

The Story of a Saint



St. Ephraim the Syrian

About three hundred years after Christ, a young man named Ephraim lived in Syria. He was a bright young man with many talents. The bishop in the town asked Ephraim to be a teacher in the Christian school. Ephraim wanted to serve God and was happy to help His Church.

Ephraim used music and poetry to teach children and adults. He wrote many hymns about Jesus. He taught the hymns to people. Soon everyone was singing them.

Ephraim also wrote prayers. He used prayers to teach about Christ and how to live as Christians. Ephraim's prayers were used in all the churches of Syria.

When Ephraim died all the people prayed for him. They remembered his beautiful hymns and prayers. They called him a saint.

- How did St. Ephraim use his talents?

How We Pray

Sometimes we pray privately to God. A prayer book helps us to pray. We can also talk to God with our own words. We can pray anywhere. But we should also have a special time and place to pray every day.

Sometimes we pray with others. We can pray together as a family. We can pray with the people of our church or our Sunday school class. Praying with others makes us feel closer to one another and to God.

When we pray we should concentrate on God and try to get rid of other thoughts. It helps to kneel or bow our heads before God. We can also fold our hands. Most important of all we should be honest with God and trust Him.





You can pray this way:

1. Make the Sign of the Cross and say, “In the name of the Father and the Son and the Holy Spirit. Amen.”
2. Thank God for His blessings.
3. Ask God to forgive you.
4. Ask God to help you with your needs and the needs of others.
5. End the prayer praising God, “For You are blessed now and forever. Amen.”