The sea of my daily life costantly tosses me about.

The enemy rises up against me like violent waves.

Good Captain, be a refuge for my soul.

I am about to go under. Help me, Good Captain.

For the burden of sin has grown heavy upon me.

God, hurry to help me!

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For the depths of evil are pulling me down into the abyss.

But you, be my Captain and stretch out your hand to me.

Save me from danger of shipwreck in the waves of the sea.

For I am perishing from the error of my sins.

I beseech you, Lord, grant me...
Accept the tears and groans of my heart

in your love, and have mercy on me.

Let my requests reach you.

Through your intercession,

spare me and have mercy on me.

I beseech you, heavenly Father,

do not turn your face from me for I am in trouble.
Lord, hear me right away! My soul has gone astray through lawlessness.

Do not let me perish, Lord, because of my lawlessness,

O searcher of this lost sheep.

I am submerging under the weight of sin.

Receive me, as you once reached out for] Peter,

for I am perishing in the turbulence of my errors.

I have sinned, Lord, most merciful God,
I have sinned. Have mercy on me.

I have sinned, Lord, and I fall down before you.

I have sinned, Lord, and I fall down before you.

I have sinned. Have mercy on me.

I have sinned. Have mercy on me.

I confess my errors.

We have all sinned. We have all transgressed.

We have all sinned. We have all transgressed.

Vindicate me.

We have not kept your commandments.
Turn back from your anger, Lord.

Dispel from us your wrath.

I have sinned against you, Lord.

Vindicate me.

Ineffably you gave birth to the uncreated Word in the flesh, the Being of existent beings,

for the salvation of us created ones.
Glory to the Father and to the Son and to the Holy Spirit.

You consigned to dead Adam the Fruit of your life, by Whose forty-day fast He made expiation for eating the [forbidden] fruit.

And He elevated him to never-ending life.

Intercede with Him always for our souls.
Now and always and unto the ages

/of ages. Amen.

At your second coming, when this holy sign appears,

make this servant of yours worthy

of the renewal. For you alone are the King of glory,

blessed forever.