1) I died long ago, wretch that I am, when, incited by the counsel of the serpent, I tasted of the tree and was cast out from thy divine glory; and so I, the hapless one, am slain by sin; but since Thou, O Friend of man, art easy to entreat and alone art swiftly reconciled, do Thou make me a dweller of Paradise.

2) For giving all things, O hapless soul, now consider thy last hour and take heed to thyself, that thou be found in readiness for that last departure, lest death suddenly should come.
and quickly overtake thee and seize thee, having
found thee unprepared. Wherefore, being ever vigilant,
cease not praying to the Lord with fervent tears.

3) Of Thine own divine authority, slay the mind of passions
troubling me, and calm the ungodly movements of the inner man,
God without beginning from before eternity;
and since Thou art compassionate, grant me the forgive
ness of my falls, as forgiving and most merciful
in the riches of Thy goodness, O Friend of man.