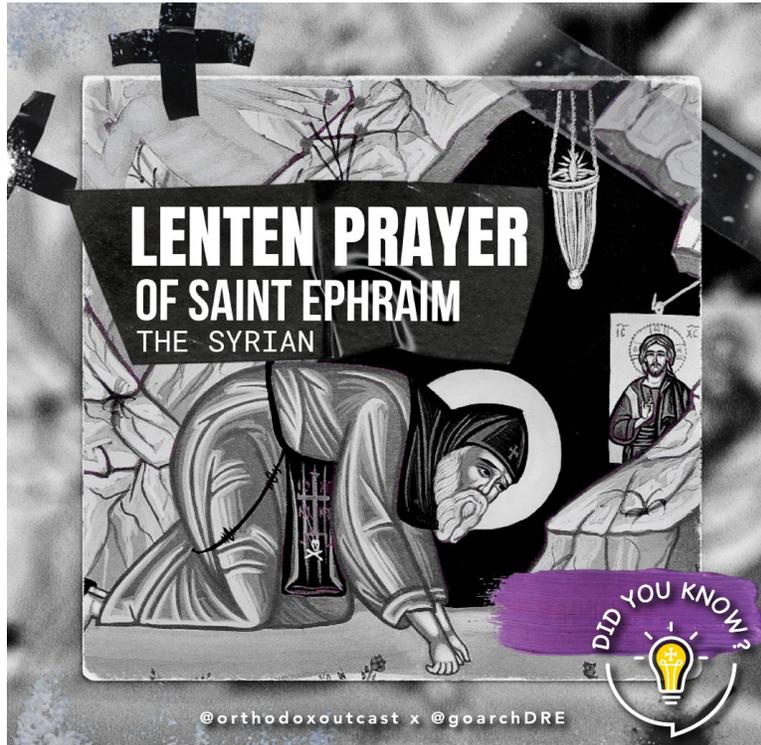


## LENTEN PRAYER

March 17



Did you know the Prayer of Saint Ephraim the Syrian is also called the “Lenten Prayer”?

The Prayer of Saint Ephraim the Syrian is called the “Lenten Prayer” because it is a verbal icon and summation of the spirit of Great Lent — repentance, conversion, love of neighbor, and preparation for Pascha (Easter).

The prayer is a petition to God asking to be purified of the sins of sloth (laziness), despair (hopelessness), lust of power (selfish ambition), and idle talk (inappropriate speech). In their place, we ask for the virtues of chastity (right-mindedness), humility, patience, and love. We end by asking God to help us to see our own sins instead of judging others.

Though the prayer can be offered at all times of the year privately, it is recited liturgically during Lenten weekday services — namely in the services commonly celebrated in our parishes (such as Vespers and Great Compline).

After each petition of the prayer, we make a full prostration\* — which is the making of the Sign of the Cross, falling to our knees, and bowing our heads to the floor (all in one continuous motion). Prostrations enable us to pray with our body as well as our heart and mind, all of which make up the image of Christ in man.

\*prostrations optional



**GREEK ORTHODOX  
ARCHDIOCESE OF AMERICA**  
DEPARTMENT OF RELIGIOUS EDUCATION

O Lord and Master of my life!  
Take from me a spirit of sloth,  
despair, lust of power, and idle talk.†

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But give rather the spirit of  
chastity, humility, patience,  
and love to your servant.†

Yes, Lord and King!  
Grant me to see my own  
errors and not to judge  
my brother, for You are  
blessed unto ages of ages.

*Amen.*†



LENLEN PRAYER OF  
SAINT EPHRAIM THE SYRIAN

† = prostrations (optional)



Save this prayer on your cell, tablet, or computer, or print it out. Then, during Great Lent, try to read it once a day. All God asks is that we try. \*prostrations optional

May Saint Ephraim the Syrian intercede for us all.

Send us your questions at: [religioused@goarch.org](mailto:religioused@goarch.org)

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