

THE EXHORTATION

Dearly beloved in the Lord, ye who mind to come to the holy Communion of the Body and Blood of our Savior Christ, must consider how Saint Paul, in his First Letter to the Corinthians, exhorteth all persons diligently to try and examine themselves, before they presume to eat of that Bread, and drink of that Cup. For as the benefit is great, if with a true penitent heart and lively faith we receive that holy Sacrament; (for then we spiritually eat the flesh of Christ, and drink his blood; then we dwell in Christ, and Christ in us; we are one with Christ, and Christ with us;) so is the danger great, if we receive the same unworthily. For then we are guilty of the Body and Blood of Christ our Savior; we eat and drink our own damnation, not considering the Lord's Body.

Judge therefore yourselves, brethren, that ye be not judged of the Lord. First, examine your lives and conversations by the rule of God's commandments; and wherever you have offended, either by thought, word, or deed, there to confess yourselves to Almighty God, with full purpose of amendment of life. Be ready to make restitution for all injuries and wrongs done by you to any other; and be likewise ready to forgive others that have offended you: for otherwise the receiving of the Holy Communion doth nothing else but increase your damnation. Therefore, repent you of your sins, or else come not to that holy Table.

If there be any of you, who by this means cannot quiet his own conscience therein, but requireth further comfort or counsel, let him come to me, or to some other Priest, and open his grief; that he may receive the benefit of absolution, together with godly counsel and advice, to the quieting of his conscience, and avoiding of all scruple and doubtfulness.

And above all things ye must give most humble and hearty thanks to God, for the redemption of the world by the death and passion of our Savior Christ, both God and man; who did humble himself, even to the death upon the Cross, for us, miserable sinners, who lay in darkness and the shadow of death; that he might make us the children of God, and exalt us to everlasting life.

And to the end that we should always remember the exceeding great love of our Master, and only Savior, Jesus Christ, hath instituted and ordained holy mysteries, as pledges of his love, and for a continual remembrance of his death, to our great and endless comfort.

To him therefore, with the Father and the Holy Ghost, let us give, as we are most bounden, continual thanks; submitting ourselves wholly to his holy will and pleasure, and studying to serve him in true holiness and righteousness all the days of our life. **Amen.**