

# The Servants of Christ the King

A Rule of Life for Young People

Under the auspices of  
the American Church Union

## To the Servants of Christ the King

JESUS CHRIST is known amongst us by many titles, each of them pointing to some wonderful fact about His relation to us. He is our Brother for He "was made in the likeness of men" and "dwelt among us" as a man. He is our Teacher and Master. He is the "Lamb slain from the foundation of the world." He is our Saviour, our Lord, and our God.

Our title gives to Christ yet another name by which He is to be known to men. He is our King. He alone deserves to be called King, for only He has triumphed over all the enemies of God and man. Suffering and sin and death have been trodden under His feet. "Worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honour, and glory, and blessing."

Jesus is King for He is the one true Man. He has taken our nature on Him and into His heart He has taken our joy and our sorrow, our hopes and our fears. He is the genuine embodiment of all that we ought to

be. Thus we find St. Paul describing our Lord as "the firstborn of every creature," and as the Head of the new creation which is the Church. He stands therefore before God as the rightful Leader and Representative of all mankind.

Our Lord Jesus Christ is the Ruler of Heaven and Earth, for He exercises not only the power given Him by His subjects, all baptized Christians; but also the very power of God. Unto Him is given the power to forgive sins, the power to make all things new, the power to bring us home to God. Thus He is Love and Truth and Life to us. He knows the hearts of men, and wills so to rule in them as to bring men to that perfection of character and to that fulness of life ordained for them by a loving Father.

The Kingdom of our Lord Jesus Christ is not of this world. His Kingdom is everlasting and universal. The kingdoms of this world rise and fall, bringing to some men fleeting blessings, to many men evil. Christ our King brings the blessings of peace and unity to all. Yet, while our Lord's Kingdom is not *of* this world, it is *in* this world wherever men have subjected themselves to the power of His loving rule. The Saints and

Martyrs have borne witness to the glory of the Kingdom. Their writings and their lives prove that to serve Christ the King is to reign. Sinners have known that His rule means the healing touch of forgiving love, the hope of a new and limitless future. As King, our Blessed Lord calls all men to a glorious life of service. He calls us so to live and so to die, so to work and so to play, so to rejoice and so to sorrow, that men everywhere may be drawn to know the Love of God and to dwell together in peace and unity.

It has been given to the Servants of Christ the King, so we believe, to acknowledge in a special manner that our Lord Jesus Christ is the one true King. By a life of devotion, we endeavour to surrender ourselves wholeheartedly to Him and to be loyal to His leadership. The Rule of Life to which we bind ourselves provides the channel in which our devotion runs swiftly and truly to our King. We make this clear agreement in order that He may rule more effectively in our lives and that we may the more readily hear His call to rise up and win the world to His Kingdom.

## Our Purpose

**O**UR life is to be completely dedicated to Christ our King. None can serve Him as well as those in whose hearts He finds a ready welcome. Therefore, let us begin by dedicating ourselves to Him in these words:

“Come, Lord Jesus, my King, and dwell in my heart, for without Thee I am nothing.”

The chief purpose of the Rule of the Servants of Christ the King is to associate young men and young women in a common devotional life so that each member may be guided to find his place and work in the Kingdom. Since we are thus concerned with establishing our members in those vocations to which God is calling them, we limit our membership to those who are under 33 years of age.\*

Once united to our King by a life of devotion we are ready to give ourselves to any special work to which He may call us either

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\* Those who, upon reaching the age limit, are loathe to lose the benefits of such a corporate and regulated spiritual life are recommended to consult the Director. He will be able to supply information on other Rules which are available.

individually or as a group. It is impossible to say for what purposes our King will use us. As we continue faithful to our Rule and are ever more closely drawn together by our common loyalty to our Lord Jesus Christ, we may hope that He will illuminate our minds that we may know further how to serve Him.

