

From the Menaion
Bridle the Digressions of my Mind

Theotokion

Byzantine Tone 2
Special Melody: *When he took thee*

Adapted by Dn. John El Massih

Bri - dle the di - gres - sions of my mind; stay the way - ward
drift of my sens - es; O Vir - gin, whol - ly blot out
all the dead - ly pas - sions with their sin - ful
im - ag - es. Grant tran - quil - i - ty un - to me
and calm the dis - tur - bance of my low - ly
soul, that I may right - ly mag - ni - fy
thy great good - ness; for I pos - sess thee
as my stead - fast suc - cor in weak - ness
and the watch - ful guard - i - an of all my life.