



Prayer of Saint Ephrem the Syrian

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. (prostration)

Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love. (prostration)

O Lord and King, grant me the grace to be aware of my sins and not to judge my neighbour; for You are blessed, now and forever and forever. (prostration)

God, be merciful to me a sinner. O God cleanse me of my sins and have mercy on me. I have sinned without number. Forgive me, O Lord (4X)

Once more the entire prayer is recited without the usual prostrations.



One prostration is made at the conclusion.

*The special Lenten Prayer of St. Ephrem is very brief and concise, but in the words of this prayer the meaning and purpose of Great Lent are revealed to us in great depth. This is **the** prayer of repentance. We call upon the “Lord and Master” of our lives – Jesus Christ – to take away from us the soul – destroying passions of ‘sloth, despair, lust of power and idle talk.’ We further beseech Him to fill our cleansed hearts with those gifts of the Spirit that are transforming and ‘resurrectional’ – chastity, humility, patience and love.*

*Repentance and Resurrection – ‘the springtime of the soul’ – are given to us through this unique prayer as we keep the ‘soul-saving forty days’ of the Fast. This prayer is meant to be used **in our homes** as well as in church; and if we offer up this prayer with sincerity and regularity in our everyday lives, then we will create that atmosphere in our homes which makes this season so unique and beautiful for us Eastern Catholics.*

The prostrations and bows which punctuate this prayer are meant to outwardly symbolize the grace of God working inwardly in our hearts: a sign of falling before God (as the prodigal son fell before his father) in a spirit of repentance. While as we rise to our feet as God picks us up, is a sign of our spiritual resurrection in Christ. The whole person – body and soul – participates in prayer, because the whole person was created and redeemed by Christ; and we await in hope the resurrection of the dead so as to be clothed in the incorruptible and spiritual bodies of the Kingdom.