

# A PRAYER OF THE OPTINA ELDERS

*Said in the morning before leaving the home.*

**G**rant unto me, O Lord, that I may face all that this new day is to bring with peace of mind. Grant unto me to dedicate myself completely to Thy Holy Will. For every hour of this day, instruct and support me in all things.

**W**hatsoever tidings I may receive during the day, teach me to accept them with tranquilly, and in the firm conviction that all things fulfill Thy Holy Will.

**G**overn my thoughts and feelings in all I do and say. When unforeseen things occur, let me not forget that all come down from Thee.

**T**each me to behave sincerely and rationally toward every member of my family, that I may bring confusion and sorrow to none.

**B**estow upon me, my Lord, strength to endure the fatigue of the day, and to bear my part in all its passing events.

**G**uide my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love.



**AMEN**