Let My Prayer Arise

Verse 1

Let my prayer arise in Thy sight, Let my prayer arise

in Thy sight as incense; and let the lifting up the

lifting up of my hands be an evening sacrifice.

Refrain:

Optional refrain on page 106.

Let my prayer arise in Thy sight as incense,

and let the lifting up of my hands be an evening sacrifice.
Verse 2

Lord, I have cried to Thee, hear me. Hear the voice of my prayer when I cry to Thee hear Thou me, when I cry to Thee hear me, O Lord. Refrain

Verse 3

Set a watch, O Lord, before my mouth, before my mouth, and keep the door, the door of my lips.
Let My Prayer Arise

Verse 4

Incline not my heart to any evil thing,

nor to practice wicked deeds. Incline not my heart

to any evil thing nor to practice wicked (ed) deeds.

After final singing of the Refrain, repeat Verse One on page 103.
Let My Prayer Arise

Optional Refrain:
Let my prayer arise in Thy sight as incense.

And let the lifting up of my hands be an evening sacrifice.

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.