



The Jesus Prayer (*The Prayer of the Heart*)

Jason Phillips

1 Thessalonians 5:17 - "*Pray without ceasing*"

The Prayer

Lord Jesus Christ, Son of God, have mercy on me a sinner.

Biblical origins:

- *Jesus, Son of David, have mercy on me* (Luke 18:38)
- the ten lepers who "*called to him, Jesus, Master, take pity on us*" (Luke 17:13)
- the cry for mercy of the publican, "*God, be merciful to me, a sinner*" (Luke 18:14).
- Matthew 12:34 *You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks.*
- Matthew 15:18 *But the things that come out of the mouth come from the heart, and these make a man 'unclean.'*
- Matthew 23:25 *"Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean.*

"The Prayer of the heart is a prayer that does not allow us to limit our relationship with God to interesting words or pious emotions. By its very nature such prayer transforms our whole being into Christ precisely because it opens the eyes of our soul to the truth of ourselves as well as to the truth of God."

The Way of the Heart, Henri Nouwen

What are the fruits of the prayer?

"When I prayed in my heart, everything around me seemed delightful and marvelous. The trees, the grass, the birds, the air, the light seemed to be telling me that they existed for man's sake, that they witnessed to the love of God for man, that all things prayed to God and sang his praise."

"Again I started off on my wanderings. But now I did not walk along as before, filled with care. The invocation of the Name of Jesus gladdened my way. Everybody was kind to me. If anyone harms me I have only to think, 'How sweet is the Prayer of Jesus!' and the injury and the anger alike pass away and I forget it all."

- *The Way of the Pilgrim, Unknown Russian Peasant*