

A PRAYER

OF THE OPTINA ELDERS

O Lord, help me to confront everything I encounter today with tranquility of soul. Help me to completely surrender myself to Your holy will. Enlighten me at each and every hour of the day, and strengthen me in all that I do.

Teach me to accept all the news I receive today calmly and with the unshakable conviction that nothing takes place unless You allow it.

Guide my thoughts and my feelings in everything I do and say. During unforeseen circumstances, do not allow me to forget that all things are permitted by You.

Teach me to conduct myself sincerely and prudently with each member of my family and with all other people, so that I do not upset or annoy anyone.

O Lord, grant me the strength to endure the difficulties and all the various events this day will bring. Direct my desires, and teach me to pray, to have faith, to be patient, to forgive, and to love. Amen.