the gospel of your Son run and be glorified throughout all the earth. Let it be made known to all unbelievers and obeyed by all Christians. Be merciful to your church and this nation; give unto our church leaders a discerning spirit, that they may choose qualified people to serve in ministry (1 Timothy 5:22; 3:2-7); and enable all who are charged with the spiritual service of others, to diligently feed the flock for which they are responsible, instructing them in saving knowledge, guiding them by their examples, praying for and blessing them, exercising spiritual

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discipline in your church, and properly administering your holy sacraments (2 Timothy 4:2).

Multiply your blessings on our country's national leaders and on the state and local leaders; that they may all, according to the distinct talents they have received, be faithful instruments of your glory (Romans 13:2-7). Give to our schools, zeal, prudence, and holiness.

Visit with mercy all those who are suffering (James 5:14), relieve the pressures they feel, lighten their burden; give them a cheerful submission to your gracious will (Hebrews 12:7-10), and eventually bring them and us, with those who already rest from their labors, into the joy of our Lord (Matthew 25:23); to whom with you, O Father, and you, O Holy Spirit, be all praise now and forever.

TUESDAY MORNING.

General questions, which may be used every morning:

- Did I think of God first and last this day?
- Have I examined my previous day's behavior since going to bed last night.
- Am I resolved to do all the good I can this day and to be diligent in the business of my calling in life?

O ETERNAL and merciful Father, I give you humble thanks (increase my thankfulness, I urgently beg you) for all the blessings, spiritual and temporal, which, in the riches of your mercy, you have poured down on me (Philippians 4:19). Lord, let me not live but to love you, and to glorify your name (Philippians 1:21; Psalm 86:12).

Particularly I give you most sincere thanks for preserving me from my birth to this moment, and for bringing me safely to the beginning of this day, in which, and in all the days of my life, I urgently beg you that all my thoughts, words, and works may tend to your glory (1 Corinthians 10:31). Heal, O Father of mercies, all my infirmities, strengthen me against all my foolishness; forgive me all my sins, and let them not cry louder in your ears for vengeance, than my prayers for mercy and forgiveness.

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O blessed Lord, enable me to fulfill your commands, and command what you will. O Savior of all who trust in you, do with me what seems best in your own eyes; only give me your mind; let me learn from you to be meek and lowly (Matthew 11:29). Pour into me the whole spirit of humility (Philippians 2:4-5); fill, I urgently beg you, every part of my soul with it, and make it the constant, ruling habit of my mind, that all my other tempers may arise from it; that I may have no thoughts, no desires, no designs, but such as are the true fruit of a lowly spirit (Isaiah 57:15). Grant that I may think of myself as I ought to think, that I may "know myself, even as I am known (1 Corinthians 13:12)." In this may I exercise myself continually, when I lie down and when I rise up, that I may always appear poor, and little, and mean, and base, and vile in mine own eyes. Convince me that I have neither learned wisdom, nor have the knowledge of the holy. Give me a lively sense that I am nothing, that I have nothing, and that I can do nothing. Enable me to feel that I am all ignorance and error, weakness and uncleanness, sin and misery; that I am not worthy of the air I breathe, the earth I tread upon, or the sun that shines upon me (Isaiah 6:5). And let me be fully content when all other people think of me as I do of myself. Save me from either desiring or seeking the honor that comes from people. Convince me that the words of praise, "when smoother than oil," then especially are truly swords (Psalm 55:21). Give me to dread them more than the poison of asps (Romans 3:13), or "the pestilence that walks in darkness" (Psalm 91:6). And when these cords of pride, these snares of death, overtake me, do not allow me to take any pleasure in them, but enable me instantly to flee to you, O Lord, and to complain unto my God. Let all my bones cry out, "You are worthy to be praised; so shall I be safe from my enemies" (Psalm 18:3).

Bless, O gracious Father, all the nations, whom you have placed on the earth, with the knowledge of you, the only true God: But especially bless your holy church, and fill it with truth and grace; where it is corrupt, purge it; where it is in error, rectify it; where it is right, confirm it; where it is divided and torn apart, heal its ruptures, O Holy One of Israel. Replenish all whom you have called to any office therein with truth of doctrine and innocence of life (1 Timothy 4:15). Let their prayers be as precious incense (Psalm 141:2)

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in your sight that their cries and tears for the city of their God may not be in vain.

O Lord, hear the leaders of our government in the day of their trouble; let your name, O God, defend them... Set their hearts firmly upon you and upon other things only as they are in and for you. From holy heaven defend them and their relatives even with the saving strength of your right hand.

Have mercy upon this country, and forgive the sins of this people; turn to us, bless us, and cause your face to shine on our ruin (2 Chronicles 7:14). Inspire the governors with wise passion, the citizens with humble loyalty. Pour down your blessings on all seminaries of true religion and learning that they may remember and act out the purpose of their institution.

Comfort all your sons and daughters who suffer, especially those who suffer for righteousness' sake (1 Peter 3:14). Bless my father and mother, my brothers and sisters, my friends and relatives, and all that belong to this family. Forgive all who are my enemies, and so reconcile them to me and yourself, that we all, together with those who have already died in you, may awaken to life everlasting, through your merits and intercession, O blessed Jesus; to whom, with

the Father and the Holy Spirit, be ascribed, by all creatures, all honor, and might, and wisdom, and glory, and blessing."

TUESDAY EVENING.

Particular Questions relating to my Humility:

Have I labored to conform all my thoughts, words, and actions to these fundamental truths: "I am nothing, I have nothing, and I can do nothing (apart from Christ)?"

Have I set apart some time this day to think about my frail inability, follies, and sins?

Have I ascribed to myself any part of any good which God did by my hand?

Have I said or done anything with a view to the praise of others?

Have I desired the praise of others?

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Have I taken pleasure in it?

Have I commended myself to others, unless for God's glory, and then only with fear and trembling?

Have I despised anyone's advice?

Have I, when I thought so, said, "I am in the wrong?"

Have I received contempt for things indifferent, with meekness, for doing my duty, with joy?

Have I omitted justifying myself where the glory of God was not concerned? Have I submitted to being thought in the wrong?

Have I, when treated with contempt prayed firstly, to God that it might not discourage or puff me up and secondly, that it might not be imputed to the one who holds me in contempt and thirdly, that it might heal my pride ?

Have I, without some particular good in view, mentioned the contempt I had met with?