At present it is not the aim of the Servants of Christ the King to be another fully organized young people's group. Our purpose is to deepen our devotion to Christ our King by keeping a Rule which will make fellowship with Him an integral part of our daily lives. Active work for His Kingdom is the inevitable outcome of such a life, but we shall express this by serving more faithfully and earnestly in one or more of the guilds and organizations which already exist for furthering some Christian enterprise.

There is nothing secret about the Rule of the Servants of Christ the King. As the Holy Spirit prepares the hearts of our friends, we should acquaint them with its purpose and requirements, so that they too may receive the blessings of our King.

## The Rule

### I. SACRAMENTAL LIFE.

1. To be present at Mass every Sunday.
2. To receive Holy Communion at least once a month.

To make one's Communion only after careful preparation (including fasting from the midnight before).

To make a particular thanksgiving after receiving Communion.

To receive Communion on the Feast of Christ the King (the last Sunday in October), as an act of honour to our Lord reigning in the hearts of men, and as an intercession for the Servants of Christ the King.

3. To make one's Confession to a priest at least four times a year. (It is suggested that these Confessions be made before the Feasts of Christmas, Easter, Whitsunday, and Christ the King.)

## II. DAILY PRAYER.

### 1. To pray daily in the following manner:

#### a. In the morning: Praise

Self-dedication

Petition

#### b. In the evening: Contrition

Thanksgiving

Intercession

### 2. To say grace before every meal.

### 3. To spend ten minutes daily, except Sunday, in informal prayer.

## III. SERVICE.

### 1. To keep the Church's law of fasting and abstinence.

### 2. To make an annual pledge to the support of the parish.

### 3. To work for the Kingdom of Christ on earth.

IV. The Servants of Christ the King shall report to the Director once a year on their observance of the Rule. A form for making this report will be mailed to the members shortly before the Feast of Christ the King. It should be filled out and returned promptly.

*Remarks:* There are three things of importance to remember about keeping this Rule of life:

1. Now that we have made a promise, we want, of course, to be careful about keeping it. But once in a while it may be impossible. Or it might be a matter of kindness to some other person to leave out some duty of the Rule. If so, do not worry about it, but just mention in your yearly report that you left it out. When, however, you can foresee that it will be difficult to keep a certain requirement for a length of time, you had better write to the Director about it.

2. When you begin keeping the Rule, certain requirements are likely to be additions to your devotional life. This will involve a rather strict attention to details at first, which may be a bit tiresome. You may also find that you keep forgetting one thing or another. This should not be a cause for discouragement. This period is quickly passed and the keeping of the Rule becomes habitual, if we persevere. The very purpose of the Rule is to make our devotional life an integral part of our daily living.

3. We all have times when we are tempted to be slack in our devotional life, or even

give it up altogether. That is when a Rule is of value: it holds us to our promise. It guards us against false reasoning and thin excuses. It keeps our conscience awake to the things God expects of a Christian. It carries us through the dark days.

But even if we find that, in trying to keep the Rule, we fail from time to time, we should not lose heart. The saints are the sinners who kept on trying. We must follow after them, and be humble enough to begin over again and again. The road to heaven is steep and we may fall many times. But we need not lie weeping in the road, still less give up and slink away. We must simply pick ourselves up and go on climbing. For it is not just our own strength we have to count on, but God's. God means us to get there. By His help we will.

"I can do all things through Christ which strengtheneth me."

## Instructions on the Rule

### I. SACRAMENTAL LIFE

*How to make a careful preparation for receiving Communion*

Two things are necessary:

1. To observe a strict fast from both food and drink from the midnight before.
2. To prepare oneself by prayer. This is best done the day before. The following would be an adequate preparation:

Think over the events since you last made your preparation: your fellowship with God in prayer, the work you have done, the fun you have had, any trouble or suffering you may have experienced, your companionship with other people. Look forward also to what you hope to do in the immediate future. Offer all these things to God by saying this prayer:

I offer and present unto Thee, O Lord, myself, my soul and my body, to be a reasonable, holy, and living sacrifice unto Thee. I lay before Thee all that I have done, all that I hope to do. I beseech Thee to accept

this, my bounden duty and service, not weighing my merits, but pardoning my offences, and so to consecrate it that it may be to Thy glory, through Jesus Christ our Lord. Amen.

