

The Morning Prayer of the Last Elders of Optina

O Lord, grant that I may meet all that this coming
day brings to me with spiritual tranquility.
Grant that I may fully surrender myself
to Thy holy Will.

At every hour of this day, direct and support me
in all things.

Whatsoever news may reach me in the course of the day,
teach me to accept it with a calm soul
and the firm conviction that all is subject
to Thy holy Will.

Direct my thoughts and feelings in all my words and actions.
In all unexpected occurrences, do not let me forget
that all is sent down from Thee.

Grant that I may deal straightforwardly and wisely
with every member of my family,
neither embarrassing nor saddening anyone.

O Lord, grant me the strength to endure
the fatigue of the coming day and all the events
that take place during it.

Direct my will and teach me to pray, to believe,
to hope, to be patient, to forgive
and to love.

AMEN.