

**Prayer of St. Ephraim the Syrian**

**O Lord and Master of my life!**

Κύριε και Δέσποτα τῆς ζωῆς μου,

- Lord: person of authority
- Master: more particular to a house (Jn 2:13–22; Mt 21; 1Cor 6:19–20; 2Cor 6:16; Eph 2:19)

**Take from me the spirit of sloth, despair, lust of power, and idle talk.**

πνεῦμα ἀργίας, περιεργίας, φιλαρχίας, και ἀργολογίας, μή μοι δῶς.

- Greek: “Do not give me...” Slavonic: “Take from me...”
  - Sloth: idleness, laziness—not working the ground
  - Meddling (Gk)/Despair (Slav): over-concerning, consuming, negativity
  - Lust of Power: love of rule (*arch*)
  - Idle talk: laziness of words

**But give rather the spirit of chastity, humility, patience, and love to Thy servant.**

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς, και ἀγάπης χάρισαι μοι τῷ σῶ δούλῳ.

- Greek: “But graciously give to me, Thy servant...”
  - Chastity: whole-mindedness (safe/sound mind)
  - Humility: lowly of mind (hunger/desire for that which is needful)
  - Patience: the endure to the end, to stand firm, remain (Ps. 136; James 5:11)
  - Love: agape, God’s love for man (Jn 3:16, 14:21, 15:9)

**Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother;**

Ναί, Κύριε Βασιλεῦ, δώρησαι μοι τοῦ ὄραν τὰ ἐμὰ ππαίσματα, και μή κατακρίνειν τὸν ἀδελφόν μου,

- Greek: “Give to me...”
  - To see: to behold, to see (Mt. 7:3, 13:16)
  - Transgressions: false steps, stumblings (*ptaio*—to stumbling, fall; *pateo*—to walk)
  - To judge: to pass sentence upon, condemn (James 4:12)

**For Thou art blessed unto ages of ages. Amen**

ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

- Blessed: Ps. 118:26; Jn. 12:13

**In Practice**

- “Lenten” Prayer: Matins, Hours, Vespers, Compline
- Emulation of Publican (Lk 18:9–14)
  - Bows: *Metania*—changing of mind
  - Prostrations: *Proskynisis*—lowering, falling down, worshipping