I desire to offer to you, O Lord, my evening sacrifice, - the sacrifice of a contrite spirit. "Have mercy upon me, O God, according to your great goodness, and according to the multitude of your mercies forgive my offenses (Psalm 51:1). Let your unspeakable mercy free me from the sins I have committed, and deliver me from the punishment I have deserved. O save me from every work of darkness, and cleanse me "from all filthiness of flesh and spirit (2 Corinthians 7:1)," that, for the time to come, I may, with a pure heart and mind, follow you, the only true God.

O Lamb of God, who, both by your example and precept, instructed us to be meek and humble, give me grace throughout my whole life, in every thought, and word, and work, to imitate your meekness and humility (Matthew 11:29). Put to death in me all my pride; grant me to feel that I am nothing and have nothing, and that I deserve nothing but shame, contempt, misery and punishment. Grant, O Lord, that I may look for nothing, claim nothing; and that I may go through all the experiences of my life, not seeking my own glory, but looking wholly unto you, and acting wholly for you. Let me never speak any word that may tend to my own praise, unless the good of someone else requires it; and even then let me beware, lest, to heal another, I wound my own

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soul. Let my ears and my heart be ever shut to the praise that comes from others, and let me "refuse to hear the voice of the charmer, charm he ever so sweetly (Psalm 58:5)." Give me a dread of applause, in whatever form, and from whatever tongue, it comes. I know that "many stronger men have been slain by it (Proverbs 7:26)," and that it "leads to the chambers of death (Proverbs 7:27)." O deliver my soul from this snare of hell and don't let me spread it for the feet of others. Whoever perishes by seeking his own glory, may his blood be upon his own head, and let me not be party to it.

O thou Giver of every good and perfect gift (James 1:17), if at any time you are pleased to work by my hand, teach me to discern what is my own from what is another's, and to render unto you the things that are yours. Because every good thing done on earth is done by you, let me always give you all the glory. Let me, as a pure crystal, transmit all the light you pour on me; but never claim as my own what belongs to you alone.

O Jesus who was despised and rejected by people, when I am slighted by my friends, disdained by my superiors, overwhelmed or ridiculed by my equals, or contemptuously treated by my inferiors, let me cry out with your holy martyr, "It is now that I begin to be a disciple of Christ. (Ignatius of Antioch)" Then let me thankfully accept, and faithfully use, that happy occasion to become more like you with a meek and lowly spirit. If for your sake people "cast out my name as evil (Luke 6:22)," let me "rejoice and be exceeding glad (Luke 6:23)." Let me acknowledge your goodness when, because of my sinfulness, you provided this medicine to heal my pride and vanity, and let me beg your mercy for those physicians of my soul by whose hands it is administered to me.

"Make me remember you when I lie down, and think upon you when I am waking (Deuteronomy 6:7; Psalm 63:6)" You have preserved me from all the dangers of the day past; you have been my support from my youth up until now; "under the shadow of your wings (Psalm 57:1)" let me pass this night in comfort and peace.

O Creator and Preserver of all mankind have mercy upon all people in all the situations of life: Purge your holy Church from all heresy, schism, and superstition. Pour upon our whole Church, and especially upon the Clergy, the continual dew of your blessing.

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Bless our country's leaders in their persons, in their actions, in their relations, and in their people. May you be pleased to endow our country's leaders with grace, wisdom, and understanding; the local leaders with equity, courage, and prudence; and all of us with industry, temperance, increase of grace, and a holy, humble, thankful spirit.

Grant to our schools peace and piety; and to all that labor under affliction, constant patience and timely deliverance. Bless all my kindred, especially my father and mother, my brothers and sisters, and all my friends and benefactors.

Turn the hearts of my enemies; forgive them and me all our sins, and grant that we, and all the members of your holy Church, may find mercy in the dreadful day of judgment, through the mediation and satisfaction of your blessed Son Jesus Christ; to whom, with you and the Holy Spirit the Comforter, be all honor, praise, and thanksgiving, in all the Churches of the saints for ever.

WEDNESDAY MORNING.

General questions, which may be used every morning:

- Did I think of God first and last this day?
- Have I examined my previous day's behavior since going to bed last night.
- Am I resolved to do all the good I can this day and to be diligent in the business of my calling in life?

O God who dwells in the light which no man can approach, in whose presence there is no night (1 Timothy 6:16), in the light of whose countenance there is perpetual day (Revelation 22:5); I, your sinful servant, whom you have preserved this night, who lives by your power this day, bless and glorify you for the defense of your almighty providence (Psalm 36:6), and humbly pray, that this day, and all my days, may be wholly devoted to your service. Send your Holy Spirit to be the guide of all my ways, and the sanctifier of my soul and body (2 Thessalonians 2:13). Save, defend, and build me up in your fear and love; give unto me the light

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of your countenance, peace from heaven, and the salvation of my soul in the day of the Lord Jesus (Mark 13:13).

You who are "the Way, the Truth, and the Life (John 14:6)," you have said no man can follow you, unless he renounces himself (Matthew 16:24). I know, O Savior, that you have laid nothing upon us but what the design of your love made necessary for us. You saw our weakness, our idolatrous self-love, whereby we fell away from God, to be as gods ourselves (Genesis 3:5; Romans 3:10-18), to please ourselves, and to do our own will. I now repent; May I ever renounce my own will, and do your blessed will in all things!

I know, O God, you laid aside the rights of your glory, and took upon yourself "the form of a servant (Philippians 2:5-7)." You who made all people to serve and please you, did not please yourself, but became the servant of all. You who are the Lord of the hosts of heaven and earth (Acts 17:24), yielded your cheeks to be smitten, your back to be scourged, and your hands and feet to be nailed to an accursed tree (Isaiah 53:5; Galatians 3:13). When you, our great Master, renounced yourself how can we think much of renouncing our vile selves? My Lord and my God let me not presume to be above my Master! Let it be the one desire of my heart, to be as my Master; to do, not my own will, but the will of Him who sent me (John 6:38). Your whole life cried aloud, "Father, not mine, but your will be done (Luke 22:42)," give me grace to walk after your pattern, to tread in your steps. Give me grace to "take up my cross daily (Mark 8:34)," to accustom myself to bear hardship (2 Timothy 2:3). Let me exercise myself unto godliness beforehand (1 Timothy 4:7), before the rains descend and the floods beat upon me (Matthew 7:25-27). Let me now practice what is not pleasing to flesh and blood, what is not agreeable to my senses, appetites, and passions, that I may not hereafter renounce you, for fear of suffering for you (1 Corinthians 9:27), but may stand firm until the day of judgment (1 Peter 2:12)."

