



LENT AND HOLY WEEK

## PRAYER OF ST EPHREM — O LORD AND MASTER OF MY LIFE

*Traditionally attributed to Saint Ephrem the Syrian (c. 306-373)*

*The Lenten prayer par excellence of the Byzantine tradition, in the Greek and in English*



GREEK

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,  
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας  
καὶ ἀργολογίας μή μοι δῶς.

Πνεῦμα δὲ σωφροσύνης,  
ταπεινοφροσύνης, ὑπομονῆς καὶ  
ἀγάπης χάρισαί μοι τῷ σῶ δούλῳ.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ  
ὁρᾶν τὰ ἐμὰ πταίσματα καὶ μὴ  
κατακρίνειν τὸν ἀδελφόν μου, ὅτι  
εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

ENGLISH

**O** Lord and Master of my life,  
give me not a spirit of sloth,  
idle curiosity, love of power and idle  
talk.

But grant unto me, thy servant, a  
spirit of sober-mindedness, humility,  
patience and love.

Yea, O Lord and King, grant me to  
see my own faults and not to judge  
my brother; for blessed art thou unto  
the ages of ages. Amen.

