

## ***The Prayer of St. Ephraim the Syrian***

O Lord and Master of my Life, take me from me the spirit of despondency, negligence, avarice, and idle talk. ***Prostration.***

Grant unto me the spirit of chastity, humility, patience, and love. ***Prostration.***

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

***Prostration.***

***Then twelve metanias (bows from the waist with the sign of the Cross). With each one we say:***

O God, cleanse me a sinner.

***And then the entire prayer:***

O Lord and Master of my Life, take me from me the spirit of despondency, negligence, avarice, and idle talk. Grant unto me the spirit of chastity, humility, patience, and love. Yea, O Lord and King grant me to see my own sins and faults and not to judge my brother for blessed and glorified art Thou unto ages of ages. Amen. ***Prostration.***

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