You who did not please yourself, although for your pleasure all things are and were created (Revelation 4:11)," let some portion of your Spirit descend on me (2 Kings 2:9), that I may "deny myself and follow you (Matthew 16:24)."

Strengthen my soul, that I may be temperate in all things; that I may never use any of your

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creatures except to accomplish what you command and only in that measure and manner which best suits it. Let me never gratify any desire which has not you for its ultimate object. Let me ever abstain from all pleasures which do not prepare me for taking pleasure in you; knowing that all such pleasures war against the soul (2 Peter 2:11), and tend to alienate it from you. O save me from ever indulging the desire of the flesh, the desire of the eye, or the pride of life (1 John 2:16). "Set a watch, O Lord, over my senses and appetites, my passions and understanding (Psalm 141:3), that I may resolutely deny them every gratification which has no tendency to your glory. Train me up in this good way, "that when I am old I may not depart from it (Proverbs 22:6);" that I may eventually have a heart that is crucified unto the world, and the world crucified unto me (Galatians 6:14)."

Hear also my prayers for all mankind, and guide their feet into the way of peace; I also pray for your church; let her live by your Spirit, and reign in your glory. Remember that branch of it which you have planted in this country; especially the pastors, the stewards of your holy mysteries; give them such zeal, and diligence, and wisdom, that they may save both themselves and those who hear them (1 Timothy 4:16).

Preserve, O great King of heaven and earth, all Christian leaders. Grant that all who are in authority may truly and indifferently administer justice. And to all your people grant your heavenly grace that they may faithfully serve you all the days of their lives. Bless the seminaries with prudence, unity, and holiness. No matter how much truth is disparaged may godly teachers walk in truth even to the end. Whoever is tempted to forget or denounce their high calling as a Christian, may they always remember that they are a "chosen generation, a royal priesthood, an holy nation, a people belonging to God;" and, accordingly, "show forth the praise of Him who hath called them out of darkness into his marvelous light (1 Peter 2:9)."

With a benevolent eye, O gracious Lord, behold all my enemies, and all that are suffering; give them patience under their sufferings, and grant that they, and all the members of your church, may find rest, "where the wicked cease from troubling (Job 3:17)," and mercy in the great day of trial (2 Timothy 1:18).

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In particular I commend to your mercy my father and mother, my brothers and sisters, my friends and other relatives. Lord, you know best all their wants; fit your blessings to their needs.

Let these my prayers, O Lord, find access to the throne of grace (Hebrews 4:16), through the Son of your love, Jesus Christ the righteous; to whom, with you, O Father, in the unity of the Spirit, be all love and obedience now and forever."

WEDNESDAY EVENING.

Particular Questions relating to self-denial:

- Have I done anything merely because it was pleasing to me?
- Have I not only not done what passion solicited me to, but done just the contrary?
- Have I received the inconveniences I could not avoid as means God has chosen by which sin may be put to death in me?
- Have I contrived pretences to avoid self-denial? In particular, have I thought any occasion of denying myself too small to be embraced?
- Have I submitted my will to the will of every one that opposed it, except where the glory of God was concerned?
- Have I set apart some time for striving after a lively sense of the sufferings of Christ for my sins? (Wesley also added the following the meaning of which is unclear to me: "for deprecating (averting?) God's judgment, and thinking how to amend?)

O ALMIGHTY Lord of heaven and earth, I desire with fear and shame to cast myself down before you, humbly confessing my many and varied sins and intolerable wickedness (Psalm 51:5; Genesis 6:5; Romans 3:12). I confess, O great God that I have sinned grievously against you by thought, word, and deed, even this very day (Genesis 8:21). Your words and your laws, O God, are holy (Romans 7:12), and your judgments are terrible! But I have broken all

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your righteous laws (James 2:10) and deserve your most severe judgments; where shall I go when you are angry?

But, O Lord my Judge, you are also my Redeemer! I have sinned, but you, O blessed Jesus, are my Advocate (1 John 2:1)! Don't judge me, Jesus or I will die. Instead, spare me, gracious Lord, spare your servant, whom you have redeemed with your most precious blood (1 Peter 1:18-19; Revelation 5:9)." Don't store up evil against me for the day of vengeance (Genesis 15:16), but let your mercy be magnified toward me. Deliver me from the power of sin (Romans 6:14), and preserve me from the punishment of it (2 Thessalonians 1:8-9). You whose mercy is without measure (Ephesians 2:4-5), whose goodness is unspeakable; don't hold your repentant servant in contempt. I earnestly beg for pardon and reconciliation. Grant me the forgiveness of what is past (Psalm 32:1; 1 John 1:9), and a perfect repentance of all my sins. That for the time to come I may with a pure spirit do your will O God (Psalm 51:10), walking humbly with you (Micah 6:8), interacting charitably with others (1 Peter 4:8) controlling my soul in resignation and holiness, and my body in sanctification and honor (1 Thessalonians 4:4).

"My Lord and my God," I know that unless I am united with you in your death, I cannot be united with you in your resurrection (Romans 6:5). O strengthen me, that by "denying myself and taking up my cross daily (Matthew 16:24)," I may crucify my old self (Romans 6:6) and utterly destroy the whole body of sin (Romans 6:6). Give me grace to "put to death, therefore, whatever belongs to my earthly nature (Colossians 3:5)," all my works and affections which are according to my corrupt nature. Let me be dead to sin (Romans 6:2), to every transgression of your law, which is holy, merciful, and perfect. Let me be dead to the world, and all that is in the world, - the desire of the flesh, the desire of the eye, and the pride of life (1 John 2:16)." Let me be dead to pleasure, so far as it does not serve you and alive to those pleasures which are at your right hand for evermore (Psalm 16:11). Let me be dead unto my own will, and alive only to you. I am

not my own; you have "bought me with a price (1 Corinthians 16:20), with the price of your own blood (1 Peter 1:18-19). You died for us all so that from now on we should not live for ourselves, but for him who died for us (2 Corinthians 5:15). Arm me with this mind; circumcise my heart (Deuteronomy 30:6) and make me a new creature (2 Corinthians 5:17). Let me no longer live to the desires of people but to the will of God. Let your

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Holy Spirit enable me to say with your blessed Apostle, " I am crucified with Christ: Nevertheless I live; yet not I, but Christ lives in me (Galatians 2:20)."

