I lifted up my eyes to the mountains.

From there my help will come.

Let my prayers reach your holy temple, Lord.

Send down to us help, Lord,

from your holy mountain.

Glory to the Father and to the Son and to the Holy Spirit.
May your right hand shield

your creatures, Lord.

Send down to us help, Lord,

from your holy mountain.

Now and always and unto the ages of ages. Amen.

Receive our evening prayers, Lord,
And send down to us help, Lord,
from your holy mountain.