1) Freely give compunction and complete estrangement from evil things and correction of all my ways to me that am sunk en deep in the carnal passions and am gone a far off from Thee, O God, Thou King of all, and from no quarter have any kind of hope. But in Thy wealth of goodness and Thy kindness, save me, the prodigal, O Almighty Lord Jesus Christ, Thou divine Savior of our souls.

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2) Purified by fasting, Moses the most marvelous clearly saw Him for Whom he longed ardently. So thou, O my lowly soul, emulate him wisely, striving to be purified in this day of abstinence from every evil, so that thou mightest see the Lord giving thee pardon and forgiveness, grace and deliverance, in that He is supremely good, the Almighty and Friend of man.