



O my most holy Lady Theotokos, through thy holy and all-powerful prayers banish from me, thy lowly and wretched servant, despondency, forgetfulness, folly, carelessness, and all filthy, evil, and blasphemous thoughts from my wretched heart and my darkened mind. Quench the flame of my passions also, for I am poor and wretched, and deliver me from many and cruel memories and deeds, and free me from all their evil effects. For blessed art thou by all generations, and glorified is thy most honorable name unto the ages of ages. Amen.

O Lord, I do not know what to ask of You. You alone know what are my true needs. You love me more than I myself know how to love. Help me to see my real needs which are concealed from me. I do not dare to ask either for a cross or for consolation. I can only wait on You. My heart is open to You. Visit and help me, for the sake of Your great mercy. Strike me and heal me; cast me down and raise me up. I worship in silence Your holy will and Your unsearchable ways. I offer myself as a sacrifice to You. I have no other desire than to fulfill Your will. Teach me to pray. Pray You Yourself in me. Amen.

O Lord and Master of my life, grant not unto me a spirit of idleness, of discouragement, of lust of power, and of vain speaking. But bestow upon me, thy servant, the spirit of chastity, of meekness, of patience, and of love. Yea, O Lord and King, grant that I may perceive my own transgressions, and judge not my brother, for blessed art Thou unto ages of ages.