

FOR THE HOURS OF DAY

- 7 O Lord, of Thy heavenly bounties, deprive me not.
- 8 O Lord, deliver me from the eternal torments.
- 9 O Lord, forgive me if I have sinned in my mind or my thought, whether in word or in deed.
- 10 O Lord, free me from all ignorance and forgetfulness, from despondency and stony insensibility.
- 11 O Lord, deliver me from every temptation.
- 12 O Lord, enlighten my heart which evil desires have darkened.
- 1 O Lord, as a man have I sinned, have Thou mercy on me, as the God full of compassion, seeing the feebleness of my soul.
- 2 O Lord, send down Thy grace to help me, that I may glorify Thy name.
- 3 O Lord Jesus Christ, write me down in the book of life and grant unto me a good end.
- 4 O Lord my God, even if I had not done anything good before Thee, do Thou help me, in Thy grace, to make a good beginning.
- 5 O Lord, sprinkle into my heart the dew of Thy grace.
- 6 O Lord of heaven and earth, remember me, Thy sinful servant, full of shame and impurity, in Thy kingdom. Amen.

FOR THE HOURS OF NIGHT

- 7 O Lord, receive me in penitence.
- 8 O Lord, forsake me not.
- 9 O Lord, lead me not into misfortune.
- 10 O Lord, quicken in me a good thought.
- 11 O Lord, give me tears and remembrance of death, and contrition.
- 12 O Lord, make me solicitous of confessing my sins.
- 1 O Lord, give me humility, chastity, and obedience.
- 2 O Lord, give me patience, magnanimity, and meekness.
- 3 O Lord, implant in me the root of all good – Thy fear in my heart.
- 4 O Lord, vouchsafe that I may love thee from all my soul and mind and in everything do Thy will.
- 5 O Lord, shelter me from certain men, from demons and passions, and from any other unbecoming thing.
- 6 O Lord, Thou knowest that Thou dost as Thou wilt, let then Thy will be done in me, a sinner, for blessed art Thou unto the ages. Amen.

Prayers of St John Chrystostom for the hours of day and night.