

Visit and help me, for Your great mercy's sake. Strike me and heal me, cast me down and raise me up. I worship in silence Your holy will and Your mysterious ways. I offer myself as a sacrifice to You. I put all my trust in You. I have no other desire than to fulfill Your will. Teach me how to pray. Let Your words be my prayer.

Lord, I do not know what to ask of You. You alone know what my true needs are. You love me more than I know how to love myself. Help me to see my real needs which are concealed from me. I dare not ask for either a Cross or consolation. I can only wait on You. My heart is open to You.

Prayer for God's Will

the Lord for ever.

The Lord is my Shepherd, I shall not want. He makes me lie down in green pastures. He leads me beside the still waters. He restores my soul. He leads me in the paths of righteousness for His name's sake. Even though, I walk through the valley of the Shadow of Death, I fear no evil; for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil, my cup overflows. Surely goodness and mercy shall follow all the days of my life; and I shall dwell in the house of

Psalm 23

Your altar.

whole burnt offerings; then bulls will be offered on

Prayer of the Optino Brotherhood

O Lord, grant that I may meet all that this coming day brings to me with spiritual tranquility. Grant that I may fully surrender myself to Your will.

At every hour of this day, direct and support me in all things. Whatsoever news may reach me in the course of the day, teach me to accept it with a calm soul and the firm conviction that all is subject to Your holy will.

Direct my thoughts and feelings in all my words and actions. In all unexpected occurrences, do not let me forget that all is sent down from You.

Grant that I may deal straightforwardly and wisely with every member of my family, neither embarrassing nor saddening anyone.

O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

Prayer to the Mother of God

It is truly right to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Without defilement you gave birth to God the Word. True Theotokos, we magnify you.

my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions and my sin is ever before me. Against You, You only, have I sinned, and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your judgment. Behold, I was brought forth in iniquity, and in sins did my mother conceive me. Behold, You desire truth in the inward being: therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which You have broken rejoice. Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Your presence, and take not Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with a willing spirit. Then I will teach transgressors Your ways, and sinners will return to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue will sing aloud of Your deliverance. O Lord, open my lips, and my mouth shall show forth Your praise. For You have no delight in sacrifice; were I to give a burnt offering, You would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, You will not despise. Do good to Zion in Your good pleasure; rebuild the walls of Jerusalem, then will You delight in right sacrifices, in burnt offerings and

Selected Daily Prayers

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

O Heavenly King, the Comforter, the Spirit of Truth who are everywhere and fill all things. Treasury of Blessings, and Giver of Life: Come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. {3x}

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Most-holy Trinity, have mercy on us! Lord, cleanse us from our sins! Master, pardon our transgressions! Holy One, visit and heal our infirmities, for Your name's sake! Lord, have mercy. {3x}

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Psalm 50

Have mercy on me, O God, according to Your steadfast love; according to Your abundant mercy blot out