PRAYER BEFORE SPIRITUAL INSTRUCTION

Shine within our hearts, loving Master, the pure light of Your divine knowledge and open the eyes of our minds that we may comprehend the message of Your Gospel. Instill in us also reverence for Your blessed commandments, so that having conquered all sinful desires, we may pursue a spiritual life, thinking and doing all those things that are pleasing to You. For You, Christ our God, are the light of our souls and bodies, and to You we give glory, together with Your Father Who is without beginning and Your All-Holy, Good, and Life-creating Spirit, now and forever and to the ages of ages. Amen.

PRAYER AFTER SPIRITUAL INSTRUCTION

We thank You, Lord our God, that once again You have opened our eyes to the light of Your wisdom. You have gladdened our hearts with the knowledge of truth. We entreat You, Lord, help us always to do Your will. Bless our souls and bodies, our words and deeds. Enable us to grow in grace, virtue and good habits, that Your name may be glorified, Father, Son and Holy Spirit, now and forever and to the ages of ages. Amen.