

The Prayer of St. Ephraim

A Meditation

**O Lord and Master of my
life!**

*Is Jesus Christ the master of my
life, or am I a slave to another?*

**Take from me the spirit of
sloth,**

Am I lazy?

faint-heartedness,

*Have I seen only the bad in life and
become weak?*

lust of power,

Have I been self-centered?

and idle talk.

*Have I misused God's gift of speech
to betray or deride myself and
others?*

**But give rather the spirit of
chastity,**

*Let me seek after integrity (whole-
ness),*

humility,

*Let me stand before You, as Your
compassion allows.*

patience,

*Let me wait on the working out of
Your will for my life.*

and love to Thy servant:

*grant me the self-less love of
Christ.*

**Yea, O Lord and King! Grant
me to see my own errors
and not to judge my
brother;**

*Let me be aware of my faults and
avoid falling into pride. Let me not
"cast a stone" at my brother.*

**For Thou art blessed unto ages
of ages. Amen.**

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