

## ***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:*

Ⲕ God, cleanse me a sinner.

*And then the entire prayer:*

Ⲕ Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. 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.*

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