

The Jesus Prayer
(An Eastern Orthodox Prayer)



From the Christian tradition of the East comes a prayer of the heart called the Jesus Prayer. It is a unique form of prayer because it employs one mantra: “Lord Jesus Christ, Son of the Living God, have mercy on me a sinner” -or further condensed “Lord Jesus Christ, have mercy on me,” or “Lord, have mercy” (*kyrie eleison*). The Jesus prayer combines the prayer of the tax collector from Luke 18:13, (God be merciful to me a sinner”) with the earliest confession of the Christian church, (“Jesus is Lord.”) When praying the Jesus Prayer, each word or phrase is dwelt upon and its meaning allowed to penetrate through the mind to the heart which is the center of the being.

Choose any version of the Jesus Prayer

Repeat it slowly, silently, deeply, lovingly.

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

Lord Jesus Christ...
have mercy on me a sinner...

Lord Jesus Christ...
have mercy...

Lord ...
have mercy...

The words “have mercy” (*eleison* in Greek) come from the same root as *elaion*, olive tree, and the oil from it. So they speak of healing, soothing grace.

Adapted from Lyn Klug, *All Will Be Well: A Gathering of Healing Prayers*