

*Prayer of St. Ephraim*

O Lord and Master of my life  
Take away from me the will to be lazy and nosy;  
the desire to get ahead of other people and to boast or brag.

Make a prostration and say: "O God, be merciful to me a sinner."

Give me instead a pure and humble spirit,  
the desire to be patient with other people and to love them.

Make a prostration and say: "O God, be merciful to me a sinner."

O Lord and King, let me realize my own mistakes  
and keep me from judging what other people do.

For you are blessed now and forever.

Make a prostration and say: "O God, be merciful to me a sinner."

Bow and make the sign of the cross (metany), 12 times saying each time,  
"O God, be merciful to me a sinner."

Amen