



Lenten Prayer of St. Ephrem

O Lord and Master of my life,
take away from me the will to be lazy and to be sad,
the desire to get ahead of other people, to boast and to brag.

Prostration

Give me instead a pure and humble spirit,
the will to be patient with other people and to love them.

Prostration

Yes, O Lord and King, let me realize my own mistakes
and keep me from judging the things that other people do,
for You are blessed now and forever and ever. Amen

Prostration

Then, with a simple bow, the following is repeated four times:

+God, be merciful to me a sinner.

+God, cleanse me of my sins and have mercy on me.

+I have sinned without number, forgive me O Lord.

O Lord and Master of my life, take away from me the will to be lazy and to be sad,
the desire to get ahead of other people, to boast and to brag. Give me instead a
pure and humble spirit, the will to be patient with other people and to love them.
Yes, O Lord and King, let me realize my own mistakes and keep me from judging
the things that other people do, for You are blessed now and forever and ever.

Amen *Prostration*