

St. Ephrem's Prayer

During the weekdays of Lent, the **Prayer of St. Ephrem the Syrian** is repeated many times during each service. It is a prayer of true repentance: **it shows that we want to make a change in our lives.** When we say our own prayers at home, we should add the Prayer of St. Ephrem during Lent.

*O Lord and Master of my life,
take from me the spirit of sloth, faintheartedness,
lust of power and idle talk.*

(prostration)

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

(prostration)

*Yea, O Lord and King,
grant me to see my own sins, and not to judge my
brother,
for Thou art blessed unto ages of ages.
Amen.*

(prostration)

The prayer is then repeated without prostrations to the end when one final prostration is made.