

## The Jesus Prayer

This is a simple and ancient form of prayer (originating from the monastic communities in Egypt and Greece from the fifth century and now common amongst the Orthodox churches) which you can pray to the rhythm of your breathing. As a way of centering yourself (bringing yourself to stillness). It is based on the prayer of blind Bartimaeus (Luke 18:38) and that of the tax collector (Luke 18:13-14).

Breathe in      **Lord Jesus Christ**

Breathe out    **Son of God**

Breathe in      **Have mercy on me**

Breathe out    **A sinner**

It is designed to be prayed repeatedly, over and over again. If your mind wanders, simply start all over again. The challenge is to keep our focus on the meaning of the words and to address our prayer directly to the person of Jesus Christ with conscious, active faith in him as (1) Lord, (2) Saviour, (3) Messiah and (4) Son of God.

You can use it when you are walking slowly, to the rhythm of your steps.

You can use it in the night when you find it difficult to sleep.

You can use it when you feel anxious or afraid.

Some people prefer to change the last part ('A sinner') to 'Your child'. You can adapt the prayer in any way you wish that best suits your need at the time of praying.

By Tony Horsfall