O Great Shepherd of souls, bring home to yourself all who have gone astray (Matthew 18:20). Preserve your Church from all heresy and division, from all who persecute or oppose the truth; and give unto your ministers wisdom and holiness, and the powerful aid of your blessed Spirit.

Advance the just interests, and preserve the persons of all Christian leaders in government: Give to them, particularly those that are in authority among them, grace to do your will in this world, and give them eternal glory in the world to come.

Bless, O Lord, all our schools of learning, that they may devote all their studies to your glory. Have mercy on all who are in affliction; remember the poor and needy, the widow and fatherless, the friendless and oppressed; heal the sick and languishing, give them a sanctified sense of your discipline, and when you know it is best for them, receive them into the number of your departed saints, and with them into your everlasting kingdom. O my God, I praise you for your continual preservation of me, for your fatherly protection over me this day, for all the spiritual and temporal comforts with which you surround me, particularly for this opportunity now to pray to you. O accept my insufficient services, pardon the sinful inadequacies of all my holy duties, and bless me, my friends and relatives, my providers and my enemies, this night and always, with the blessings of your children.

These my prayers, O most merciful Father, graciously hear, through the mediation of Jesus Christ our Redeemer (John 17:9); who with you and the Holy Spirit is worshipped and glorified, in all Churches of the saints, one God blessed for ever!

THURSDAY MORNING.

General questions, which may be used every morning:

- Did I think of God first and last this day?

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- Have I examined my previous day's behavior since going to bed last night.
- Am I resolved to do all the good I can this day and to be diligent in the business of my calling in life?

O ETERNAL God, my Sovereign Lord, I acknowledge that all I am and all I have, is yours (James 1:17; Romans 8:32). Give me such a sense of your infinite goodness, that I may return to you all possible love and obedience (1 Chronicles 16:34; Psalm 136).

I humbly and heartily thank you for all the favors you have bestowed on me; for creating me after your own image (Genesis 1:27), for preserving me each day by your good providence (Matthew 6:27-34), for redeeming me by the death of your blessed Son

(1 Peter 1:18-19), and for the assistance of your Holy Spirit (Romans 8:26); for causing me to be born in a Christian country, for blessing me with many opportunities for salvation, with godly parents and friends (2 Timothy 1:5), and frequent participation in your ever blessed sacrament (Acts 2:42). I also thank you for all your temporal blessings; for the preservation of me this night; for my health, strength, food, clothes, and for all the comforts and necessities of life. O may I always delight to praise your holy name (Psalm 145:21) and love you my great Benefactor more than all the benefits you provide.

And, O Father of mercies, never stop pitying me, a vile and miserable sinner (Genesis 6:5); don't despise the work of your own hands (Genesis 2:7), the purchase of your Son's blood (1 Peter 1:18-19). For his sake I most humbly beg you to forgive all my sins (1 John 1:9). "I have come to do your will, O God," (Hebrews 10:7) and am resolved, by your assistance, to no longer choose my own will, but with singleness of heart to obey only your good pleasure (2Thessalonians 1:11): "Father, not my will, but yours be done," (Luke 22:42) in all my thoughts, words, and actions.

O all-sufficient God of angels and people, who is above all, and through all, and in all (Ephesians 4:6); from whom, by whom, and in whom are all things (1 Corinthians 8:6); "in whom we live, move, and have our being;" (Acts 17:28) may my will be as entirely and continually derived from your will, as my being and happiness are.

I believe, O sovereign Goodness, O mighty Wisdom, that you sweetly order and govern all things (Colossians 1:17), even the most minute,

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even the most harmful, to your glory, and the good of those that love you (Romans 8:28). I believe, O Father of the families of heaven and earth (Matthew 11:25), that you arrange all events as to best magnify your goodness to all your children, especially those whose eyes wait upon you (Psalm 145:15-16). I most humbly implore you, teach me to adore all your ways, though I cannot fully understand them; teach me to be glad that you are King, and to give you thanks for all things that happen to me (Ephesians 5:20); knowing that you have chosen them for me, and have thereby guaranteed they are good. And for that which is yet to happen, give me your grace to always do what pleases you; and then, with an absolute submission to your wisdom, leave the final outcome of them in your hand.

O Lord Jesus, I give you my body, my soul, my substance, my reputation, my friends, my liberty, and my life : Use me and all that is mine as it seems best to you. I am not my own, but yours (1 Corinthians 6:19-20); Claim me as your right, keep me as your charge, love me as your child! Fight for me when I am assaulted, heal me when I am wounded, and revive me when I am destroyed. Help me with your grace, that whatever I do or experience this day may tend to your glory. Keep me loving you and all people. Direct my path and teach me to always follow you (Psalm 23:1-3). Let not the things of this life or my many concerns about this life alienate any part of my affection for you; nor let me ever pursue or regard them, but for your sake and in obedience to your will (Philippians 1:20-21).

Extend, O Lord, your pity to all people; enlighten the Gentiles with your truth (Acts 13:47), and bring into your flock your ancient people the Jews (Romans 10:1). Be gracious to your holy Church; and grant she may always preserve that doctrine and discipline which you have delivered to her (Jude 1:3). Grant that all of this nation, especially our Governors and the Clergy, may, "whatever they do, do all to the glory of God." (1 Corinthians 10:31) Bless all the schools of true religion and useful

learning, and let them not neglect the purpose of their institution. Be merciful to all that are in distress, that struggle with pain, poverty, or reproach; be a guide to them that travel by land or by water (or air); give a strong and quiet spirit to those who are (unjustly) condemned to death, liberty to those (unjustly) imprisoned (James 5:7-11), and ease and cheerfulness

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to every sad heart (John 14:1,27). Give spiritual strength and comfort to scrupulous consciences (2 Timothy 1:5-8), and to them that are afflicted by evil spirits. Pity idiots and lunatics, and give life and salvation to all to whom you have given no understanding (Genesis 18:25; 2 Samuel 12:23). Give to all that are in error the light of your truth (2 Timothy 2:24-26); bring all sinners to repentance (2 Peter 3:9), and give to all heretics humility and grace to make amends to your Church, by the public acknowledgment of the holy faith (2 Corinthians 7:8-10). Bless all my friends and relatives, acquaintances and enemies; unite us all to one another by mutual love, and to yourself by constant holiness; that we, together with all those who are gone before us, in your faith and fear may find a merciful acceptance in the last day, through the merits of your blessed Son; to whom with you and the Holy Spirit be all glory, world without end (Hebrews 12:1-2).

