

PRAYER OF SAINT EPHREM THE SYRIAN

[This prayer of Saint Ephrem the Syrian (AD 305-373) is recited at Vespers, Matins and the other hours of prayer as well as privately during the Great Fast and is considered in the Byzantine churches as the most complete, succinct summary of the meaning of the Great Fast. The prayer has a Greek version and several Slavonic versions. The version used here is a translation of the 1639 Slavonic version used only by those churches that utilize the Ruthenian Recension.]

This prayer is prayed during the Holy and Great Forty Day Fast except on Saturdays and Sundays.

Lord and Master of my life,
Spare me from the spirit of indifference, despair,
lust for power, and idle chatter.

Prostration

Instead, bestow on me, your servant,
the spirit of integrity, humility, patience and love.

Prostration

Yes, O Lord and King,
let me see my own sins
and not judge my brothers and sisters;
for you are blessed forever and ever. Amen.

Prostration

Then, pray the following four times, making the sign of the cross a total of twelve times.

O God, be merciful to me, a sinner.
O God, cleanse me of my sins and have mercy on me.
O Lord, forgive me for I have sinned without number.

Pray the entire prayer from Lord and Master to forever and ever. Amen. and only one prostration at the end.