

The Jesus Prayer

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

"The Jesus Prayer" refers to a short prayer, the words of which are: **'Lord Jesus Christ, Son of God, have mercy on me, a sinner,'** constantly repeated. The Jesus Prayer is known to innumerable Orthodox and many other Christians as a form of devotion that can be used at any moment, whatever the situation. As Anthony Bloom notes, "It is a very companionable prayer, a friendly one, always at hand and very individual in spite of its monotonous repetitions. Whether in joy or in sorrow, it is, when it has become habitual, a quickening of the soul, a response to any call of God." The main emphasis is on the repetition of the prayer; it can be said while sitting, walking, or working, silently or aloud.

from *Living Prayer* by Anthony Bloom
Springfield, IL: Templegate Publishers, 1966,
p. 84-88.

For Further Reading:

Kallistos Ware, *The Orthodox Way*. Crestwood, NY: St. Vladimir's Seminary Press, 1990.

The Way of a Pilgrim and the Pilgrim Continues His Way. A variety of translations are available.

See also:

Praying with Our Bodies: Bead Prayer
Praying with Our Bodies: Walking Meditations
Prayer of the Heart: Breath Prayers

"We should endeavour to maintain
our minds in silence
remote even from such thoughts
as may seem legitimate.
Let us constantly look into the depths
of our heart saying
'Lord Jesus Christ, Son of God
Have Mercy on me.'
Recite the prayer attentively in this manner
standing, sitting or reclining
your mind into your heart
call your god with fervent desire
In patient expectation
turning away all thoughts."

Nilus Sorsky, 14th century

from *The Fire of Silence and Stillness: An Anthology of Quotations for the Spiritual Journey*. Edited By Paul Harris. Templegate Publishers, Illinois. 1996, p.110.

