

Prayer against Internet Pornography

Composed by Hieromonk Damascene
Published with blessing of Bishop
MAXIM of Western America



Before turning on the computer,
make three bows, kiss the holy
icons, and say:

O Lord Jesus Christ, my God and Savior, through the prayers of Thy Most Pure Mother and of my Patron Saint and Guardian Angel, preserve me from all sinful pleasures in all my senses; help me not to look at evil and impure images that will harm my soul and separate me from Thee; help me to cut off the desire to indulge in such unchaste activity; and help me rather to do work that is productive and pleasing to Thee and to Thy Church, that I may glorify Thee, together with Thine Unoriginate Father and the Most Holy, Good and Life-creating Spirit, now and ever and unto the ages of ages. Amen.

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