LENTEN PRAYER OF ST. EPHRAIM THE SYRIAN

O Lord and Master of my life, do not give me the spirit of laziness, despair, lust for power and idle talk. *(Prostration)*.

Grant instead to your servant the spirit of chastity, humility, patience and love. *(Prostration)*.

Yes, O Lord and King, grant me the power to see my own faults and not to judge my brother. *(Prostration)*.

For You are blessed unto the ages of ages. Amen.