

## Studying the Jesus Prayer

### Scripture Study:

+ 1 Cor 1:2	+ Lk 10:38-42	+ Acts 2:21	+ Col 3:12-17	+ 1 Thes 5:17
+ Acts 3:6,16	+ Phil 2:10	+ Jn 15:1-26	+ Mt 11:28	+ Zeph 3:12
+ 2 Cor 13:5	+ Eph 3:16-20	+ Mk 12:29,30	+ 1 Cor 12:3	+ Mk 12:30
+ Rm 8:26	+ Jn 7:37	+ Col 3:17	+ Jn 8:31,32	+ Ps 9:9-10
+ 1 John 5:14,15	+ Phil 4:4-7	+ Mk 10:46-52	+ Gen 2:7	+ 2 Cor 10:3-5
+ Jn 20:21,22	+ Mt 14:23-33	+ Eph 1:3-6		

### Catechism of the Catholic Church:

+ #2666-2669	+ #2709-2724	+ #2725-2733	+ #2563	+ #2616
+ #2565	+ #2697	+ #103-104	+ #520-521	+ #2705-8

### The Way of a Pilgrim (A great story and standard text on the Jesus Prayer)

Translated by Helen Bacovin, 1978 Image Books/Doubleday,  
ISBN 0-385-46814-8

*"The ceaseless Jesus Prayer is a continuous calling on the Holy Name of Jesus Christ with the lips, mind and heart, in the awareness of his blessing in all undertakings, in all places and times, even in sleep... anyone who becomes accustomed to this prayer will experience great comfort – as well as the need to say it continuously...and eventually the prayer will of itself flow in him." (Way of a Pilgrim)*

*"The name 'Jesus' contains all... To pray 'Jesus' is to invoke Him and to call Him within us. His name is the only one that contains the presence it signifies." (Catechism #2666)*

*"The name Jesus...shines when we proclaim it, it nourishes us when we meditate upon it, appeases and penetrates when we invoke it." (St. Bernard)*

*"Whatever you do in word or deed, do everything in the name of the Lord Jesus." (Col 3:17)*

*"When the Holy Name is repeated often by a humbly attentive heart...it brings forth fruit with patience." (Catechism #2668)*

*Frequent reception of the Eucharist, Reconciliation and prayerful reading of Scripture will fan the flame of the Jesus Prayer.*

**Lord Jesus Christ Have Mercy On Us All**

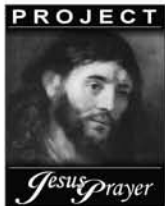
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# The Jesus Prayer Seminar

Lord  
Jesus  
Christ,  
HAVE  
MERCY...

*"A simple path to heal our lives  
and transform our world"*

## About the Jesus Prayer

### The Jesus Prayer:

**Any short prayer – repeated frequently – that invokes the Holy Name of Jesus, while surrendering to His presence, mercy and grace in our lives.**

*“The ceaseless Jesus Prayer is a continuous calling on the Holy Name of Jesus Christ with the lips, mind and heart; and the awareness of His blessing in all undertakings, in all places at all times, even in sleep... Anyone who becomes accustomed to this Prayer will experience great comfort as well as the need to say it continuously. He will become accustomed to it to such a degree that he will not be able to do without it and eventually the Prayer will of itself flow in him.” (The Way of a Pilgrim)*

### When we pray the Jesus Prayer...

- + *We are in communion with Jesus - who can heal our lives and transform our world*
- + *We are joining in a vast prayer network that is arising in all nations of the world*
- + *We are allowing each of our life experiences to become a prayer for the salvation of all.*

*“And it shall be that whoever calls on the name of the Lord shall be saved”*  
(Acts 2:21)

*“And whatever you do in word or deed, do everything in the name of the Lord Jesus...”*  
(Colossians 3:17)

*“The name ‘Jesus’ contains all...The invocation of the holy name of Jesus is the simplest way of praying always”*  
(Catechism of the Cath. Ch. #2666-7)

## The Practice of the Jesus Prayer

### The Basic Practice:

- + *Sit quietly. Relax in God’s presence. Trust and surrender.*
- + *Spend time each morning and evening practicing the Jesus Prayer. Gently return to it throughout the day...*

+ **Breathing In: Lord Jesus Christ**  
+ **Breathing Out: have mercy on me (-or- on us all)**

**Alternate Versions:** *“Lord Jesus Christ, Son of God, have mercy on me a sinner” / “Lord Jesus Christ live this moment in me” / or simply repeat “Jesus”*

**Remember - the emphasis is on relationship with Jesus and not on any technique! You can reverently say the Jesus Prayer, sing it, or pray it in your heart.**

## The Practice of the Jesus Prayer (continued)

*The following 5 intentions are a summary of the central teachings about the Jesus Prayer. Pray through each one for at least 1 minute at the beginning of your practice times. Allow these simple, prayerful intentions to penetrate your lives, and align your inner compass, your intentions, your will, with the WILL OF GOD.*

### **J**ESUS: Breath by Breath

+ *I choose to pray Your name without ceasing, opening to Your Holy Spirit – may all my life - every breath - be a prayer for the salvation of all.*

*“Connect the name of Jesus to your breathing, and your whole life... and you will soon know peace.” (St. John Climacus)*

### **E**NTERING: Your Presence in My Heart

+ *I choose to be fully attentive to Your presence in my heart – uniting every heartbeat with Your Sacred Heart.*

*“To pray Jesus is to invoke Him and to call Him within us.”  
“Prayer is the life of the new heart. It ought to animate us at every moment.” (Catechism of the Catholic Church #2697, #2666)*

### **S**URRENDERING: to Love Without Limits

+ *I choose to observe and let go all arising feelings, thoughts and distractions – surrendering my entire will to love without limits.*

*“Love without limits” (St. Maxillian Kolbe)*

### **U**NITING: to Our Father’s Reign of Mercy

+ *I choose to unite each moment to our Father’s Will – seeking His reign of Mercy in my life, in my family, in my community, and in all people.*

*“Glorifying your Mercy is the exclusive task of my life...” (St. Faustina)*

### **S**HINING: Your Light to All

+ *I choose to let Your light shine through all my heart, mind, words and actions.*

*“You are the light of the world.” (Matthew 5:14)*

## The Jesus Prayer Challenge:

- 1) **Learn the prayer.**
- 2) **Practice it daily.**
- 3) **Deepen it.**
- 4) **Pass it on to a thirsty world.**

**Patience + Perseverance + Practice – Practice – Practice**