

PRAYER

O Lord and Master of my life

Give me not unto the spirit of sloth, of idle curiosity

Of domination and idle talk

But grant unto me, Thy servant, a spirit of integrity, humility,

Patience and love

Yes, O Lord and King,

May I see my own faults

And not condemn my brother

For blessed art Thou from age to age.

Amen.

Saint Ephrem the Syrian