

THE JESUS PRAYER

The historic church has long practiced the tradition of praying a few short lines known as *the Jesus Prayer*. This prayer focuses on repeating a simple refrain as you inhale and then exhale:

Inhale: Lord Jesus Christ
Exhale: Have mercy on me

This condensed version centers our identity on the person of Christ. It acknowledges our inadequacy as sinners apart from the mercy of God, and it gives the mind something to focus on as we open ourselves up to the groaning of the Holy Spirit.

Set a timer for 5-10 minutes and practice this form of prayer. Afterward, record the experience in your journal. Stick to this practice daily for a week and see what opens up for you!