



## Two Prayers Against Shameful Thoughts

*by Our Holy Father Symeon of the Wondrous Mountain († May 24)*

### A Prayer Against Evil and Unclean Thoughts

**O Lord Jesus Christ** our God, immortal Son and Word of the living God, Who puttest not to shame them that trust in Thee, Father Who lovest mankind and Lord of all consolation and tender mercies, Who, as before the ages, abidest in Thy Goodness now and unto the ages: Drive away from me, Thy servant, the evil thoughts that vex me. For Thou knowest, O Thou Who art cognizant of the heart, Who beholdest the secrets of my heart, of what sort they are. Forgive me, O Master, and let them not become for me an occasion of sin; but be Thou gracious unto me, send forth Thy Grace from the holy Throne of Thy Glory upon the soul of me, the hapless one, and overshadow me, Thy servant. Give me understanding, and I shall learn Thy commandments and live, O Physician of souls and bodies, O Lord Who alone art sinless and glorified. For Thou art blessed and lauded in all Thy Saints, unto the ages of ages. Amen.

### Another Prayer, Against the Burning of the Flesh

**T**hou, O Lord, Who searchest out the hearts and reins, knowest that I loathe impurity and passionate thoughts. But the evil persecutor and grievous tyrant forcibly draggeth me down to the pit of impurity, inflicting unbearable frenzy upon me, inflaming me with the fire of evil lust, setting me violently ablaze, and vehemently oppressing me, and doth not relax his grip in any wise. I am weak and wretched, engrossed in self-indulgence and indolence, having lost the vigor of my soul. Behold, therefore, and be aware of my distress, O my Master, Who art mighty and strivest on my behalf, and disdain not me, Thy servant, who am sorely agitated at this hour by the uprising and burning of this, my miserable flesh, and threatened with drown-

ing amidst the waves. But send forth Thine invincible help, rebuke the spirit of uncleanness, subdue the sea of the passions, quell the tempest of pernicious arousal, calm the seething of sensuality, quench the flame of the flesh, dispel the onslaught of rabid burning, lull this most irksome and ferocious warfare, and deliver me from the hand of the tyrant. Drive away from me every unseemly fantasy and every filthy thought, and implant in my soul steadfast serenity and a peaceful disposition. Renew its strength that hath waxed old, bridle mine appetitive faculty with the cincture of chastity, and array me with spiritual armor, that I may remain impregnable to the assaults of voluptuousness; by the intercessions of the Saints who trampled underfoot the stings of this sin and vanquished the uprisings of nature. For Thou, Who art purity itself, dost rest among the pure, and unto Thee do we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.



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**Source:** Ioannes G. Thalassinos, *Ὁ Πόλεμος τῶν Αἰσχρῶν Λογισμῶν: Ὁσίον Συμεὼν τοῦ Θαυμαστορείτου Ἰερὰ Ἀκολουθία ἐπὶ Ἐνοχλήσει Αἰσχρῶν καὶ Ρυπαρῶν Λογισμῶν* (The warfare of shameful thoughts: the service by St. Symeon of the Wondrous Mountain for when one is vexed by shameful and filthy thoughts) (Athens: Ekdoseis Nektarios D. Panagopoulos, 2007), pp. 52-55. We wish to thank Mr. Thalassinos for granting us his kind permission to translate these beautiful prayers and post them on our website.