

Lord and Master of my life,

Take away from me the will to be lazy and to be sad, the desire to get ahead of the other people, and to boast and to brag.

Give me instead a pure and humble spirit, the will to be patient with others, and to love them.

Grant, Lord, that I may see my own sins, and keep me from judging others, for You are blessed now and forever, and to the ages of ages. Amen.

Tending The Garden of Our Hearts Prayer Series, "Lenten Prayer of St. Ephraim" (simpler words)