

O God! Refresh and gladden my spirit.
Purify my heart. Illumine my powers.

I lay all my affairs in Thy hand.

Thou art my Guide and my Refuge.
I will no longer be sorrowful and grieved;
I will be a happy and joyful being.

O God! I will no longer be full of anxiety,
nor will I let trouble harass me. I will not
dwell on the unpleasant things of life.

O God! Thou art more friend to me
than I am to myself.

I dedicate myself to Thee, O Lord.