Then say:

Almighty, everlasting God, lo, I draw nigh to the Sacrament of Thine only-begotten Son, our Lord Jesus Christ. I draw nigh as one sick, to the Physician of life; unclean, to the Fountain of mercy; blind, to the Light of eternal brightness; poor and needy, to the Lord of heaven and earth. I implore, therefore, the abundance of Thine exceeding bounty that Thou wouldest vouchsafe to heal my sickness, to wash my defilements, to enlighten my blindness, to enrich my poverty, and to clothe my nakedness; and that I may receive the Bread of Angels, the King of kings and Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, and with such purpose and intention, as shall be expedient for the health of my soul. Grant me, I beseech Thee, that I may receive not only the Sacrament of the Body and Blood of the Lord, but also the substance and virtue of the Sacrament. O most merciful God, grant me so to receive the Body of Thine only-begotten Son, our Lord

Jesus Christ, which He took of the Virgin Mary, that I may be worthy to be incorporated into His mystical Body and accounted among His members. O most loving Father, grant me, that Thy beloved Son, whom I now purpose to receive veiled from sight, I may at length behold for ever face to face. Who liveth and reigneth with Thee, in the unity of the Holy Ghost, ever one God, world without end. Amen.

All but the last prayer may be used in preparation for attending Mass even when you are not receiving Communion.

*How to make a particular thanksgiving after receiving Communion*

The following would be an adequate thanksgiving. It should be said, if possible, before leaving the Church.

My God, for Thyself, the wonder of Thee, the beauty of Thee.

*(Refrain)*

O my God, how can I thank Thee. I desire to thank Thee. Teach me to thank Thee.

For every expression in creation of Thy Beauty, Power and Love.

O my God, etc.

For the unveiling of the Beauty, Power and

Love that Thou eternally art in the person of the Incarnate Word.

O my God, etc.

For the power of His availing victory over sin and death.

O my God, etc.

For the Holy Spirit through whom we share the victorious Life of God.

O my God, etc.

For Thy sacramental gifts wherein, though the world sees our Lord no more, we see Him; and whereby, because He lives, we live also.

O my God, etc.

For all the Saints who have striven to glorify Thee, in their lives and deaths.

O my God, etc.

For all who by their lives or words have cheered me, stirred me, encouraged me, shamed me, pricked me, convinced me of sin, selfishness, sloth, unworthiness of my high calling.

I thank my God through Jesus Christ our Lord.

For every day of my life, for every opportunity of service, for every good and perfect gift.

I thank my God, etc.

For my hardships, disappointments, failures, rebuffs, humiliations.

I thank my God, etc.

### *How to make a Confession*

Your part in preparing for Confession is to find out your sins. As you go on making your self-examinations there ought to be a deeper insight as to what your sins are. Without this progress in self-knowledge you may be tempted to give up your Confessions. Therefore, besides faithfully using the form given below, it is well occasionally to ask your Confessor for instruction in self-examination.

#### FORM OF SELF-EXAMINATION

Go to a place where you can be alone for a time. A church is the best place. But it is essential that you be quiet and alone with God. For the first few minutes, think about God. Try to realize how much He loves you and the pain He suffered on the Cross in order to redeem you.

Now consider your life since your last Confession. What a failure it has been in many ways; how different from the life of Jesus! Tell Him that you are sorry for your sins and that you are resolved to face them all and make a clean breast of them.

Take a piece of paper and note down the sins you can recall. Your own conscience is

your best guide here. When writing down the sins, use the words that mean most to you. If possible, state how many times you have committed each sin, at all events the greatest ones. If you cannot recall the number of times, at least indicate on your paper if you have committed them often.

But remember the great difference between temptation and sin. Temptation is the impulse to do or think wrong; but, when you overcome the impulse, there is no sin. A sin is surrender to such an impulse.

