



PRAYER OF ST. EPHRAIM

O Lord and Master of my life!

Take from me the spirit of sloth,
despair, lust of power, and idle talk.

(Cross yourself and Prostrate)

But give rather the spirit of chastity,
humility, patience, and love to your servant.

(Cross yourself and Prostrate)

Yea, Lord and King! Grant me to see my own errors
and not to judge my brother,
for You are blessed unto ages of ages. Amen.

(Cross yourself and Prostrate)