



O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not.

Prostration.

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant.

Prostration.

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen.

Prostration.

then twelve reverences. With each one we say:
O God, cleanse me a sinner.

and in conclusion, the entire prayer:

O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. Yea,

O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen.

Prostration.



PRAYER ABSOLUTION

May our Lord and God, Jesus Christ, through the grace and bounties of His love towards mankind, forgive you, my child, N., all your transgressions. And, I, His unworthy Priest, through the power given unto me by Him, do forgive and absolve you from all your sins. In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

AFTER MEAL PRAYER

WE THANK THEE, O CHRIST OUR GOD, THAT THOU HAST SATISFIED US WITH THINE EARTHLY GIFTS;

DEPRIVE US NOT OF THY HEAVENLY KINGDOM,

BUT AS THOU CAMEST AMONG THY DISCIPLES, O SAVIOUR, AND GAVEST THEM PEACE,

COME TO US AND SAVE US.