Not only wrong things you have done are sins, but also the failures to do good things which you ought to have done. St. Paul says, "The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance." Have you exhibited these in your relations with God, with your family, friends, employers, teachers? When, for example, you were tempted to gloominess, have you always fought to be brave? List such missed opportunities.

All that God asks is that you do your best in preparation. If you have done that, you need not be afraid lest you have forgotten something. But if, after making your

examination in the way given above, you still feel you have not been thorough enough, you will find a list of questions on page 35 which may be used as a final check. However, after you have made your Confession a few times, this will rarely be necessary.

#### FORM OF CONFESSION

Kneel down and make the sign of the Cross. The priest will bless you. Then say:

I confess to God Almighty; the Father, the Son, and the Holy Ghost; and to you, Father, that I have sinned very much in thought, word and deed, by my fault, by my own fault, by my own most grievous fault. And especially I remember these sins, since my last Confession which was . . . . ago.

Then confess the sins you have written on your paper. When you have finished your list, continue:

For these and all my other sins, which I cannot now remember, I am very sorry, I promise to do better, I beg God to forgive me, and you, Father, to give me penance, advice and absolution.

Listen to what the Priest has to say. He will give you God's blessing and forgiveness. He will also tell you some little prayer to

say, or something small to do, as a penance and thank offering to God.

When the Priest dismisses you, go back to the pews, kneel down, say your penance, and thank God for having taken away your sins. And go out determined to fight harder than ever before.

After you have made your Confession, be sure to destroy the paper on which you noted down your sins.

## II. DAILY PRAYER

### *Morning*

- O God, I praise Thee this day.
- O God, I give myself to Thee this day.
- O God, I ask Thee to help me this day.

It will be noted that this prayer covers all three subjects of morning devotions. It would be well to greet our Lord with these words as you get out of bed. Then kneel down and spend a few minutes in fellowship with our King, offering one or more prayers on each subject. Here are some suggestions:

The Lord's Prayer.

### PRAYERS OF PRAISE

Praise the Lord, O my soul: while I live, will I praise the Lord: yea, as long as I

have any being, I will sing praises unto my God.

Glory be to the Father, and to the Son, and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be, world without end. Amen.

God the Father of Heaven, my Creator,  
I praise Thee.

God the Son, my Redeemer,  
I bless Thee.

God the Holy Ghost, my Sanctifier,  
I adore Thee.

Holy Trinity, One God, my God and my All,

I give Thee thanks for Thy great glory.

We adore Thee, O Christ, and we bless Thee,

Because by Thy Holy Cross Thou hast redeemed the world.

Jesu, my Lord, I Thee adore,  
O make me love Thee more and more.

### PRAYERS OF SELF-DEDICATION

Accept, O Lord, my entire liberty, my memory, my understanding, my will. All that I am and have Thou hast given to me, and I give all back to Thee to be disposed of according to Thy good pleasure. Give me only the comfort of Thy Presence and the

joy of Thy love; with these I shall be more than rich and shall desire nothing more.

Come, Lord Jesus, and dwell in Thy servant, in the fulness of Thy strength, in the perfection of Thy ways, and in the holiness of Thy Spirit; and rule over every hostile power in the might of Thy Spirit, and to the glory of Thy Father.

#### PRAYER OF PETITION

O God, Holy Ghost, who dwellest in my heart, give me the help of Thy grace in all that I do today. Grant that I may be diligent at work, cheerful at play, brave in suffering, firm in resisting temptation, and loving in all my dealings with my fellow-men, that I may ever grow more like my King and Saviour, Jesus Christ. Amen.

It is a good practice to think over what we expect to do during the day, and to ask in our own words for God's blessing and for the particular graces and favours that we desire.

#### *Evening*

Our evening prayers are normally said when we retire to our rooms for the night. But if we know that we shall be out late, it is advisable to say them before our evening engagements.

