

## PRAYER of ST. EPHRAIM the SYRIAN



Every day of Great Lent, with the exception of Saturdays and Sundays, the prayer “O Lord and Master of my life” is read. According to tradition, this prayer was written in Syria in the fourth century by the ascetic Mar Afrem or, as we have grown accustomed to calling him, Ephraim the Syrian. He was a monk, poet, and theologian, one of the most eminent sons of the Syrian Church, who entered world literature as a remarkable writer. This article continues with an explanation of this pray. Click [[Prayer](#)] to continue reading.

**O Lord and Master of my life,  
take from me the spirit of  
sloth,  
meddling,  
lust of power, and  
idle talk  
But give rather the spirit of  
chastity,  
humility,  
patience and  
love to Thy servant.  
Yea, O Lord and King,  
grant me to see my own sins  
and not to judge my brother;  
for Thou art blessed unto ages of ages, Amen.**