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St. Ephraim the Syrian On Repentance

[Ξένες γλώσσες / In English](#)



Grant forgiveness, O Lord, send also strength. Convert me, that I might live in sanctity, according to Thy holy will. Sanctify my heart that has become a den and

dwelling-place of demons.

I am unworthy to ask forgiveness for myself, O Lord, for many times have I promised to repent and proved myself a liar by not fulfilling my promise. Thou hast picked me up many times already, but every time I freely chose to fall again.

Therefore I condemn myself and admit that I deserve all manner of punishment and torture. How many times hast Thou enlightened my darkened mind; yet every time I return again to base thoughts! My whole body trembles when I contemplate this; yet every time sinful sensuality reconquers me. ([περισσότερα...](#))