A PRAYER WRITTEN
BY
SAINT JOSEPH THE HESYCHAST
which he would recite before beginning to pray

Lord Jesus Christ, sweetest Father, God and Lord of mercy,
and Creator of the entire universe: Look upon my humility
and forgive all my sins which I have committed
all the years of my life up to this very day and hour.
Send forth Thine All-Holy Spirit, the Comforter,
so that He may teach, illuminate, and safeguard me
so that I no longer sin, so that with a pure soul and heart I
may adore, worship, glorify, thank, and love Thee with all my
soul and heart, my sweetest Savior, Benefactor, and God,
Who is worthy of all love and worship.
Yes, good eternal Father, co-eternal Son, and All-Holy Spirit,
count me worthy of enlightenment and divine spiritual
knowledge, so that by beholding Thy sweet grace I may bear
the burden of this vigil tonight, and render unto Thee my
prayers and thanksgiving, through the intercessions of the
Most Holy Theotokos and all the Saints. Amen