

WASH YOUR HANDS

make sure you wash them for more than 20 seconds. Say:

The Lord's Prayer Matthew 6: 9-13

Our Father, Who art in Heaven, hallowed be Thy name.
Thy Kingdom come; Thy will be done, on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses, as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

For Thine is the Kingdom, and the power, and the glory, of the Father,
and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.
Amen.

Psalm 50 [51]

- ¹ Have mercy on me, O God, according to thy great mercy;
according to thy abundant mercy blot out my transgressions.
- ² Wash me thoroughly from my iniquity
and cleanse me from my sin!
- ³ For I know my transgressions
and my sin is ever before me.
- ⁴ Against Thee, Thee only, have I sinned,
and done that which is evil in Thy sight, ...
- ⁷ Purify me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow. ...
- ¹⁰ Create in me a clean heart, O God,
and put a new and right spirit within me.
- ¹¹ Cast me not away from Thy presence
and take not Thy Holy Spirit from me. ...
- ¹⁵ O Lord, open Thou my lips,
and my mouth shall show forth Thy praise.

The Prayer of St Ephraim

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.

Serenity Prayer

O God grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
and the wisdom to know the difference. Amen.