

**A Grove of Graces
Supplied with plentie
of Plants, appliable to
pleasure and pro-
fit:**

Whereof whosoeuer be disposed deuout-
lie to take a view, they shall haue the
choice of forty (and not so few) godlie exer-
cises of Christian duty: ordinarily to be
vsed before and after their
dailie diet.

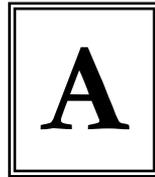
By Abraham Fleming.

I. Tim. 4. ver. 4. 5.

*Euerie creature of God is good and
nothing ought to be refused if it be re-
ceined with thankesgiuing for it is san-
ctified by the word of God, and praier.*

**AT LONDON,
Printed by Peter Short
1602.**

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S the benefites of God are manifolde, or rather infinite, bestowed vpon man, from the time of

his creation, euen so ought the fruites of his obedience and thankfullnesse to bee abundant and plentifull. For, If a man hauing diuers good friends, but some more beneficiall than othersome, sheweth himselfe moste officious and dutifull to them, of whome he hath receiued most commoditie: by howe much the greater reason ought wee so to behaue our selues in all kinde of holie seruice towards God, who hath heaped vpon vs more blessings, than the tongue of anie man can vtter, or his memorie containe?

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We see that all things are created by God, all thinges nourished by him, all thinges increased by him, all thinges multiplied by him, and all thinges preserued by him, for the vse of man, unto whose gouernement he hath committed them, put him in full possession, and giuen him a lordlie title ouer them, to vse and dispose at his pleasure: requiring at his handes for this singular bountifullnesse, nothing but an vnderstanding heart, a renewed mind and religious lips, which might tell abrode the great goodnes of so loving a God, and stir vp others to magnifie his name.

And although wee ought to glorifie God at all times according to the continued course of his compassion and kindnesse shewed vnto vs, from the daie of our birth vntill this present houre sundrie and manie waies, as well in clothing vs, as also in nourishing and feeding vs, besides other inuincible graces which not appearing to the world can not so well bee remembred: yet because my purpose is particular, and stretches no further than to Chriatian dutifullnesse, proper vnto God for his dayley blessings presented vnto vs all vpon our ordinarie

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tables, I would not with thee (good Reader) to looke for anie other matter at my handes, than the verie title of this treatise dooth import, which I haue called by the name of *A Grove of Graces*.

For as in a Groue there do grow manie plants of great varietie and choice, the weakest and slendrest whereof may in due and conuenient time do some good and necessarie seruice: euen so (gentle Reader) thou hast here in this Groue sundrie good graces put into thine handes, some in verse, and othersome in prose, all and euerie of them tending to Gods glorie, as blessings and thankesgiuings vnto his diuine Maiestie, for his vnspeakable clemencie, and fatherlie prouidence, which hee hath ouer vs sinfull and wretched creatures, whereof the Lorde giue vs grace to continue mindfull, and keepe vs in the reuerent vse of his good gifts, for
 Iesus Christes sake our
 onelie mediatour
 and advocate,
 Amen

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Abraham Fleming.

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A Groue of Graces,

The first Plant.

Grace before dinner

Almighty God, thou gi-
uer of all good things
Blesse we beseech thee
the meat which is set
before us for our re-
past, and vs the receyuers of the
same, that we may prosper with
it, and that the substance there of con-
verted into nourishme[n]t may make
vs strong, & able of bodie to endure
and go through our dailie labour.
Open our eies also. O Lord, that
we may see from whome all things
do come, and seeing, may extoll and
magnifie thy name, through Jesus
Christ, Amen.

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The 2. plant

Grace after dinner.

Brethren and sisters assem-
bled and refreshed with the
blessings of God, forget not to giue
him thanks for the present vse of
these his comfortable and nour-
ishing creatures, beseeching him to
make vs thankfull partakers of
the same, for his sonnes sake Je-
sus Christ our lord, Amen.

The 3. Plant.

Grace before supper.

