



JESUS PRAYER

There is power in the Name of Jesus

- Blind Bartimaeus stands by the side of the road and cries out, “*Jesus, Son of David, have mercy on me!*” (Mark 10:47) “*Kyrie eleison*”
- Decide how long you wish to spend in this prayer (e.g. 5-15 minutes).
- The Jesus Prayer can be done anywhere—as you take a walk, in your office, in the car, at church, or at the beginning of your regular prayer time.
- Repeat silently “***Jesus Christ, Son of God, have mercy on me***”.
- The repetition should be continuous
- Allow the words to flow into your entire being.
- It can be helpful to match them to your breathing.
- When you have completed your time of prayer, observe for a moment God’s movement, and then express your thanks to God.
- Resource: [The Way Of The Pilgrim](#) by an unknown Russian (Eastern Orthodox Christian Monastics)

