

The Lenten Prayer

O Lord and Master of my life, grant not unto me a spirit of slothfulness, of discouragement, of lust of power, of vain babbling.

But vouchsafe unto thy servant the spirit of continence, of meekness, of patience, and of love.

Yea, O Lord and King, grant that I may perceive my own transgressions, and judge not my brother. For blessed art thou unto ages of ages. Amen.

St. Ephrem the Syrian

Translated by Isabel Hapgood, 1906