Reason requireth, and dutie de-
maundeth, that in partaking
of these good creatures of God, we
vse a Christian reuerence & haue
before our eies the feare of his di-
uine Maiestie, which we beseech
thee, O God to vouchsafe vs, for
his sake, in whome thou are best
pleased, Jesus Christ our saviour,
Amen.

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The 4. Plant.

Grace after supper.

A Thankfull hart which is the
sacrifice that thou requirest
O Lord, graunt vnto vs thy ser-
uants, nourished and fed at this
present by thy prouidence. Open

our mouthes that we may sound
foorth thy praise and also with one
consent glorifie thy diuine Maie-
stie saying: Blessed be thou O e-
ternall God in all thy giftes, and
extolled in thy workes, All glo-
rie, honour, power, and dominion,
be ascribed vnto thee world with-
out end, Amen.

The 5. plant.

Grace before dinner.

Here we see most manifest and
apparent signes of Gods loue
and fatherlie care ouer vs: who
dailie feedeth our mortall bodies
with nourishment conuenient and
agreeable to our nature. Let vs
therefore soberlie receiue them as
preseruatiues against hunger and
forget not to magnifie his good-
nesse, which so mercifullie and fa-
vourable tendereth our weake-
nesse, through Jesus Christ our
Lord Amen.

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The 6. Plant

Grace after dinner.

All praise and thankes begi-
ven vnto thee O God omni-
potent, which hast fed vs not onelie
this daie, but the whole tearme of
our life. Wee bring vnto thee the
bullocks of our lips, beseeching
thee to accepte our oblation of
thankfulnesse, offered and presen-
ted vnto thee for thine vnmeasu-
rable and vndeserved bountiful-
nesse This wee do, O Lord, in his
name, who for our sakes became
accursed, Jesus the righteous,
who with thee and the holie Ghost
be euermore glorified, Amen.

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The 7. Plant.

Grace before dinner.

MOst gracious God, the giuer
of all good giftes, without
whome nothing is nourishable, be
it neuer so delicate: we beseech thee
that these thy creatures, procee-
ding from thine almightie proui-
dence, and set vpon this table for
our sustenance, may turne into

wholesome substance of flesh and
bloud in our bodies.

And because manie times, euen
thy good creatures, through our
intemperance, turne into poison,
and by our owne abuse, breede sun-
drie diseases: graunt (we beseech
thee) that we may moderately eate
and drinke that which is daylie
ministres vnto vs for our releefe
and giue thee continuall thanks
for these and all other thy benefits
through Christ our Lord, Amen.

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The 8. Plant.

Grace after dinner.

FATHER euerlasting, continuall
thanks and praise bee ascribed
vnto thee, which from our creation
and first coming into the world,
euen till this present daie & houre
hast giuen vs all things necessarie
for our bodies: grant (wee beseech
thee) that as wee haue receiued
corporall food and sustenance from
thy hands, so we may bee faithfull
and true partakers of the spiritu-
all Manna, whereby our soules
are sustained to euerylasting life,
through Jesus Christ our sauour,
Amen.

The 9. Plant.

Grace before dinner.

LORD God, whose daily hand doth feed
the beast, the foule, and fish,
Vouchsafe to blesse and sanctifie,
this bord and euery dish:
That as we touch and taste the thinges
proceeding from thy grace,
Our bodies to susteine, and feed
our flesh in euery place:
So we may yeeld thee thanks therefore
and giue thy name the praise,
Which doth deserue of all the world,
Extold to be alwaies.

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The tenth Plant.

Grace after dinner.

Eternall God thy name be blest
which doost vs dayly feed,
And soule and bodie satisfiest,
when as they stand in need:
The body by the staffe of bread,

which giueth strength and power,
 The soule with sweetnesse of thy word
 and Gospell euery hower.
 Thy holy name perpetually,
 be magnified therefore.
 As hath bin since the world began,
 and shall be euermore, Amen.

The 11. Plant.

Grace before supper.

