





After final singing of the Refrain, repeat Verse One on page 103.

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After final singing of the Refrain, repeat Verse One on page 103.

## The Prayer of St. Ephraim the Syrian

PRIEST: O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power, and idle talk (prostration).

But give rather the spirit of chastity, humility, patience, and love to thy servant (prostration).

Yea, O Lord and King, grant me to see my own sins and not to judge my brother; for thou art blessed unto ages of ages. Amen (prostration).

First Wednesday of Great Lent only: Gospel on page 107.

Second through Sixth Weeks of Great Lent: Turn to the "Litany of Fervent Supplication" on page 108.