THURSDAY EVENING

Particular questions relating to submission and meekness:

- Have I endeavored to will what God wills, and that only?
- Have I received everything that has happened to me, even if I didn't choose it, as the choice of infinite wisdom and goodness for me, with thanks?
- Have I (after doing what he requires of me to do concerning them) left all future things absolutely to God's disposal; that is, have I labored to be wholly unbiased in whatever he shall ordain for me?
- Have I resumed my claim to my body, soul, friends, fame, or fortune which I previously turned over to God?
- Have I endeavored to be cheerful, mild, and courteous in whatever I said or did?
- Have I said anything with a stern or hard look, word, or gesture particularly with regard to religion?

My Lord and my God, you see my heart, and my desires are not hidden from you. (Psalm 139:1-10) I am encouraged by my happy experience of your goodness, particularly this day, to present

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myself before you, in spite of knowing I am unworthy of the least favor from you. I am ashamed when I think how long I have lived a stranger, yes, an enemy toward you, taking it upon myself to make pleasing myself the main course of my life.

But I now genuinely desire to return unto you, and, renouncing all interest in myself or concern about how I will be perceived by others, give myself up entirely to you; I desire to be yours and only yours for ever. But I know I am nothing, and can do nothing of myself (John 15:5); and if ever I am yours, I

must be wholly indebted to you for it. O my God, my Savior, my Sanctifier, don't turn your face away from a poor soul that seeks you (Psalm 143:7); but as you have kindled in me these desires, so confirm, increase, and satisfy them. Reject not that poor gift which I would make of myself to you, but teach me so to make it, that it may be acceptable in your sight. Lord, hear me, help me, and show mercy unto me, for Jesus Christ's sake. To you, O God, Father, Son, and Holy Spirit, my Creator, Redeemer, and Sanctifier, I give up myself entirely: May I no longer serve myself, but you, all the days of my life.

I give you my understanding: May it be my only care to know you, your perfections, your works, and your will. Let all things else be as dung and dross unto me, for the excellencies of this knowledge of you. And let me silence all reasoning against whatever you teach me, you who can neither deceive, nor be deceived.

I give you my will: May I have no will of my own; whatever you will may I will and that only. May I will your glory in all things, as you do, and make that my goal. In everything; may I ever say with the Psalmist, 'Whom have I in heaven but you? And earth has nothing I desire besides you.' (Psalm 73:25). 'May I delight to do your will,' O God (Psalm 40:8), and rejoice to do it. Whatever threatens me, let me say, "He is the LORD; let him do what is good in his eyes." (1 Samuel 3:18) and whatever happens to me, let me give thanks, since it is your will concerning me.

I give you my affections (Colossians 3:2): Incline them as you will; you be my love, my fear, my joy; and may nothing have any share in them, but with respect to you and for your sake. What you love,

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may I love; what you hate, may I hate; and in the measure you dictate to me.

I give you my body (Philippians 1:20): May I glorify you with it, and preserve it holy, fit for you, O God, to dwell in. May I neither indulge it, nor be too harsh to it; but keep it, as far as in me lies, healthy, vigorous, and active, and prepared to do whatever you ask of me. (1 Corinthians 6:19)

I give you all my worldly goods: May I value them and use them only for you: May I faithfully restore to you, by giving to the poor, all you have entrusted to me, above the necessities of life; and may I be content to part even with the necessities, whenever you, my Lord, require them at my hands. (James 2:15-17)

I give you my influence and reputation: May I never value them, but only in respect to you; nor endeavor to maintain them, but as it may do you service and advance your honor in the world.

I give you myself and my all: Let me look upon myself to be nothing, and to have nothing, apart from you. Be the sole disposer and governor of me and everything I have; you be my portion and my all.

O my God and my all, when I am tempted to break this solemn engagement, when I am pressed to conform to the world (Romans 12:2), and to the people and customs that surround me; may my answer be, "I am not *my* own" (1 Corinthians 6:20); I am not for myself, nor for the world, but for my God. I will give unto God the things which are God's (Matthew 22:21). God be merciful to me a sinner. (Luke 18:13)

O Father of the lives of all people, have mercy on all. Convert all Jews, Muslims, and uncivilized, to your truth. Bless the Church; heal its ruptures, and establish it in truth and peace. Preserve and defend all Christian officials, especially our President and his family. Be merciful to this nation; bless the clergy with

soundness of doctrine and purity of life, our government officials with wisdom and zeal, and the people with loyalty. Bless the seminaries with learning and holiness, that they may afford a constant supply of people fit and able to do your service.

Shower down your grace on all my relatives, on all my friends, and all that belong to this family of Christ. Comfort and relieve those that labor under any affliction of body or mind, especially those

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who suffer for the testimony of a good conscience. Visit them, O gracious Lord, in all their distresses. You know and see them all. O secure their souls in you; help them rejoice that they are counted worthy to suffer for your name's sake (Acts 5:41), and help them constantly look to you the author and finisher of their faith (Hebrews 12:2). Supply abundantly to the souls of all who are in prison, who lack your holy ordinances, and in your good time, deliver them, and be merciful unto them, as you have been to them that love your name. Those that love or do good to me, reward sevenfold; those that hate me, convert and forgive; and grant us all, together with your whole church, an entrance into your everlasting kingdom, through Jesus Christ; to whom with you, Father, and the blessed Spirit, three Persons and one God, be ascribed all majesty, dominion, and power, now and for evermore. Amen.

FRIDAY MORNING.

General questions, which may be used every morning:

- Did I think of God first and last this day?
- Have I examined my previous day's behavior since going to bed last night.
- Am I resolved to do all the good I can this day and to be diligent in the business of my calling in life?

ALMIGHTY and everlasting God, I bless you from my heart, that out of your infinite goodness you have preserved me this night past (Psalm 66:8-9), and have, with the impregnable defense of your providence, protected me from the power and malice of the devil. (Matthew 6:13; John 17:15) I humbly entreat you never to withdraw your protection from me but mercifully watch over me with the eyes of your mercy this day. Direct my soul and body according to the rule of your will, and fill my heart with your Holy Spirit (Romans 5:5; Ephesians 5:18), that I may pass this day, and all the rest of my days, to your glory.

