



The Daily Prayer of Hieroschemamonk Parthenios

Lord Jesus Christ, Son of God, do not permit vanity, self-love, sensuality, carelessness, anger to rule over me and steal me from Thy love, O my Lord and Creator, all my hope! Do not leave me without a portion of the blessed eternity. Grant also that I may follow Thy Holy example.. that I may submit to the authorities placed over me. Grant me the clean soul, the simplicity of heart; which makes us worthy of Thy love.

To Thee, my God, I lift up my soul and heart; do not allow Thy creation to perish, but free me from the single and greatest enemy ... sin. Grant, Lord, that I may endure anxiety and sorrows of the soul with the same patience as the joy with which I receive satisfaction of heart. If Thou desirest, Lord, Thou canst cleanse me and sanctify me. Here I commit myself to Thy mercy... begging Thee to destroy within me all that is offensive to Thee, and to unite me to the assembly of Thy chosen.

Lord, take from me: idleness of spirit, which destroys time; vanity of thoughts, which hinders Thy presence and distracts my attention to prayer. If, while in prayer, I turn away from Thee in my thoughts, help me; so that this distraction may not be willful, and that - averting my mind - I may not avert my heart from Thee. I confess to Thee, my Lord God, all the sins of my wickedness committed before Thee, now and in the past. Forgive me for them, for the sake of Thy Holy Name, and save my soul, which thou has redeemed with Thy precious Blood. I entrust myself to Thy mercy. I submit to Thy will. Do with me according to Thy mercy and not according to my evil and wickedness .

Teach me Lord, to dispose my deeds so that they will serve in glorifying Thy Holy Name. Take pity, O Lord, on all Christians. Hear the desires of all who cry out to Thee, and deliver them from evil. Save Thy servants [insert names]. Send them comfort, consolation in sorrows, and Thy holy mercy. Lord, I especially pray for those who have in anyway insulted, abused and grieved me. Do not punish them for the sake of me, a sinner; but pour Thy mercy

upon them. Lord, I pray to thee especially for all those whom I, a sinner, insulted or tempted in word, deed, thought, knowingly and unknowingly. Lord God, forgive us our sins and mutual offenses. Dispel from our hearts, O Lord, all indignation, suspicion, anger, remembrance of evil, quarrels, and all that might hinder and lessen brotherly love.

Be merciful Lord, to those who have entrusted me, an unworthy sinner, to pray for them. Be merciful Lord, to all who ask Thy help. Lord, make this day a day of Thy mercy; give to each according to their petition. Be the Shepherd of the lost, the Guide of Light of unbelievers, the Teacher of the unwise, the Father of orphans, the Helper of the oppressed, the Healer of the sick, the Comforter of the dying, and lead us all to the desired end... to Thee, our refuge and blessed repose. Amen