

O LORD AND MASTER OF MY LIFE, GRANT THAT
I MAY NOT BE AFFLICTED WITH A SPIRIT OF SLOTH,
INQUISITIVENESS, AMBITION AND VAIN TALKING.
INSTEAD, BESTOW UPON ME, YOUR SERVANT, A
SPIRIT OF PURITY, HUMILITY, PATIENCE AND LOVE.

YES, O LORD AND KING, GRANT ME THE GRACE
TO SEE MY OWN SINS AND NOT TO JUDGE MY
BRETHREN, FOR YOU ARE BLESSED FOREVER AND
EVER. AMEN.

ST. EPHREM THE SYRIAN (306AD – 373AD)