



2026 · The Silence

Give Me Strength

Lyrics: Sergio Rykov; Prayer of the Optina Elders

Music: Sergio Rykov · 01.08.2024

SoundCloud: soundcloud.com/sergiorykov/day-mne-silu

Song page: sergiorykov.github.io/music/en/songs/2024-08-give-me-strength/

Automatic translation — only to convey the meaning. The song is sung in: ru.

Notes of joy all mixed together
Fill the notebook up and sing.
Notes of sorrow, as if mocking,
Creep in, finding shelter there.

Once again the TV's groaning,
Headlines shouting, calling us
To dive into a hopeless world,
Where life is trampled all around.

We are tired of wars and persecution,
We are tired of fearing words.
We are tired of living in doubt,
Where the stingy lie flows out.

Let our pride keep whispering stubbornly
That it wasn't us who started the war.
Let them curse and drag us through the mud for the right
To call the darkness by its name.

We were born and survived in it,
Cutting people into non-people,
Repeating the text learned by heart:
It is good where we are not.

Hiding lies deep in our senses,
Wearing masks for decency,
We live through all the pain of creation,
Decaying in the stifling grip of power.

Fear to admit it melts our courage,
Fear to leave it stifles the voice.
As anxious as the waiting is,
So easily it slows us down.

Is this the joy of all creation?
Is this its voice?
Is there faith in the waiting?
Is there God inside of us?

prayer of the optina elders

Lord, grant me to meet with peace of soul everything
that the coming day will bring me.
Grant me to surrender myself completely to Thy holy will.
In every hour of this day, instruct and support me in all things.
Whatever news I may receive during the day,
teach me to accept it with a calm soul
and the firm conviction that in all things Thy holy will is done.
In all my words and deeds, guide my thoughts and feelings.
In all unforeseen events, let me not forget that all is sent down by Thee.
Teach me to act straightforwardly and wisely with every member of my family,
without embarrassing or grieving anyone.
Lord, give me the strength to bear the weariness of the coming day
and all the events of the day.
Guide my will and teach me to pray, to believe, to hope,
to endure, to forgive and to love.