The Prayer of St. Ephraim the Syrian

O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. **Prostration.**

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. **Prostration.**

Yea, O Lord and King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. **Prostration.**

Then twelve “reverences” (bows from the waist with the sign of the Cross). With each one we say:

God, cleanse me a sinner.

And then the entire prayer:

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