O Jesus, Savior of the world, God of Gods, light of light, you are the brightness of your Father's glory, the express image of his

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person Hebrews 1:3; Colossians 1:15) ; you have destroyed the power of the devil (Hebrews 2:14), you have overcome death, you "sit at the right hand of the Father Hebrews 1:3) ;" you will soon come down in your Father's glory to judge all people according to their works (Revelation 19:11ff; Matthew 25:31ff; 2 Thessalonians 1:7-9) Be my light and my peace; destroy the power of the devil in me, and make me a new creature 2 Corinthians 5:17). O Jesus, who cast seven devils out of Mary Magdalene Luke 8:2), cast out of my heart all corrupt affections. O you, who raised Lazarus from the dead John 11), raise me from the death of sin. You who cleansed the lepers, healed the sick, and gave sight to the blind, heal the diseases of

my soul; open my eyes, and fix them only on the prize of my high calling (Philippians 3:14), and cleanse my heart (Psalm 51:10) from every desire but that of advancing your glory (1 Corinthians 10:31).

O Jesus, poor and humble, unknown and despised (Isaiah 53:3), have mercy upon me, and let me not be ashamed to follow you (Psalm 119:46). O Jesus, hated, falsely charged, and persecuted (Matthew 27), have mercy upon me, and let me not be ashamed to go through what you have. O Jesus, betrayed and sold for so little (Matthew 26:15), have mercy upon me, and make me content to be as my Master (John 15:20). O Jesus, blasphemed, accused, and wrongfully condemned (1 Peter 2:21-23), have mercy upon me, and teach me to endure the contradiction of sinners (Matthew 5:11-12). O Jesus, clothed with reproach and shame, have mercy upon me, and let me not seek my own glory (Hebrews 13:12-13; 1 Thessalonians 2:4-6). O Jesus, insulted, mocked, and spit on, have mercy on me, and let me run with patience the race set before me (Hebrews 12:1). O Jesus, dragged to the pillar, scourged, and bathed in blood, have mercy upon me, and let me not lose courage in the fiery trial (1 Peter 4:12). O Jesus, crowned with thorns, and hailed in contempt; O Jesus, burdened with our sins (1 Peter 2:24), and the curses of the people; O Jesus, insulted, violated, struck, overwhelmed with injuries, griefs, and humiliations; O Jesus, hanging on the accursed tree, bowing the head, giving up the ghost, have mercy upon me, and conform my whole soul to your holy, humble, suffering spirit (Philippians 2:5ff). O Christ who for the love of me underwent such an infinity of sufferings and humiliations, let me be wholly "emptied of myself," that I may rejoice to take up my cross daily and follow you (Luke 9:23). Enable me, also, to endure the pain and despise the shame

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(Hebrews 12:2); and, if it be your will, to remain faithful even unto death (Revelation 2:10).

Holy, holy, holy, Lord God Almighty (Revelation 4:8), I, miserable sinner, humbly acknowledge that I am altogether unworthy to pray for myself. But since you have commanded me to make prayers and intercessions for all people (1 Timothy 2:1), in obedience to your command, and confident of your unlimited goodness, I commend to your mercy the wants and necessities of all man-kind. Lord, let it be your good pleasure to restore to your Church, original peace and purity; to show mercy to this sinful nation, and give us grace at length to cease our sinning through repentance; defend our Church from all the assaults of schism, heresy, and sacrilege; and bless all our church leaders with New Testament graces. O let it be your good pleasure to defend our nation from all its enemies, spiritual and temporal; to bless all civil leaders and their families; to grant to them wisdom, zeal and prudence, and grant to all of us faithfulness and loyalty!

Lord, let it be your good pleasure to give your grace to the seminaries; to bless those whom I have wronged, and to forgive those who have wronged me (Matthew 5:44; Matthew 6:12-15); to comfort the discouraged (2 Corinthians 1:4), to give health and patience to all that are sick and afflicted.

Graciously grant to bless my father and mother with the fear of your name, that they may be holy in every manner of life. Let them remember how short their time is, and be careful to wisely use every moment of it (Ephesians 5:16). You who has kept them from their youth up until now (Psalm 71:17), forsake them not now when they are gray headed, but perfect them in every good word and work, and be their guide unto death. Bless my brothers and sisters, whom you have graciously taught the gospel of Christ; give them greater

and greater illumination that they may serve you with a perfect heart and willing mind. Bless my friends and those who have helped me, and all who have asked me to pray for them (name them). Lord, you know best our circumstances, all our desires, all our wants. Accommodate your grace and blessings to our varying needs.

Hear, O merciful Father, my supplications, for the sake of your Son Jesus; and bring us, with all those who have pleased you

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from the beginning of the world, into the glories of your Son's kingdom (2 Timothy 4:18). To whom, with you and the Holy Spirit be all praise forever and ever.

FRIDAY EVENING.

Particular Questions relating to self-denial:

- Have I done anything merely because it was pleasing to me?
- Have I not only not done what passion solicited me to, but done just the contrary?
- Have I received the inconveniences I could not avoid as means God has chosen by which sin may be put to death in me?
- Have I contrived pretences to avoid self-denial? In particular, have I thought any occasion of denying myself too small to be embraced?
- Have I submitted my will to the will of every one that opposed it, except where the glory of God was concerned?
- Have I set apart some time for striving after a lively sense of the sufferings of Christ for my sins? (Wesley also added the following, which connection is unclear to me: "for deprecating God's judgment, and thinking how to amend?")

God the Father, who cannot be thought to have made me only to destroy me, have mercy upon me (2 Peter 3:9). God the Son, who, knowing your Father's will (John 6:40), came into the world to save me (John 3:17), have mercy upon me. God the Holy Ghost, who to the same end has so often since breathed holy thoughts into me, have mercy upon me. Holy, blessed, and glorious Trinity (2 Corinthians 13:14), whom in three Persons I adore as one God, have mercy upon me.

Lord, do you not care that I perish? Aren't you the one who desires all people to be saved; aren't you the one who would have none perish (2 Peter 3:9)? Would you show your anger against a worm, a leaf or against a vapor that vanishes before you (James 4:14)? Please remember how short my time is and do not deliver my soul into the

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power of hell. For, alas, what profit is there in my blood or who shall give you thanks in that pit (Psalm 30:9)? No; let me live in your sight (Hosea 6:2): Let me live, O my God, and my soul shall praise you (Psalm 119:175).

