

Гдѣи ѿ вѣлика живота моего, дѣхъ праздности,  
оубыиїа, любоначѣлїа ѿ празднослѣвїа не дѣждь мнѣ.

Поклонѣнїе великїѣ.

Дѣхъ же цѣломудрїа, смиреномудрїа,  
терпѣнїа ѿ любви, дѣрзѣи мнѣ рабѣ твоему.

Поклонѣнїе великїѣ.

Бже, гдѣи цр҃ю, дѣрзѣи мнѣ зрѣти моѣ прегрѣшѣнїа, ѿ не ѡсѣждѣти  
братѣ моего: ѿакѡ бж҃е словеснѣхъ сѣи во вѣки вѣкѡвхъ. ѿмїнь.

Поклонѣнїе великїѣ.

Тѣже малыхъ бж҃е, глагола на кїѣждо поклонѣнїе:

Бже, ѡчїсти мѣ грѣшнаго.

ѿ паки послѣдїи мѣтвѣхъ твоихъ, ѿ поклонѣнїа єдинѣ великїѣ.

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Ⓒ Lord and Master of my life, a spirit of idleness,  
despondency, ambition, and idle talking give me not.

*(Prostration)*

But rather a spirit of chastity, humble-mindedness,  
patience, and love bestow upon me Thy servant.

*(Prostration)*

Dea, O Lord King, grant me to see my failings and not condemn  
my brother; for blessed art Thou unto the ages of ages. Amen.

*(Prostration)*

*(Then twelve bows from the waist, saying at each bow:)*

Ⓒ God, cleanse me a sinner.

*And again, without division, the Prayer entirely to the end, and one prostration.*

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