A Prayer
Before Consuming the Prophorion & Holy Water

Lord my God, may Thy holy gift: this prophorion and Thy holy water be unto the remission of my sins, 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 all Thy saints.

Amen.