

The Jesus Prayer

What?

The Jesus Prayer is a simple, repetitive prayer that is used as a way to focus on Jesus and involve him in our everyday life. It has been around for centuries and the idea is very simple.

How?

In the Bible, Paul encourages his fellow Christians to “pray without ceasing” (1 Thess. 5:1). The Jesus Prayer is a mode for doing exactly this, and it goes like this: “Lord Jesus, Son of God, have mercy on me a sinner.” The first line (Lord Jesus...) is said while inhaling, the second (have mercy...) is said when exhaling. This is repeated every breath, so basically it becomes one with our breathing. In this way, we can pray all the time.

Tips: Try this out! I was very surprised at how much impact the Jesus Prayer could have on my state of mind at any given moment. In the moments when I felt farthest away from God, like at school or a party, I could connect deeply with him. The biggest tip I can give is to just go try to do it, and start doing it for a minute or less, whatever makes you most comfortable. I think that just a couple repetitions can really change how you're feeling or how you view a situation.

Origin: The Jesus Prayer sprouted out of Paul's challenge to “pray without ceasing”. It is mainly an Eastern Orthodox practice. It has been around for over a thousand years. A prayer rope is commonly used to record the number of times it is said. For more info on prayer ropes, <http://www.holywisdom.net/chotkis.html>. Have fun with this.

Holla!