

PRAYER TO OUR LORD

And grant to us Master as we depart for sleep,
rest for body and soul,

And protect us from the murky sleep of sin
and from all dark pleasures of the night.

Calm the impulses of passion,
and quench the fiery darts of evil,
which are treacherously cast against us;
check the turbulence of our flesh
and lull all our earthly and mundane thoughts.

And grant to us, O God,
a watchful mind, a prudent reason, a vigilant heart,
and sleep tranquil and free from all evil imaginings.

And raise us up at the hour of prayer
strengthened in Your commandments
and holding the remembrance of your judgments
unshaken within us.

Grant unto us your glorification through the night,
that we may praise and bless and glorify

Your all-honored and sublime Name,
of the Father and of the Son and of the Holy Spirit

Now and forever
and from all ages to all ages.

AMEN

*girls: Most glorious, ever-virgin, blessed Mother of God, present our prayer to your Son
and our God. Plead with Him, that through you He may save our Souls.*

My hope is the Father,
my refuge is the Son,
my protection is the Holy Spirit.

O Holy Trinity,
Glory to Thee.