#### CONTRITION

Think quietly over the day and note your failures to respond to God's will in thought, word and deed. When you have found out your sins, tell God you are sorry for them:

O God, I am sorry that I have sinned against Thee who art so good; forgive me for Jesus' sake, and I will try to sin no more.

#### THANKSGIVING

Think over the events of the day once more, noting this time the favours received. Be sure to include those regular blessings which are so likely to be taken for granted, food, clothing, shelter, health, sleep, home life, the strength to work, and the fun and companionship with friends. Then thank God for all He has given you.

I thank Thee, O God, Heavenly Father, for all the blessings of my life, especially for those of the past day. Grant, O Lord, that I may be ever mindful of Thy mercies, and in my life may show my gratitude, for Christ's sake. Amen.

#### INTERCESSION

It is well to have a little book in which may be written the names of people and

subjects for which we want to pray. These books may be arranged in various ways. One scheme is as follows:

Family

Friends

The Faithful Departed

The Church. The Parish. The Rector.

Missions

Religious Orders

The Nation. The Government. Peace.

It is not necessary to go over all our intercessions each night; indeed, the more variety we can introduce into them, the more interesting they will be. If, for some good reason, you can give but little time to intercession on any particular night, you can always find time to run over the names to be prayed for, and to say the Lord's Prayer in their behalf.

The following prayer for the Servants of Christ the King should be used frequently:

O Jesus, King of kings, and Lord of lords, consecrate all Thy Servants and make us strong to live and die for Thee. Who livest and reignest God for ever and ever. Amen.

As you get into bed, place yourself in God's keeping with the words:

Father, into Thy hands I commend my spirit.

#### GRACE BEFORE MEALS

It is not always possible to say grace aloud before meals, but it can always be said privately by making the sign of the Cross, or by saying a short prayer, or by doing both.

Bless, O Lord, this food to our use and us to Thy service, and give us thankful hearts, for Christ's sake. Amen.

#### INFORMAL PRAYER

We are called not only to the service of Christ the King, but also to intimate personal fellowship with Him. "Henceforth I call you not servants; for the servant knoweth not what his lord doeth; but I have called you friends."

We therefore devote ten minutes daily, except Sunday, to personal intercourse with our King. This time may be spent in many ways. Here are three suggestions as to how it may be used profitably:

## I. MEDITATION.

Choose in advance the subject on which you are going to meditate. It may be an event in our Lord's life or a portion of His teaching:

When you are ready to begin your meditation, do two things:

Recall that our Lord is present and worship Him.

Ask God the Holy Spirit to guide you in your meditation.

Then assume a comfortable but attentive posture, either sitting or kneeling, and start to meditate:

A. "*Jesus before the eyes.*" Picture the event in our Lord's life as if you were present at the time and watching Him. Or, if you have chosen a portion of His teaching as your subject, imagine Him saying it to you personally.

B. "*Jesus in the heart.*" Answer our Lord. Express to Him your love and gratitude for what He has done, your desire to imitate Him, your sorrow for past failures, or whatever else the subject may suggest. Let these responses spring spontaneously

from your consideration of the subject-matter.

C. "*Jesus in the hands.*" What does Jesus want you to do about this? In what specific ways can you imitate Him or follow His teaching? Determine to try to do so, and as a token that you really mean it, resolve to do some little thing along these lines which can be performed within the next twenty-four hours.

Conclude your meditation with a thanksgiving and recall the specific resolution you have made.

## 2. DEVOUT BIBLE READING.

First:

Recall that our Lord is present and worship Him.

Ask God the Holy Spirit to guide you.

Then read slowly and carefully a few verses of the Bible. Selections from the four Gospels and the Psalms will be found most helpful. After reading a couple of verses, let their meaning sink into your mind. Treat them as if they were a personal letter which our Lord had written just for you.

Tell our Lord how much you love Him and desire to do His will. Apply the verses to your life.

When you have drawn out the full meaning of the verses you have read, turn back to the Bible and repeat the process. But be sure to give our Lord plenty of time to speak to you about the verses you read.

Conclude by thanking our Lord and making some very simple resolution which can be performed during the next twenty-four hours.

