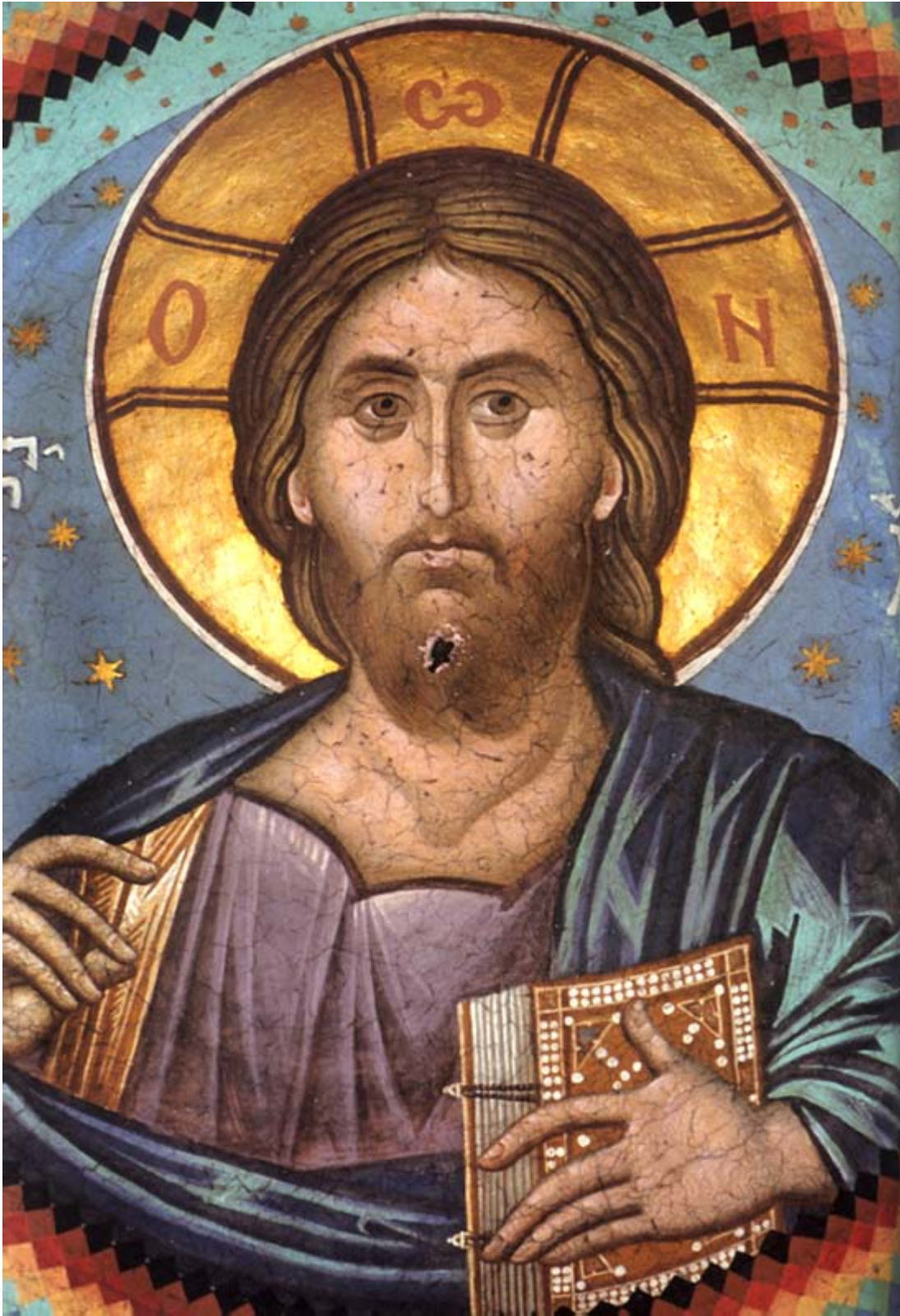


16 Οκτωβρίου 2009

## Hosts of heaven, hear me...

[Ξένες γλώσσες](#) / [In English](#)



*Fresco from the Holy Great Monastery of Vatopedi*

Draw near to me O Lord, hasten to help me, bring my soul out of affliction and have

mercy on me for I am in need of Your great and abundant mercies. Despise me not, O my Master, though my good works are as filthy rags and my virtue is comparable to dirt. Forsake me not, Heavenly King, though in actions, in words, in thoughts and in deeds I have forsaken You. Heal me from within and unbind these chains, these passions which beset me and humble me even to the earth, deliver me from this death I bring steadily upon my soul. I dare not raise my hands to heaven, for with them I have become an idolater, I do not use them for labors of asceticism but for personal gain. I dare not lift my eyes to heaven for with them I behold that which causes me to stumble, with them I have entertained carnal thoughts and have set myself in a snare, eagerly, willingly, as a dog to his vomit and a naive lamb to the slaughter. I only raise my thoughts and prayers to the throne of grace, in hopes that Your mercy outweighs even my sins, the wretched, the terrible, the undeniable weight of my innumerable sins against You, against myself, against my neighbor, and against all the world. Forgive me, Lord, for I do not sin against myself alone, but I sin against You, and I sin against humanity. [\(περισσότερα...\)](#)