

### A Morning Prayer

**O Lord** Jesus Christ my God, give me a good, sinless, and spotless day.  
**O Lord**, forsake me not.  
**O Lord**, do not stand afar off from me  
**O Lord**, stretch out to me a helping hand.  
**O Lord**, support me with the fear of Thee.  
**O Lord**, plant this fear and the love for Thee in my heart.  
**O Lord**, teach me to do Thy will.  
**O Lord**, grant mourning and humility to my heart.  
**O Lord**, give me unceasing tears, compunction, and remembrance of death.  
**O Lord**, free me from every temptation of soul and body.  
**O Lord**, expel from me every unclean thought, and every shameful and improper imagination.  
**O Lord**, wipe out of me the negligence, the indolence, the sorrow, the forgetfulness, the insensitivity, the hardness, and the captivity of my mind.  
**O Lord**, have mercy on me, as Thou knowest and as Thou dost wish, and forgive all my transgressions.  
**And** grant that my pitiful soul may depart from my wretched body in quietude, in good repentance, in unhesitating confession, and in pure and spotless faith.  
Amen.

St. Paisios the Great, 4th century  
<http://www.orthodox.net/trebnic/of-paisios-the-great.rtf>

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