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MOst gracious God, which
 cloathest the Lillies of the
 field with beautie, farre aboue the
 royaltie of Salomon: and feedest
 the little Sparrowes, which fall
 not to the ground without thy
 prouidence: be present (we beseech
 thee) at this table and season with
 the salt of thy blessing these thy
 creatures, that in receyuing them,
 as becommeth Christians, wee
 may also be sanctified, and in al our
 eatings & drinkings euermore re-
 member to confesse and acknow-
 ledge thee in thy benefices, from
 whome all good thinges procede,
 for the succour of thy seruants,
 and receiue them according to the
 rule of true Christianitie, through
 Christ our Lord and only saviour
 so be it.

The 12. Plant.

Grace after supper.

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IN so much as it hath pleased
 thee (O mercifull father) to call
 vs to the communicating and par-
 taking of thy creatures, and by
 them hast refreshed vs at this pre-
 sent: we giue thee heartie thanks
 for this thy bountiful liberalitie
 beseeching thee to knowe in vs a
 Christian care and compassion of
 them that are in necessitie, that wee
 considering their poore and succor-
 lesse estate, may with pitifull eies
 tender their pouertie, and with
 charitable handes relieue them in
 miserie: alwaies remembering, that
 whatsoever is done to thy needie
 and naked members thou doest ac-
 count it done to thine owne bodie.
 Graunt this (O gracious God)
 for Iesus Christs sake thy sonne

our sweete sauour. Amen.

The 13. Plant.

Grace before supper.

NO grace the glutton nor his guests,
 amid their dainty fare
 Vouchsafe to shew to Lazarus,
 a begger poore and bare.
 Their seruice was superfluous,
 their meate was ouermutch:
 Poore Lazarus, who scarce could go,
 or stand without a crutch,
 Lay begging at the gluttons gates,
 some crumbs for his reliefe
 But none there was that of his case,
 were toucht with any grief.
 His dogs lay licking of his lims,
 the botches, biles and blaines,
 And with his toong did leeke a moane,
 and way asswage his paine,
 This deed of pitie in his dog,
 condemneth such as saue
 All for themselues, and for the poore
 and needie nothing haue.
 God grant that we may not be such,
 as this rich glutton was,
 Least we with him in pit of Hell,
 crie out, woe and alas.
 From thence the Lord deliuer vs,
 and guide vs by his grace,
 That when we die in earth in heauen
 we may possesse a place.

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The 14. Plant.

Grace after Supper.

Good Zache entreteining Christ,
 became a joifull man,
 His soule to feed on food of life,
 with faith and hope began.
 Then called he to streight account,
 his thoughts, his words, and deeds,
 His conscience and his life misled,
 and thus in speech proceedsL
 Lord, if I haue done any man
 Shrewd turne, or offered wrong,
 Or caused the poore to make complaint,
 with sobs and sighings strong:
 Lo restitution I will make,
 and fourfold them reward,
 With readie purpose so to do,
 lo hand and heart prepared.
 Marke Zaches speech, and ponder it
 with wisdom in thy thought,
 And do thy best that worke like his

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may well of thee be wrought.
 Vnto the hungret breake thy bred,
 the thirsty giue to drinke,
 And on the prisoner fast in gaile,
 with pitie alwaies thinke.
 The naked cloth, the widowe helpe,
 lodge them that lodging lacke,
 And think no scorne the crosse of Christ
 to beare vpon thy backe.
 When he shall come to iudge the world
 with fan in hand prepard,
 To cense the floore from chaffe, then hope
 in heauen for thy reward.

The 15. Plant.

Grace before dinner.

ALmightie GOD, whose pro-
 uidence reacheth to the vtter-
 most endes of the worlde, and
 to the depth of the Sea: which
 nourishest all creatures with su-
 stenance agreeable vnto their na-
 tures, the fish, the foule, the foure-
 footed beast, & the creeping worme:
 wee beseech thee, that the meate
 and drinke which is set before
 vs on this table, at this present,
 may bee so moderatelie receiued,
 that our bodies thereby may be re-
 freshed, and our senses comforted
 through Jesus Christ our Lord,
 Amen.

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The 16. Plant.

Grace after dinner.

