During the week days of Lent, we say the prayer of St. Ephraim.

O Lord and Master of my life, a spirit of idleness, despondency, ambition and idle talking give me not. Prostration

But rather a spirit of Chasity, humble-mindedness, patience, and love, bestow upon me Thy servant. Prostration

Yea, O Lord and King, grant me to see my failings and not condemn my brother, for blessed art Thou unto the ages of ages. Amen. Prostration

Then 12 repetitions of "O God, cleanse me a sinner." (bowing each time)

And the prayer is said once more in full, with one prostration at the end.