### 3. JUST PRAYING.

You can probably recall times when you have knelt down, in church or at home, and just prayed to Jesus in your own words. It was great fun and very helpful. You can do this any day. Just kneel down, realize our Lord is present, talk over your problems with Him, share your plans and hopes with Him, tell Him how much you love Him and want to do His will. But do not do all the talking. Spend some time quietly listening to Him.

Do not be alarmed if occasionally, sometimes for long periods at a stretch, you find difficulty in keeping your mind on the sub-

ject of your prayer. We all are, more or less, the victims of distractions. It is important not to worry or fret about them, for that only prolongs them. When you find that your mind has wandered, quietly begin to think of our Lord once more. In this way you will be reminding yourself repeatedly that Jesus is present, and if your time should be spent in nothing but this, it would still be worth while.

## III. SERVICE

### *The Church's Law on Fasting and Abstinence*

The following days are to be observed as fasts:

Ash Wednesday  
Good Friday

A fast is kept by taking only unbuttered bread and black coffee or a glass of milk for breakfast, and not eating again until after six o'clock. Water may be taken during a fast day; it is wise to drink plenty of it. But those who have to go to work or to school on a fast day must not try to go without food. They should eat plain but substantial meals at the usual hours. They may leave

out luxuries such as sugar, butter and dessert.

The following days are to be kept as days of abstinence:

All Fridays except those between Christmas and Epiphany inclusive.

The Ember Days at the four seasons, being the Wednesday, Friday and Saturday after the First Sunday in Lent, Whitsunday, September 14, and December 13.

The traditional way of keeping an abstinence day is not to eat meat. But for some of us this is already taken care of by those who arrange our meals. When this is the case, we ought to add some little sacrifice of our own, such as giving up butter, or coffee, or dessert, or smoking, etc. The form this abstinence takes may well vary from Friday to Friday.

Lent is also to be observed as a season of abstinence. A good Lenten Rule includes three items:

1. Add something to our devotional life. We might, for instance, spend five minutes in thanksgiving, or make some special intercession at night, or say some prayers at noon.

2. Give up something. To be a real sacrifice it ought to be something we like, but it should not be something that will make us peevish or fretful if we try to do without it.

3. Increase our almsgiving. A good way to do this is to put into a mite box for Missions the money you would otherwise have spent on the thing you have given up.

Write out your Lenten Rule beforehand and keep the written rule where you will see it every day.

### *How to work for the Kingdom*

We must give of our time and interest to the service of Christ our King. In this way our devotional life bears its most obvious fruit. We should have at least one specifically Christian enterprise to which we are contributing our interest and support. The parish will, in most cases, provide many opportunities for this. Work in the acolytes' guild, the altar guild, the Church School, the Girls' Friendly and similar organizations will fulfil this provision of the Rule. For those at school or college there are usually missionary societies and Christian associa-

tions, and it is often possible to work in a neighbouring parish. If, however, none of these are available, or in addition to them, some person or family needing active personal help can always be found, and assistance given as our contribution to the work of Christ's Kingdom.

Of course, as we deepen our prayer life by faithfully keeping this Rule, we shall show forth Christ more fully in all that we do and say. All our work and play will be missionary activity, for we shall be working and playing as Christians. People inevitably will be attracted by our life, for they will see our Lord in us. But the point of this requirement in the Rule is to assure that we have one interest to which we are consciously devoting our energies as an act of love and service to our King.

The spread of the use of this Rule of life among the young people of the Church is largely in the hands of the Servants of Christ the King. When one of your friends appears to be interested in deepening his or her intimacy with our Lord, you should give an explanation of our group and of the Rule. It may be just what that person needs to bring him closer to God.

