



## **Prayer of the Optina Monastery Elders in Russia**

O Lord, grant unto me that with Thy peace I may greet all that this day is to bring.  
Grant unto me grace to surrender myself completely to Thy holy will.  
In every hour of this day instruct and guide me in all things.  
Whatever tidings I may receive during this day,  
do Thou teach me to accept tranquilly  
in the firm belief that Thy holy will governs all.  
Govern Thou my thoughts and feelings in all I do and say.  
When unforeseen things occur, let me not forget that all is sent by Thee.  
Teach me to behave sincerely and reasonably toward everyone,  
that I may bring confusion and sorrow to no one.  
Bestow on me, O Lord, strength to endure the fatigue of the day  
and to bear my part in its passing events.  
Guide Thou my will  
and teach me to pray,  
to believe, to hope, to suffer,  
to forgive and to love.  
Amen.

