

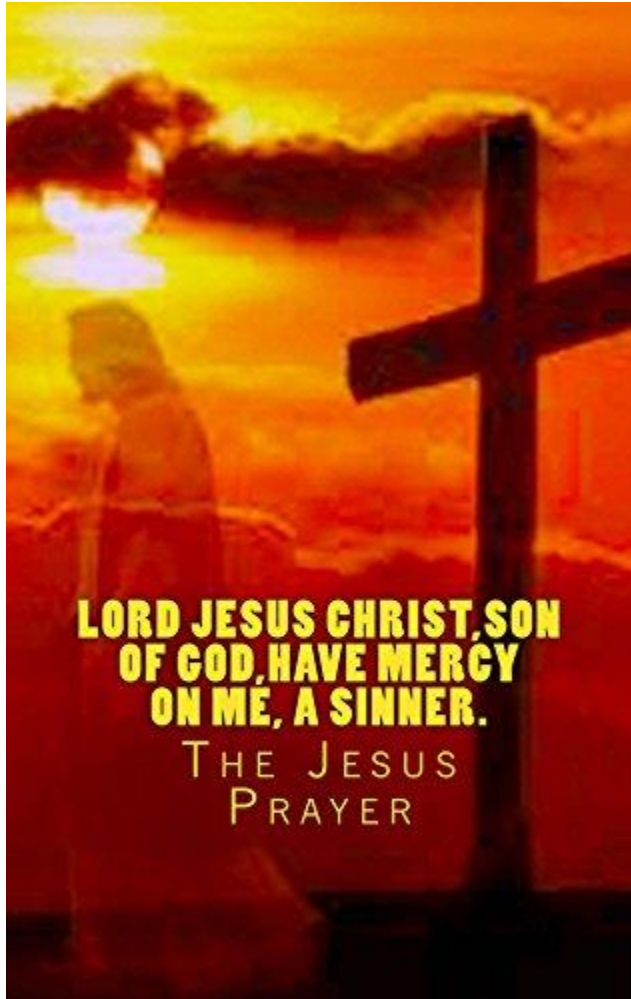
Prayer Corner 2

The Jesus Prayer

By Angie Rebert

Have mercy on me, O God, have mercy on me, for in you my soul takes refuge.

Psalm 57:1



Recently two prayer friends have focused my attention on the "Jesus Prayer". Being curious, off I went to Google to learn more. The prayer is short and simple, yet deep and powerful.

**“Lord Jesus Christ, Son of God,
Have mercy on me, a sinner.”**

This ancient prayer traces back at least to 402 AD or earlier. It is accredited to the Desert Fathers and Mothers in Egypt. Today it is used mostly in the Eastern Orthodox Churches, although its use has spread to Christian denominations in the western world.

What is the unique appeal of this prayer?

I kept on exploring Google listings, and experienced this prayer's sacred magnetic mystery, by viewing these two videos listed on google:

[The Jesus Prayer Explained](#)

[The Jesus Prayer for Beginners](#)

Both sites are presented by Fr. Maxym Lysack of Christ the Saviour Orthodox Church in Ottawa, Canada.

It is a peaceful joy to view these presentations.

A Closer Look

I am beginning to see how the Jesus Prayer can be so favored by so many over the years. I would like to share my prayerful thoughts following each word or phrase.

Lord: My only Lord and master, I honor, & worship you.

Jesus: How wonderful I can use your first name!

Christ: My Anointed, Messiah, "The Christ". I'm in awe!

Son of God: I dare to talk to you, Son of God! You have invited me to come sit with you.

Have Mercy: You have promised me: I can ask and You will answer

On me: Yes, I am making a humble personal plea. Yes, I am asking you Jesus, for mercy. I know You keep Your Promises!

A sinner: I confess I think, I say and I do sinful things. And I'm sorry I neglect doing more for others. Forgive me Lord.

(I always add:)

Thank you Jesus. Thank you Jesus.

Many pray this prayer, while blending their breath into the rhythm of the phrases, seeking a sacred space, a stillness and a "knowingness", where God can be felt.

My Friend, a novice to The Jesus Prayer, shares:

“It centers me; it continually reminds me I have no power and Jesus is my source of strength.”

For me, also a novice to this Jesus Prayer, I find that praying this simple prayer can change my attitude, reframe my thoughts, and temper my actions. Even just a few words: “Lord Jesus, Have mercy” can bring an instant change. I’m beginning to pray this prayer more often, which in turn prods me to pray more.

Praying The Jesus Prayer is bringing a blessing to my prayer life. May it be a blessing to you as well.