#### IV. THE REPORT

A report is quite different from a Confession. In Confession, we tell all our sins, in our report we mention only our failures to keep the Rule of the Servants of Christ the King. On the other hand, in Confession we tell only those things for which we were really to blame; but in our report we state every breaking of the Rule, whether it was our fault or not. It is just as if some one had given us money to spend for him, and we were now telling him how we had spent it and how much was left. So, having made an agreement to keep this Rule, we hand in our account once a year to show how we have observed it. Simply state the facts: there is no need to mention the reasons, unless you want to ask the Director's advice.

The Director is always glad to help the members, as far as he can, in dealing with problems which may arise either in keeping the Rule, or in their spiritual lives in general. Please do not hesitate to ask his assistance. Address your letter to the Director of the Servants of Christ the King, Holy Cross, West Park, N. Y.

Should you decide at any time to give up this Rule of Life, please notify the Director.

## Additional Prayers

**M**ANY people find the following prayers, when committed to memory, a great help in expressing the responses to our Lord which arise in their hearts during informal prayer. They may also be used to lift our hearts to God at any time during the day when our minds are temporarily free from other occupations.

### PRAYER OF THE PRESENCE OF GOD

O God, I do not ask to prove Thee present,

O God, I do not ask to feel Thee present,

It is enough to know that Thou art here.

### PRAYER OF FAITH

O God, I believe in Thee and all Thy Church doth teach, because Thou hast said it, and Thy word is true.

### PRAYER OF HOPE

O God, I hope in Thee for pardon, for strength, and for heaven.

### PRAYER OF LOVE

O God, I love Thee and I want to love Thee more.

### PRAYER OF WORSHIP

Blessed, praised, and adored be our Lord Jesus Christ on His throne of glory in heaven, in the most Holy Sacrament of the altar.

### ST. FRANCIS' PRAYER

My God and my All.

### ANIMA CHRISTI

Soul of Christ, sanctify me,  
Body of Christ, save me,  
Blood of Christ, inebriate me,  
Water from the side of Christ, wash me,  
Passion of Christ, strengthen me,  
O good Jesu, hear me,  
Within Thy wounds hide me,  
Suffer me not to be separated from Thee,  
From the malicious enemy defend me,  
In the hour of my death, call me,  
And bid me come to Thee,  
That with Thy saints I may praise Thee,  
For ever and ever. Amen.

### PRAYER OF INTERCESSION

O Saviour of the world, who by Thy Cross and Precious Blood hast redeemed us, save us and help us, we humbly beseech Thee, O Lord.

### PRAYER FOR THE DEPARTED

Rest eternal grant unto them, O Lord,  
and let light perpetual shine upon them.

The prayers of the saints, who stand in the Presence of God, are of great value to us. This is the usual form for asking the intercession of the Blessed Virgin Mary:

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

In some parishes the Angelus bell is rung in the morning, at noon, and in the evening, that people may thank God for the Incarnation of His Son. This is the prayer which may be said then, or at any other time:

The Angel of the Lord brought the tidings to Mary and she conceived by the Holy Ghost.

Hail Mary, etc.

Behold the handmaid of the Lord. Be it unto me according to Thy word.

Hail Mary, etc.

And the Word was made Flesh and dwelt among us.

Hail Mary, etc.

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

We beseech Thee, O Lord, pour Thy grace into our hearts; that, as we have known the Incarnation of Thy Son Jesus Christ by the message of an Angel, so by His Cross and Passion we may be brought unto the glory of His Resurrection; through the same Jesus Christ our Lord. Amen.

May the Divine Help remain with us always, and ✠ may the souls of the faithful, through the mercy of God, rest in peace.

### SELF-EXAMINATION QUESTIONS

This list of questions should be used only when really necessary. You will be committing the sin of laziness if you use it in order to avoid the difficulty of doing some real thinking of your own.

1. Have I neglected my prayers in the morning—evening?
2. Have I prayed carelessly?
3. Have I stayed away from church on Sunday when I could have gone?
4. Have I behaved badly in church?
5. Have I neglected the days of fasting and abstinence?
6. In making a Confession, have I knowingly held back a sin?
7. Have I grumbled, or been discontented with what God has given me?

