

PRAYER OF ST. EPHRAIM

This is a prayer in which we ask God to give us a spirit of repentance.  
We ask Him to help us recognize the things we do wrong and to change them.

This prayer is especially said during Great Lent, the time of preparing before  
Pascha--the Feast of Christ's Resurrection from the Dead.

In between each of the verses, we make a prostration. (Kneel, and touch our  
head to the floor).

As always, say this prayer--and any others--before an icon.

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

--prostration--

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

--prostration--

Let me realize my own mistakes  
And keep me from judging the things other people do.

For You are blessed now and forever. Amen.

--prostration--