

The Jesus Prayer is a short formulaic prayer esteemed and advocated especially within the Orthodox church. Many people simply use it as a meditation to enter in to stillness.

Below, is an introduction to the prayer for those who don't find it easy to enter in to silence or stillness. It takes about 3 or 4 minutes.

Slowly repeat each prayer phrase 3 times. Doing it like this moves the focus of the prayer from me and my sin to the Lord Jesus.

When you arrive at silence, stay as long as you wish. Enjoy His presence!

Before you begin, remember not to rush, breathe more deeply and slowly, allow yourself to 'arrive' and come to a place of rest. Then begin.

"Lord Jesus Christ, Son of God, have mercy on me, a sinner."

"Lord Jesus Christ, Son of God, have mercy on me..."

"Lord Jesus Christ, Son of God, have mercy..."

"Lord Jesus Christ, Son of God..."

"Lord Jesus Christ, Son..."

"Lord Jesus Christ.."

"Lord Jesus..."

"Lord..."

"..." (silence)



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"..." (silence)

