

How to Scrutinize and Reproach Yourself

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- *St. Ephraim the Syrian*

After having gained knowledge of the truth, I have become a brawler and an offender. I argue over trifles; I have become envious of and callous toward my neighbor, merciless toward beggars, wrathful, argumentative, obstinate, slothful, irritable. I harbor vile thoughts, I love fancy clothing. And to this day I have many corrupt thoughts and fits of selfishness, gluttony, sensuality, vainglory, arrogance, lust, gossiping, breaking of fasts, despondency, rivalry, and indignation.

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