

## **Prayer Before Consuming Prosphora and Holy Water**

O Lord my God, may Thy holy gift and Thy holy water be unto the enlightenment of my mind, unto the strengthening of my spiritual and physical powers, unto the health of my soul and body, unto the taming of my passions and weaknesses, according to Thy limitless mercy, through the prayers of Thy Most-pure Mother and of all Thy Saints. Amen.