



## The Lenten Prayer of St. Ephraim

O Lord and Master of my life!

Take from me the spirit of laziness,  
idle curiosity, lust for power, and vain talk.  
*(prostration)*

But give instead the spirit of chastity,  
humility, patience, and love to Your servant.  
*(prostration)*

Yea, Lord and King!  
Grant me to see my own faults  
and not to judge my brother,  
for You are blessed to the ages of ages.  
*(prostration)*

Amen.



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