BLessed God, eternall thanks
 and praise bee ascribed vnto
 thee, which hast opened thine hand
 at this time, and made vs parta-
 kers of thy benefites: and hast
 supplied the necessitie of our na-
 ture with these nourishing ele-
 ments: without the which our life
 cannot be maintained. Wee beseech
 thee to kindle in vs a continuall re-
 membrance of thy bountifull good-
 nesse towards vs, that as thou ne-
 uer withdrewest thy fatherlie care
 from vs, so wee may neuer cease
 to offer vnto thee the sacrifice of
 praise and thankesgiuing, through
 Jesus Christ our Lord and sa-
 uiour, Amen.

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The 17. Plant.**Grace before Supper.**

Remember more is lost then won,
 by hauing wealth in hand,
 And by receiuing yerly rents,
 for hire of house and land:
 smalll gaine is got by trade of life,
 in pompe and pleasure spent,
 In deintie fare and costlie oates
 more than sufficient:
 If losse of soule we do sustaine,
 and broyling lie in hell,
 The place where wicked worldlings be
 appointed aie to dwell.
 Wherefore to let vs eate and drinke,
 as godly Christians ought,
 And giue God thanks for euermore,
 as well in tongue as thought,
 Amen.

The 18. Plant.**Grace after Dinner.**

ALL we which at this present time,
 with food arewell amended,
 From God aboue our father deere,
 confesse the same descended:
 Who to this end both flesh and fish
 and all things else hath made,
 That man the image of the highest,
 should vse them in their trade:
 Wherefore since God so gracious is
 to vs that are uniust,
 As dutie binds, his maiestie
 Extoll and praise we must.

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The 19. Plant.**Grace before supper.**

HOLie of holiest, father almigh-
 tie and God eternall, whose
 loue to thy creatures is so excee-
 ding great and vnmeasurable, that
 no hart can conceiue, neither anie
 tongue expresse it: we beseech thee
 to sanctifie not onely these elements
 visible before our eies, but to vs
 the receyuers of these thy present
 and dailie gifts, giue an vnderstan-
 ding heart, that we knowing from
 what fountaine they do flowe, may
 reuerently receiue them, setting a-
 part all intemperancie, and glut-
 tonous greediness: continuallie re-
 membring that we are created and

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borne to this ende and purpose,
 namelie, to extoll and glorifie thy
 diuine Maiestie in the manifold-
 nesse of hy bountie and goodnesse
 through Christ our Lord, the true
 bred of life euerlasting, Amen.

The 20. Plant.

Grace after Supper.

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As there is nothing that can
 prosper, except the Lord of life
 and the light vouchsafe to blesse it with
 this grace, and be present therewith
 to further it with the operation of
 his sanctifying spirit: so doubtles,
 this corporall foode and bodyly su-
 stenance, whereof we haue tasted
 for the comfort and refreshing of
 our fleshie members, is to small
 commoditie and profite except it
 please thee (O heauenly father) to
 blesse the same in vs: that as wee
 feele our selues inwardlie streng-
 thened, so we may magnifie thine
 immortal name which art the wel-
 head, and storehouse of all good
 thinges: to whome, not onely for
 this present profusion but for all
 thy former benefites, wee render
 praise and thanks vnfeignedlie
 in and through Christ Jesus that
 vnspotted Lambe, the fulnesse of
 our felicitie, Amen.

The 21. Plant.

Grace before supper.

MOst louing shepheard of our soules
 Christ Iesus iust and true,
 Be present at our sustenance,
 and vs thy seruants view.
 O giue vs grace of ghostly food
 to haue no lesse a care,
 Than of the bodies nourishment
 our minds affected are.
 That soule and bodie being fed,
 with requisite repast,
 They both by giuing God the praise
 may liue in heauen at last:
 Of Angles food to haue their fill
 at God almighties table
 Which graunt vs all O gracious God,
 for thou alone art able, Amen.

