



*O Lord and Master of my life,
spare me from the spirit of apathy and meddling,
of idle chatter and love of power.
Instead, grant to me, your servant,
the spirit of integrity and humility, of patience and love.
Yes, O Lord and God, grant me the grace
to be aware of my sins and not to judge others,
for you are blessed, now and ever and forever. Amen.*

Ephrem, the Syrian