1) A temple of Thy Holy Spirit do Thou make of me, O Christ, while fully cleansing the stains of my misdeeds and faults, even though I am a dwelling-place of demons, which do Thou cast out from me, as once Thou didst them that defiled Thy sanctuary.

2) Thou Who in Thy compassion dost desire to save all men, the sinners and the righteous, and that not even one be lost: Number me among the saved, O Lord and Master, though I have lived without care, O Word, and though I have neglected Thy commandments.
3) The breezes of the enemy do toss me like a reed at all times and without cease, assailing me with vehemence; but take pity on thy servant, let me not be shaken forever by his tempests, but make me steadfast in firm faith in God, O Virgin.