The 22. Plant.**Grace after Supper.**

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FOur reliefe and sustenance
 what is there farre or neare,
 But Gods good gift, ad grace it is,
 whiles we do harbour heere?
 Meat, drinke and cloth to saue the flesh
 from feeling of annoy.
 All needfull things that we can name
 through him we do injoy.
 This food his holy hand did reach
 to vs for our auaille,
 Our bodies to support and stay,
 which feeble are and fraile.
 To him be honour, praise and thanks,
 throughout the world therefore,
 His maiestie be magnifide
 henceforth for euermore.

The 23. Plant.**Grace before dinner.**

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LEt vs with one hart and voice
 confess that it is the wonnder-
 full prouidence of God, whereby
 this whole world, which other-
 wise would decay, is preserued.
 It is his loue and kindnesse to-
 wards his creatures, whereby the
 life of each breathing thing in con-
 temptible. It is he only in whom
 we liue, moue, and haue our being.
 Let vs therefore as becommeth
 true Christians, craue at the
 hands of his goodnesse, the blessing
 of his holy spirit, to be powred vp-
 on these his present gifts, provi-
 ded for our nourishment: and with
 the moderate receiuing thereof, to
 increase in our hearts thankeful-
 nesse for the same which is the on-
 lie sacrifice that hee dooth require.
 Grant thy sonnes sake, Jesus Christ
 the righteous, Amen.

The 24. Plant.**Grace after supper.**

EArnestly and in fayth, as beho-
 ueth true Christians, let vs
 lift up our hearts and hands vnto
 the Lorde God almightie, who
 hath vouchsafed at this time, and
 at all times since the day of our
 natiuitie and birth to succour and
 nourish vs with temporall foode:

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beseeking him of his abundant
 grace and goodnesse, to drop into
 our minds the deawe of his com-
 fortable spirit, that as our bodies
 haue beene sufficiently susteined
 our soules may be in like case, by the
 sweete and pleasant repast of his
 glorious Gospell, bee refreshed
 through Jesus Christ the onlie
 sauour and succourer of his faith-
 full people, Amen.

The 25. Plant.

Grace before Dinner.

MEat, drink, and cloth ordeined are
 the life of man to lengthen,
 His health from hazard to defend
 and euery lim to strengthen,
 Wherefore tis euery Christians part
 with reuerence them vse,
 Excesse to shun, which surfet breeds
 and health doth much abuse:
 Remembring alwaies God aboue
 from whom these gifts proceed,
 Whose prouidence appointed hath
 these creatures for our need.
 Vouchsafe therefore O Gracious God
 that euer as we eate,
 We may remember thee that first,
 inthy tribunall feate
 To feare thee for thy benefits,
 and reuerence thy name
 From age to age: Amen, Amen
 say all vnto the same.

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The 26. Plante.

Grace after dinner.

IEhoua high, whose holy hand
 his people doth protect
 And as a shield of safe defence
 preserueth his elect:
 That King whose kingdome endlesse is,
 whose power fils euery place,
 Whom Sun & Moone obey and feare,
 So glorious is his Grace:
 His name be praised euermore,
 of people hy and low.
 His goodnes daily vnto vs,
 who ceaseth not to show
 O letvs giue him hartie thanks,
 with hart and eke with tongue,
 Let praises spring most plentiously.
 from lips of old and young.
 No better sacrifice than this,

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before him can we lay,
 this is the sweete oblation,
 that Christians ought to pay.
 Wherefore the gifts of God most high
 with thanks let vs partake,
 Relieuing them that liue in Lacke,
 and beg for Christs sake:
 So shall we find when we do seeke,
 and haue when as we craue,
 As faith our sauour Iesus Christ,
 whose death our life did saue.
 Amen.

The 27. Plant.

Grace before Supper.

NOwe and alwaies, O thou
 king of glorie, bee present at our
 refection, blesse and sanctifie
 this our foode and sustenance, in-
 crease in vs the gifte of thy grace,
 and kindle in our hearts the fer-
 vent fire of Christian charitie, that
 when we haue tasted and digested
 this our bodilie foode, we may bee
 touched with compassion towards
 them that are pinched with pouer-
 tie and want: imparting of our
 prouision to succour their needi-
 nesse, for his sake, that in the bo-
 wels of mercie and pitie gaue his
 heart bloud to be shed for the deli-
 verance of our soules from the
 dungeon of damnation, Iesus
 Christe the iust, whose name be
 praised world without end. Amen.

