



# Saint Michael Center

for the Blessed Virgin Mary

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## PENITENTIAL PRAYERS OF SAINTS

Did you know that even our saints when they were still alive have their own penitential prayers? Here are some prayers from St. Ambrose and St. Augustine, St. Ephraim and St. Joseph Studite.

O Lord, who hast mercy upon all,  
take away from me my sins,  
and mercifully kindle in me  
the fire of thy Holy Spirit.  
Take away from me the heart of stone,  
and give me a heart of flesh,  
a heart to love and adore Thee,  
a heart to delight in Thee,  
to follow and enjoy Thee, for Christ's sake, Amen  
--St. Ambrose of Milan (AD 339-397)

O Lord,  
The house of my soul is narrow;  
enlarge it that you may enter in.  
It is ruinous, O repair it!  
It displeases Your sight.  
I confess it, I know.  
But who shall cleanse it,  
to whom shall I cry but to you?  
Cleanse me from my secret faults, O Lord,  
and spare Your servant from strange sins.  
--St. Augustine of Hippo (AD 354-430)

O Lord and Master of my life,  
give me not the spirit of laziness,  
despair, lust of power, and idle talk. (prostration)  
But give rather the spirit of sobriety,  
humility, patience and love to Thy servant. (prostration)  
Yea, O Lord and King,  
grant me to see my own transgressions  
and not to judge my brother,  
for blessed art Thou unto ages of ages. Amen (prostration)  
--St. Ephraim the Syrian (AD 305-373)

Prayer for Aid in Fasting  
Hanging as a vine upon the Wood,  
O Christ our Saviour,  
Thou hast made the ends of the earth  
to drink from the wine of incorruption.  
Therefore do I cry aloud:  
I am darkened always by the hateful drunkenness of sin;  
Give me to drink from the sweet wine of true compunction,  
and grant me now the strength, O Saviour,  
to fast from sensual pleasures, for Thou art good and love's mankind.  
--St. Joseph Student, Lenten Tradition

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