

Prayer Phrases/Mantras

The following words and phrases can be used to focus your attention while distractions are shed. Rhythmically repeat the word or phrase, breaking as indicated by the slash (/) and floating the word on the breath lightly.

Je/sus

Sov/ereign

The Lord/is my Shepherd (*Psalms 23:1*)

Come Lord Jesus/hear my prayer (*I Corinthians 16:22b*)

Lord Jesus Christ/Son of God/have mercy on me (*The Jesus Prayer*)

Jesus/fill me

Come/Holy Spirit

Sha/lom (*the Hebrew word for peace, wholeness, wellbeing*)

Come Lord Jesus/be my guide (*I Corinthians 16:22b*)

Seek first/God's kingdom (*Matthew 6:33*)

Be not/afraid (*Isaiah 43:1*)

I have called you/by name (*Isaiah 43:1*)

Be still and know/that I am God (*Psalms 46:10*)

Rest/in me

By waiting and calm/you shall be saved/in quiet and trust/there lies your strength (*Isaiah 30:15*)

The still small voice/calms me (*I Kings 19:12b*)

Watch for the new thing/I am going to do (*Isaiah 43:19*)

I have called you by name/and you are mine (*Isaiah 43:1*)

Every prayer is a
response to a movement of grace,
whether we are explicitly aware of it or
not, whether we consciously experience the
movement, the call, the attraction, or not. God,
who is present in us, present all around us, is
calling us to respond to That presence, That love,
That caring . . . which is God's very Spirit within
us. We are missing reality if we think otherwise.

— from *Finding Grace at the Center*
by Thomas Keating

For Further Reading:

Thomas Keating, *Open Mind, Open Heart*. NY: Continuum, 1996.

See also:

Prayer of the Heart: Bead Prayer

Prayer of the Heart: Jesus Prayer

Praying with Our Bodies: Walking Meditations

Prayer of the Heart: Breath Prayers