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The 28. Plante

Grace after Supper.

GRreatlie are wee bound to giue
 God thanks, by whose grace
 wee haue inioyed his creatures to
 our bodilie reliefe, and feele our
 selues satisfied. As it is therefore
 a speciall point of Christian dutie
 to praise God for his benefites: so
 let vs with eyes of our hearts vnto
 heauen, from whence allgood gifts
 doo descend, beseeching God to feed
 our soules with the foode of life,
 and immortalitie: namelie, with
 his comfortable word and Gospel,
 which quickneth our soules, and
 maketh them able to flie aloft vnto
 heauen, that wee may there haue

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our conuersation and abyding,
 where our father God almightie
 our elder Brother Iesus Christ,
 and our comforter the holie Ghost,
 dwell together in all felicitie and
 happiness: to whom all honour,
 power, and dominion, for euermore,
 Amen.

The 29. Plant.

Grace before Supper.

AS watchmen watch in waste,
 if God their watch withstand:
 So builders build, but yet in vaine,
 without Gods helping hand.
 These be the words of Daud iust,
 of israell crowned King,
 Which true to be the holie Ghost,
 hath proued in manie a thing.
 And feeling good successe doth cease,
 where God his helpe withholds,
 But all things prosper luckily,
 where he his hand vnfolde:
 Let euery one that present is
 beseech the Lord in mind,
 To blesse the meate and drinke which we
 prepared here do find:
 That we may feele such fruit therein,
 as comfort may restore,
 Remembring God whose gifts they be,
 and thanking him therefore, Amen.

The 30. Plant.

Grace after dinner.

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BLessed be God who day by day
 his people doth preserue
 And giues vs store of sustenance,
 which otherwise might sterue.
 Increase in vs thy heauenly grace,
 his blessings to beholde,
 That we may praise and magnifie,
 his food,
 And filleth them with euerything
 that healthfull is and good.
 Extoll therefore his powre will we,
 and praise his holy name,
 Which hath ordained to serue our vse,
 both creatures wilde and tame.
 Not only beasts but fish and foule,
 are made the meate of men:
 His name be praisd therefore, all ye
 here present, say Amen.

The 31. Plant.**Grace before Dinner.**

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REdeemer and sauioir of man-
 kind sweete Iesus, which in
 the dayes of thy pilgriimage vppon
 earth, among other thy diuine my-
 racles, didst feed seuen thousand
 with fiae Barlie loaues and two fishes.
 we beseech thee to bee present
 at this our Table, and ouersee vs
 thy seruants in receiuing our bo-
 dilie sustenance, so disposing our
 hearts by the secret inspiration of
 thy power, that wee may for these
 and all other thy benefits shew our
 selues thankfull.

The 32. Plant.**Grace after dinner.**

ALmightie God, and most mer-
 cifull father, wee knowe that
 from thee, which art the rich trea-
 sure of all good gifts: this our pre-
 sent foode dooth proceed, in conside-
 ration where of, like humble, obe-
 dient, louing, and faithfull chil-
 dren, we giue thee thanks through
 Christ our sauioir Amen.

The 33. Plant.**Grace before supper.**

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HAue ye not heard that creatures al
 which reason want and wit,
 Are made to serue the vse of men,
 by nature framed fit?
 The end of mans Creation in,
 to glorifie the Lord,
 Which grant (O gracious God) we may
 fulfill with one accord.
 Amen.

the 34. Plant.**Grace after Dinner.**

AS we do feele our selues refresht,
 so let vs thinke of others lacke,
 Exalting God who hath vs blest,
 from belly leane and naked backe,
 And though we leade our life in ease
 and nothing want that needfull is,
 Yet if we thinke our selues to please,
 and not the Lord, we do amis:
 The hungry therefore let vs feed,
 and to the needie turne our eies,
 Then God will wrap vs in the weed

of blisfull state in starrie skies.
Amen.

