

Prayer After Meditation

O my God, I give Thee heartfelt thanks for all the graces Thou hast conferred on me during this meditation. Pardon me, I beseech Thee, all the negligence and all the distractions of which I have been guilty. Give me strength to carry out the resolutions that I have made.

Fortify me, that from henceforth I may diligently practise this virtue (avoid this fault, or perform this action) to Thy honour. Help me to keep my good resolutions, O sweet Virgin Mary; and do thou, my good angel, recall them to my memory, if I should ever forget or neglect them. Amen