

St Peter introduces the prayer: "Then, conscious that Thy look is upon me, with all my soul I will cry out and say:"

0 most merciful Lord, I thank Thee, I glorify Thee, I hymn Thee, I venerate Thee, for unworthy though I am, Thou hast found me worthy in this hour to give thanks to Thee and to be mindful of the wonders and blessings - numberless and unfathomable, visible and invisible, known and unknown - that Thy grace has bestowed and still bestows on our souls and bodies.

I confess Thy gifts; I do not hide Thy blessings; I proclaim Thy mercies; I acknowledge Thee, O Lord my God, with all my heart, and glorify Thy name for ever. 'For great is Thy mercy towards me' (Ps. 85:13), and inexpressible is Thy forbearance and long-suffering over my many sins and iniquities, over the heinous and godless things that I have done, and still do, and will do in the future.

From these Thy grace has saved me, whether they were committed consciously or unconsciously, in word, in action, or in thought. Thou knowest them all, O Lord, Searcher of hearts, from my birth until my death; and, abject that I am, I dare to confess them before Thee.

'I have sinned, I have transgressed, I have acted godlessly' (cf. Dan. 9:5), 'I have done evil in thy sight' (Ps. 50:4), and I am not worthy to gaze upon the height of heaven.

Yet, finding courage in Thy inexpressible compassion, in Thy goodness and tender mercy that excel our understanding, I fall before Thee and entreat Thee, Lord: 'Have mercy upon me, O Lord, for I am weak' (Ps. 6:2), and forgive me my many crimes. Do not allow me to sin again or to stray from Thy straight path, or to injure or offend anyone, but check in me every iniquity, every evil habit, every mindless impulse of soul and body, of anger and desire; and teach me to act according to Thy will.

Have mercy on¹

my brethren and fathers,
on all monks and priests everywhere,
on my parents, my brothers and sisters, my relatives,
on those who have served us and those who serve us now,
on those who pray for us and who have asked us to pray for them,
on those who hate us and those who love us,
on those whom I have injured or offended,
on those who have injured or offended me or who will do so in the future,

and on all who trust in Thee.

Forgive us every sin whether deliberate or unintentional.

Protect our lives and our departure out of this world from
impure spirits,
from every temptation,
from all sin and malice,
from presumption and despair,
from lack of faith,
from folly,
from self-inflation and cowardice,
from delusion and unruliness,
from the wiles and snares of the devil.

In Thy compassion grant us what is good for our souls in this age and in the age to be.

Give rest to our fathers and brethren who have departed this life before us, and through the prayers of them all have mercy on my unhappy self in my depravity.

See how feeble I am in all things:

rectify my conduct,
direct my life and death into the paths of peace,
fashion me into what Thou wilt and as Thou wilt,
whether I want it or not.

Grant only that I shall not fail to find myself at Thy right hand on the day of judgment, Lord Jesus Christ my God, even though I am the least of all Thy servants to be saved.

Give peace to Thy world, and in ways best known to Thee have mercy on all men.

Count me worthy to partake of Thy pure body and Thy precious blood,
for the remission of sins,
for communion in the Holy Spirit,
as a foretaste of eternal life in Thee with Thine elect,
through the intercessions of Thy most pure Mother,
of the angels and the celestial powers
and of all Thy saints;
for Thou art blessed through all the ages. Amen.

Most holy Lady, Mother of God,
all celestial powers,
holy angels and archangels,
and all saints,

intercede for me a sinner.

God our Master, Father almighty, Lord Jesus Christ, the Only-begotten Son, and Holy Spirit,
one Godhead, one Power, have mercy on me a sinner².

AMEN

St Peter continues with instruction about praying the Psalter:

After praying in this way you should immediately address your own thoughts and say three times: 'O come, let us worship and fall down before God our King.' Then you should begin the psalms, reciting the Trisagion after each subsection of the Psalter, and enclosing your intellect within the words you are saying. After the Trisagion say 'Lord, have mercy' forty times; and then make a prostration and say once within yourself, 'I have sinned, Lord, forgive me'. On standing, you should stretch out your arms and say once, 'God, be merciful to me a sinner'. After praying in this way, you should say once more, 'O come, let us worship...' three times, and then another sub-section of the Psalter in the same way.

Pages 117-119 Excerpted from <https://ia802708.us.archive.org/32/items/Philokalia-TheCompleteText/Philokalia-Complete-Text.pdf>. Endnotes by [Priest Seraphim Holland](#)

<http://www.orthodox.net/trebnc/philokalia-vol-3-st-peter-of-damaskos-book1-117-a-treasury-of-divine-knowledge-the-third-stage-of-contemplation-a-prayer.doc>
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¹ Similar to an ectenia at the end of Compline

² From a prayer at the end of the Third Hour