The 35. Plant.

Grace before supper.

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MOst sweete Sauoiur, the second person in trinitie, which art the Manna of immortalitie and the bread of life, as thou thy selfe testifieth in the holie Gospell: wee beseech thee to purifie our heartes and intrailes with the fire of thy spirit from the drosse of sinne and uncleannesse, that beeing well clarified, these thy creatures may worke in vs their naturall qualitie which is to nourish and releue these our bodies subiect to manie wants, weaknesses and infirmities. Grant this wee beseech thee for thy mercies sake, Amen.

The 36. Plant.

Grace after Supper.

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FOR so much as thy prouidence is wonderfull, O gracious God, as appeareth by the increase and multiplying of thy creatures in their kinde, to maintaine and prolong the life of man, to continue his health, to augment his strength and naturall abilities, we giue thee immortall abilities, we giue thee immortall thankes, as Christian dutie and obedience bindeth: beseeching thee to establish in vs a perpetuall remembrance of all thy benefites, for Iesus Christes sake thy deare sonne, and our tender sauoiur, Amen.

The 37. Plant

Grace before Supper.

LORd Jesus sauour of mankind,
with publicans that satest at meat,
These creatures by thy grace assigned
vouchsafe we may so drinke and eate,
As thou that sitst in glorious seate,
of endlesse blisse maist praised be,
Grant this O God, Amen say we.
Amen

The 38. Plant.**Grace after Supper.**

ETernall thanks with heart and voice
 to thee O Lord wee render
 Of sundry meates which sendest choise
 our state thou dost so tender.
 From this time forward giue vs grace,
 in praises so perseeuer,
 And thanke thee for thy benefits
 at this time and for euer.
 Amen.

p.317

The 39. Plant.**Grace before dinner.**

MO st mightie and merciful
 father, of whose bountifull li-
 beralitie wee taste the continuall
 sweetnesse: vouchsafe to caste
 downe thine eyes vpon vs heere
 prepared to receiue these thy crea-
 tures, which thou hast of thy good-
 nesse sent vs for our sustenance and
 nourishment: sanctifie both them
 and vs for thy sonnes sake Jesus
 Christ our sauour, Amen.

The 40. Plant.**Grace after dinner.**

IN God the fountaine and the spring
 of all thinges that are healthfull,
 Let vs reioice in heart, and sing
 his praises with the faithfull:
 His mercies are so manifolde,
 that they exceed all number,
 And Christanly them to behold
 would offer cause to wonder.
 Him only let vs laud and praise,
 and magnifieth his name alwaies.

p.318

The 41. plante.**Grace before Supper.**

NO twithstanding we haue de-
 served no sparke of pitie nor
 compassion (O most mercifull fa-
 ther) such is horrour and hei-
 nousnesse of our sinnes: yet It plea-
 seth thee to let runne at libertie the
 riuers of thy prouidence for our
 refection: and day by day thou ope-
 nest thy hand, filing vs with thy
 blessings: for the which we beseech
 thee giue vs grace to be thankfull,
 through Jesus Christ our Lord and
 Saviour, Amen.

The 42, Plant.**Grace after Supper.**

p.319

Glue God all glorie, laud and praise,
 Who hath so freely sent vs food,
 By due receipt whereof alwayes
 The force of hunger is withstood:
 O magnifie his holy name,
 For endlesse is his care and loue,
 Lo day by day we taste the same,
 O let such loue our spirits moue,
 To honour him as doth behoue
 And magnifie his name therefore,
 Which praised be for euermore.
 Amen.

FINIS

**A briefe Praier
 in place of a Con-
 clusion.**

p.320

LET my mightie
 hand and outstret-
 ched arme (O
 Lord) bee still our defense,
 thy mercy and louing
 kindnesse in Iesu Christ thy
 deare Sonne our saluation,
 thy true and holie word our
 instruction, thy grace and holy
 spirit our comfort and conso-
 lation, vnto the end, and
 in the end: So
 be it.

O Lord increase our faith.

Amen.

1602

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