Forget my disobedience that provokes you to anger (Jeremiah 25:6) and, instead, regard me as distressed, crying to you for help. Don't look on me as a sinner (which I am) but consider me as your child (which I am). A sinner I am, I

confess, a sinner of no ordinary stain: But let not that hinder you, O my God; for upon such sinners you get the greatest glory (1 Timothy 1:16).

O remember for whose sake it was that you came from the fellowship of the Father, and were content to be born of your own handmaid (Luke 1:35,38). Remember for whom it was that your tender body was torn and scourged and crucified (1 Peter 2:24). Was it not for the sins of the whole world (1 John 2:2)? And shall I inflict such injury to your glory as to think you have made me the exception? Or dare I think you died only for sinners of a lower kind and left such as me without remedy? What would then become of him who filled Jerusalem with blood (2 Kings 21:16)? What would become of her who lived in a trade of sin (Joshua 6:17)? And what would have become of your own disciple, who with oaths and curses three times denied you (Matthew 26:69ff)?

O, how simple is it for you to forgive for it is your nature (Exodus 34:6-7). How proper is it for you to save for it is your name (Matthew 1:21). How suitable is it to your coming into the world for it is your business (John 3:17). And when I consider that I am the chief of sinners, may I not urge you further, and say, shall the chief of your business be left undone? Far be that from you! Have mercy upon me.

I do not ask for the things of this world, give them to whomever you wish; give me mercy. O say unto my soul, "Be of good cheer; your sins are forgiven you (Matthew 9:2)." O that I might never sin against you. And in whatever my conscience accuses me most (Romans 2:15), be most merciful unto me.

Save me, O God, as a brand snatched out of the fire (Zechariah 3:2). Receive me, O my Savior, as a sheep that is gone astray (Matthew 18:12-14), but would now return to the great Shepherd and Bishop of my soul (1 Peter 2:25).

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Father, accept my imperfect repentance, have compassion because of my infirmities (Hebrews 4:15), forgive my wickedness (2 Chronicles 7:14), purify my uncleanness (Hebrews 10:22), strengthen my weakness (Nehemiah 6:9), fix my unstableness, and let your good Spirit watch over me forever (John 14:6), and your love rule in my heart always, through the merits and sufferings and love of your Son, in whom you are always well pleased (Matthew 3:17).

Give your grace, O holy Jesus, to the entire world; and let all who are redeemed by your blood (Revelation 5:9), acknowledge you to be the Lord. Let all Christians, especially those of this nation, keep themselves from being polluted by the world (James 1:27). Make all our governmental leaders rule with wisdom and justice; and make the Clergy be exemplary in their lives (1 Timothy 4:16), and discerning and diligent in their labors (1 Timothy 4:15).

Let our seminaries enjoy freedom from violence and faction, and excel in the gospel of Jesus Christ and sound learning.

Please help all that are afflicted, and assist them to trust in you. Raise up friends for the widow and fatherless (James 1:27), and the friendless and oppressed. Give patience to all that are sick, comfort to all troubled consciences (2 Corinthians 2:7), and strength to all that are tempted (Hebrews 2:18).

Be gracious to my relatives (name them), to all that are endeared to me by their kindnesses or acquaintance (name them) to all who remember me in their prayers or desire to be remembered in mine (name them). Sanctify, O merciful Lord, the friendships which you have granted me with these your servants (name them). O let our prayers be heard for each other, while our

hearts are united in awe and love of you, and graciously unite us in you more and more (John 17:11).

Strengthen the hearts of us your servants against all our sinful weaknesses and temptations (Matthew 6:13); enable us to consecrate ourselves faithfully and entirely to your service (Romans 12:1). Grant that we may "provoke each other to love (Hebrews 10:24)" and serve you, and grow up together before you in fear and love (Ephesians 4:15), to your heavenly kingdom. And by your infinite mercies graciously grant to us, with those who have already died in you (1 Thessalonians 4:14-17), to rejoice together before you (Revelation 5:13), through the merits of our Lord Jesus Christ, to whom,

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with you and the Holy Spirit, the blessed and only sovereign Lord, the King of kings, and Lord of lords, be honor and power everlasting (1 Timothy 6:15-16).

SATURDAY MORNING.

General questions, which may be used every morning:

- Did I think of God first and last this day?
- Have I examined my previous day's behavior since going to bed last night.
- Am I resolved to do all the good I can this day and to be diligent in the business of my calling in life?

O GOD, great Creator and Sovereign Lord of heaven and earth, Father of angels and men, Giver of life and Protector of your creatures, mercifully accept this my morning sacrifice of praise and thanksgiving, which I desire to offer, with all humility, to your divine Majesty. You are praised, O Lord, by all your works (Psalm 145:10)" and magnified by everything you have created. The sun rejoices to run its course, that it may set forth the praise of him who made it (Psalm 19:1-6). Nor do the moon and stars refrain to manifest your glory (Psalm 148:3), even amidst the silent night. The earth breathes forth sweet fragrances each day as incense to you, her sacred King, who crowned her with herbs and trees (Genesis 1:11), and beautified her with hills and valleys. The deep utters its voice (Habakkuk 3:10), and lifts up its hands on high to you, the great Creator, the universal King, the everlasting God. The floods clap their hands, and the hills are joyful together before you (Psalm 98:8); the fruitful valleys rejoice and sing your praise. You feed the innumerable multitude of animals which you have created: "These all wait upon you, and you give them their meat in due season (Psalm 104:25-27)." You made light for our comfort, and brought forth darkness out of your treasures to overshadow the earth (Genesis 1:17-18), that the living creatures of it might take their rest. "The fire and hail, snow and vapor, wind and storm, fulfill your word (Psalm 148:8)," and manifest your glory. Inanimate things declare you, O Lord of life, and irrational animals demonstrate

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their wise Creator. Amidst this universal jubilee of nature, grant that all people would not be silent; but let all people, the noblest work of your creation, pay you the noblest sacrifice of praise (Hebrews 13:15). O pour your grace into my heart, that I may worthily magnify your great and glorious name. You have made me and sent me into the world to do your work. Assist me to fulfill the purpose for

which you made me and to show forth your praise with all diligence by giving myself up to your service (Romans 12:1-2).

Prosper the work of my hands, O Lord; Prosper whatever I undertake this day, that it may tend to your glory, the good of my neighbor, and the spiritual benefit of my own soul.

