Bridle the Digressions of my Mind
Theotokion

Byzantine Tone 2
Special Melody: When he took thee
Adapted by Dn. John El Massih

Bridle the digressions of my mind; stay the wayward drift of my senses; O Virgin, wholly blot out all the deadly passions with their sinful images. Grant tranquility unto me and calm the disturbance of my lowly soul, that I may rightly magnify thy great goodness; for I possess thee as my steadfast succor in weakness and the watchful guardian of all my life.

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