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THE PRAYER OF SAINT EPHREM THE SYRIAN

O Lord and Master of my life,
take from me the spirit of sloth, despondency,
lust of power, and idle talk;

But grant rather
the spirit of chastity, humility, patience, and love
to thy servant.

Yea, O Lord and King,
grant me to see my own transgressions,
and not to judge my brother;
for blessed art Thou unto the ages of ages.



Amen.

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Personal Prayer: Pathway to Joy CD

Marcellino D'Ambrosio, Ph.D.



Everyone knows that personal prayer is important. You can't expect to deepen a relationship with God talking with Him only once a week! But how, in the midst of the busy, noisy life we all lead, can we develop a pattern of daily prayer that really works? And if we are successful in carving out some moments for prayer, what do we do? How should we spend that time in way that would be most fruitful?

Dr. Marcellino D'Ambrosio has taught spiritual theology academically, but, more importantly, he's had plenty of practice applying that tradition to everyday life. With a family of seven, a business, and a non-profit corporation to run, he knows the challenges that a busy, active life can pose to the Christian who wants to pray. In this talk, he lays down principles and gives practical suggestions on how busy laypeople can develop a prayer life that leads to joy and personal transformation.

[Audio CD \\$8.00](#)

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