Protect me from those snares and temptations which continually solicit me to offend you (Matthew 6:13). Guide me by your Holy Spirit in all those places where your providence leads me this day; and don't allow my communications with the world to wastefully divert my thoughts, making me inattentive to your presence, or lukewarm in your service (Luke 9:62); but let me always walk as in your sight, and as one who knows this life to be the seed-time of an eternal harvest. Keep me, I beg you, undefiled, blameless, and guiltless unto the end; and grant that I may so diligently perform your will, in every situation where you are pleased to place me, that I may make my calling and election sure (2 Peter 1:10), through Jesus Christ, our blessed Lord and Savior.

Hear also, O Lord, my prayers for the whole race of mankind, and guide their feet into the way of peace. Reform the deficiencies and errors of your Church, heal her divisions, and restore her to her ancient discipline. Give to the clergy grace, as good shepherds, to feed the flocks committed to their charge (1 Peter 5:2).

Grant that in the seminaries, and in all other places set apart for your service, whatever is praiseworthy may for ever flourish.

Bless our country's president and all that are put in authority under him. Let them exceed others as much in goodness as greatness and be extraordinary instruments of your glory. Keep all people in intimate fellowship with your holy Church in humble obedience to its authority and in Christian love toward one another.

In a particular manner, I urge you to be gracious to my father and mother, my brothers and sisters, and all my friends and

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relatives. Pardon all their sins, and heal all their infirmities. Give them that share of the blessings of this life which you know to be best for them and by your grace so use them here that they may enjoy you forever.

With a benevolent eye, O gracious Comforter, look on all that are unjustly afflicted (Matthew 25:35ff): let the grief of the prisoners, the groans of the sick, the prayers of the oppressed, and the desire of the poor and needy, come before you (name them).

Give to my enemies (name them) grace and pardon and give them love for me and you; remove the cloud from their eyes and the hardness from their hearts that they may know and feel what it is to love their neighbor as themselves. And may it please you to enable *me* to love all *my* enemies, to bless them that now curse me, to do good to them that hate me, and to pray for those who despitefully use me and persecute me (Matthew 5:44).

Be pleased, O Lord, out of your goodness, to save those you planned on saving (Acts 13:48), and to hasten your return (Matthew 24:14); that we, with all believers, may fully enjoy you forever (Romans 8:30), through Jesus Christ our Lord; by whom, and with whom, in the unity of the Holy Spirit, all honor and glory be unto you, O Father Almighty, now and for ever.

Saturday Evening.

Particular Questions relating to Thankfulness:

- Have I planned some time for thanking God for the blessings of the past week?
- Have I, in order to be more aware of them, seriously and deliberately considered the varied circumstances that attended those blessings?
- Have I considered each of those blessings as an obligation to greater love and, consequently, to stricter holiness?

O most great and glorious God, who is mighty in your power (Ephesians 1:18-19), and wonderful in your dealings with all of us accept, I implore you, my unfeigned thanks and praise for my creation, my preservation and all the other blessings which, in the riches of

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your mercy, you have from time to time poured down upon me. "Thou, Lord, in the beginning hast laid the foundation of the earth, and the heavens are the works of your hand (Psalm 102:25)." You created the sun and moon, the day and night, and made the outgoings of the morning and evening to praise you (Psalm 65:8). You formed man of the dust of the ground, and breathed into him the breath of life (Genesis 2:7). In your own image you made him (Genesis 1:26) capable of knowing and loving you eternally. His nature was perfect, your will was his law, and your blessed self his experience. Even after he sinned you did not completely withdraw your mercy from him; but, in every succeeding generation, you saved, delivered, assisted, and protected him. You have instructed us by your laws and enlightened us by your statutes; you have redeemed us by the blood of your Son and sanctified us by the grace of your Holy Spirit. For these and all your other mercies, how can I ever sufficiently love you or worthily magnify your great and glorious name? All the powers of my soul are too few to conceive the thanks that are due to you, even for granting me the honor of now appearing before you and conversing with you. You have declared that you will accept the sacrifice of thanksgiving in return for all your goodness. Forever therefore I will bless you; I will adore your power and will magnify your goodness. My tongue shall sing of your righteousness (Psalm 51:14), and tell of your salvation from day to day (Psalm 96:2). I will give thanks unto you forever and ever (Psalm 30:12); I will praise my God while I have my being (Psalm 104:33). O that I had the heart of the seraphim that I might burn with love like theirs. But though I am upon earth, yet will I praise, as I can, the King of heaven (Daniel 4:37); though I am a feeble, mortal creature, yet will I join my song with those that excel in strength, with the immortal host of angels, and archangels thrones, dominions, and powers, while they laud and magnify your glorious name, and sing with incessant shouts of praise,-
 "Holy, holy, holy, is the Lord of Hosts! Heaven and earth are full of his glory. (Isaiah 6:3)" Glory be to you, O Lord most high. Amen. Hallelujah.

Accept, O merciful Father, my most humble thanks for preserving me this day. Continue your loving kindness towards

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me, and take me into your protection this night. Let your holy angels watch over me to defend me from the attempts of evil people and evil spirits. Let me rest in peace, and not sleep in sin; and grant that I may awake more fit for your service.

O Lord, whose kingdom rules over all, rule in the hearts of all the people you have made; reform the errors and heal the ruptures of your holy Church and establish her in truth and peace. Be gracious unto all the clergy and enable them to rightly divide the word of truth (2 Timothy 2:15). Bless our seminaries that they may stand fast in faith and love, against all the assaults of vice and infidelity.

Forgive the sins of this nation, and turn our hearts, that iniquity may not be our ruin (2 Chronicles 7:14). Bless our President and his family with all those blessings which you know to be most advisable for them; and give to all civilian leaders grace to truly serve you in their work. May the people of this country live in constant communion with your Church, in obedience to governing authorities and in love towards one another.

Be gracious to all who are near and dear to me (name them). You know their names and are acquainted with their needs. Out of your goodness be pleased to proportion your blessings to their necessities. Pardon my enemies, and give them repentance and charity and give me grace to overcome evil with good. Have compassion on all who are distressed in mind, body, or circumstance and give them steady patience, and timely deliverance.

Now, to God the Father, who first loved us, and made us accepted in the Beloved; to God the Son, who loved us, and washed us from our sins in his own blood; to God the Holy Spirit, who sheds the love of God abroad in our hearts, be all love and all glory in time and to all eternity. Amen.

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