

Morning Prayer

(Prayer of the Elders of the Optina Monastery, Russia)

O Lord, grant me to greet the coming day in peace.

Help me in all things to rely on Your Holy will.

In every hour of the day reveal Your will to me.

Bless my dealings with all who surround me.

Teach me to treat all that comes to me through the day with peace of soul, and with the firm conviction that Your will governs all.

In all my deeds and words guide my thoughts and feelings.

In unforeseen events let me not forget that all are sent by You.

Teach me to act wisely, without embittering or embarrassing others.

Give me strength to bear the fatigue of this coming day with all it shall bring.

Direct my will; teach me to pray, pray You Yourself in me.

Amen

Prayer for Acceptance of God's Will

(Prayer of St. Philaret Patriarch of Moscow, Russia)

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 way.

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.