8. Have I been angry with God and refused to pray?
9. Have I thought that God does not love me?
10. Have I allowed myself to be sad and discouraged at times; and not always fought to be brave and joyful?
11. Have I been sorry for myself?
12. Have I been disobedient to my parents? my teachers? others?
13. Have I been rude or fresh, at home or at school?
14. Have I been selfish or stubborn?
15. Have I tried to get my own way by whining, complaining, or sulking? by flattery?
16. Have I been cross, or given way to anger?
17. Have I been jealous of anyone? hated anyone?
18. Have I quarreled with brothers, sisters, or companions, or hit anyone in anger?
19. Have I refused to make up a quarrel, or to forgive?
20. Have I been cruel to anyone, or to animals? bullied anyone?
21. Have I sworn, or taken God's Name in vain?
22. Have I told lies to anyone? If so, why? Was it through fear, pride, or carelessness?
23. Have I told lies about others, or allowed others to be punished for my faults?

24. Have I acted deceitfully?
25. Have I kept silent through fear, or shame, or for any other reason, when I knew I ought to speak?
26. Have I talked about people behind their backs? carried tales?
27. Have I stolen anything? If so, what?
28. Have I wilfully damaged other people's property? broken things belonging to them?
29. Have I been unfair or cheated at school, at work, or at games?
30. Have I been greedy about my food? Smoked or drunk too much?
31. Have I been vain of my clothes, or my looks, or anything else?
32. Have I given way to dirty thoughts?
33. Have I said dirty words, or listened to them when I might have gone away?
34. Have I done dirty things alone or with others?
35. Have I been lazy or idle in school or over my work?
36. Have I been ashamed to do right for fear of being laughed at?
37. Have I laughed at others for doing right?
38. Have I knowingly gone into temptation when I could have avoided it?
39. Have I gone with bad companions?
40. Have I tempted anyone, or taught anyone to sin?
41. Is there any other sin which I can remember having committed?

## The Feast of Christ the King

**T**HIS Feast is to commemorate the glorious truth that our Lord Jesus Christ reigns in heaven and in the hearts of His faithful people. It comes on the last Sunday in October. Our Prayer Book has not yet made provision for it. In parishes where the feast is kept, the following Collect, Epistle and Gospel are used.

### THE COLLECT

Almighty and everlasting God, who didst will to restore all things in Thy well beloved Son, the King of kings and Lord of lords: mercifully grant that all the kindreds of the earth, set free from the calamity of sin, may be brought under His most gracious dominion; who liveth and reigneth with Thee in the unity of the Holy Ghost, ever one God, world without end. Amen.

### THE EPISTLE. Colossians i. 12

Brethren, we give thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: Who hath delivered us from the power of darkness, and hath translated us into the king-

dom of his dear Son: In whom we have redemption through his blood, even the forgiveness of sins: Who is the image of the invisible God, the firstborn of every creature: For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: And he is before all things, and by him all things consist. And he is the head of the body, the Church: who is the beginning, the firstborn from the dead; that in all things he might have the pre-eminence. For it pleased the Father that in him should all fulness dwell; And, having made peace through the blood of his cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven.

### THE GOSPEL. St. John xviii. 33

Then Pilate entered into the judgment hall again, and called Jesus, and said unto him, Art thou the King of the Jews? Jesus answered him, Sayest thou this thing of thyself, or did others tell it thee of me? Pilate answered, Am I a Jew? Thine own nation

and the chief priests have delivered thee unto me: what hast thou done? Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence. Pilate therefore said unto him, Art thou a king then? Jesus answered, Thou sayest that I am a king. To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth. Every one that is of the truth heareth my voice.

Additional copies of the Rule and forms for admission may be had from the Director of the Servants of Christ the King, Holy Cross, West Park, N. Y. A charge of 25 cents is made to cover the cost of printing.

## Agreement

Resolutely determined to follow and serve our Lord Jesus Christ, and trusting in the help of His grace, I hereby promise that I will try to keep the Rule of the Servants of Christ the King.

(Signed) .....

Date.....