



The Jesus Prayer

From Our Tradition:
*Archdiocese of Thyateira
and Great Britain
Ecumenical Patriarchate*



The Jesus Prayer

The Prayer of the Heart

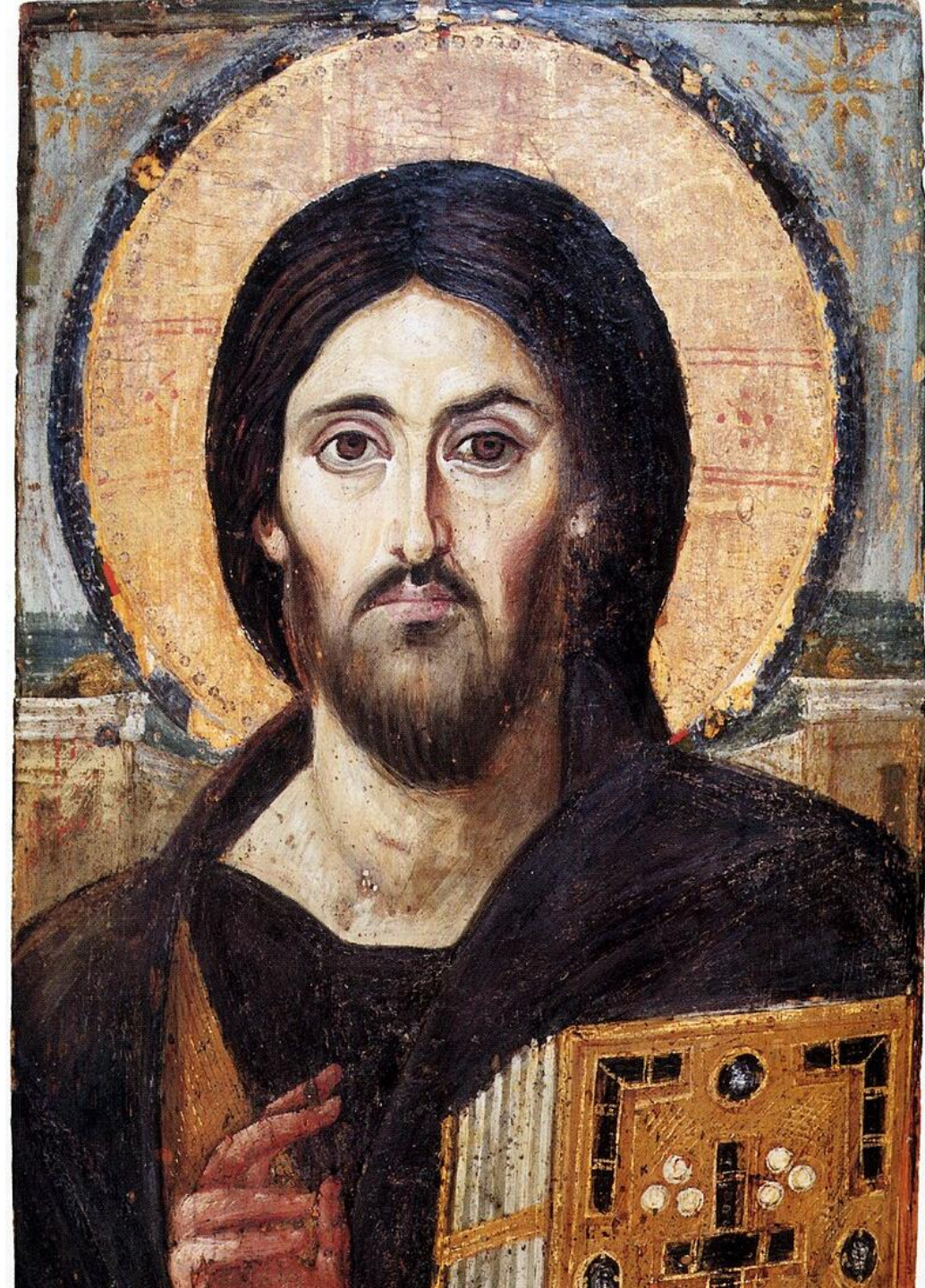
- 1. How can I meet Jesus Christ?
- 2. Why this prayer?
- 3. History
- 4. Theory
- 5. Practice

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NI KA
LORD
JESUS CHRIST,
SON OF GOD,
HAVE MERCY
ON ME,
A SINNER.

Context: How can I meet Jesus Christ?

A non-exhaustive list, in no particular order

- **1. In prayer**
 - (a) The Liturgical Prayer in common
 - (b) Private prayer alone with God
- **2. In the Holy Mysteries, especially the Holy Eucharist**
- **3. In Holy Scripture**
- **4. In Christians**
- **5. In those in need**
- **6. In all human beings**





How can I meet Jesus Christ?

- **1. In prayer**

(a) The Liturgical Prayer in
common

*For where two or three are gathered
together in my name, there am I in
the midst of them. Matthew 18:20
NKJV*

A woman wearing a black hijab is shown in profile, looking down with a contemplative expression. Her hands are clasped together in front of her, suggesting she is in prayer. The background is a dark, textured wall.

How can I meet Jesus Christ?

- 1. **In prayer**

(b) Private prayer alone
with God

*But you, when you pray,
go into your room, and
when you have shut your
door, pray to your Father
who is in the secret place.
Matthew 6:6 NKJV*

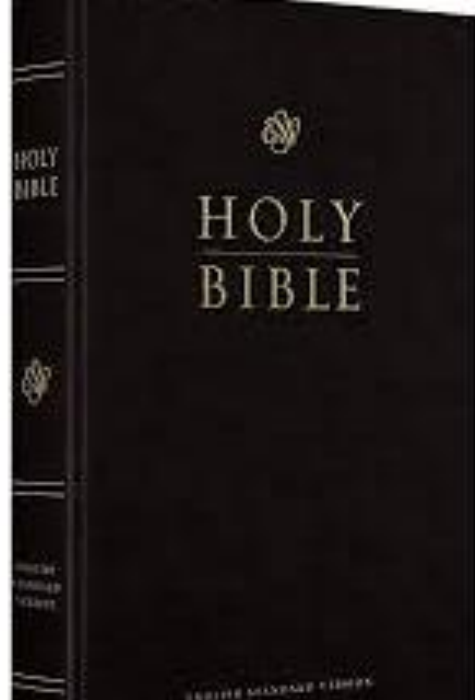
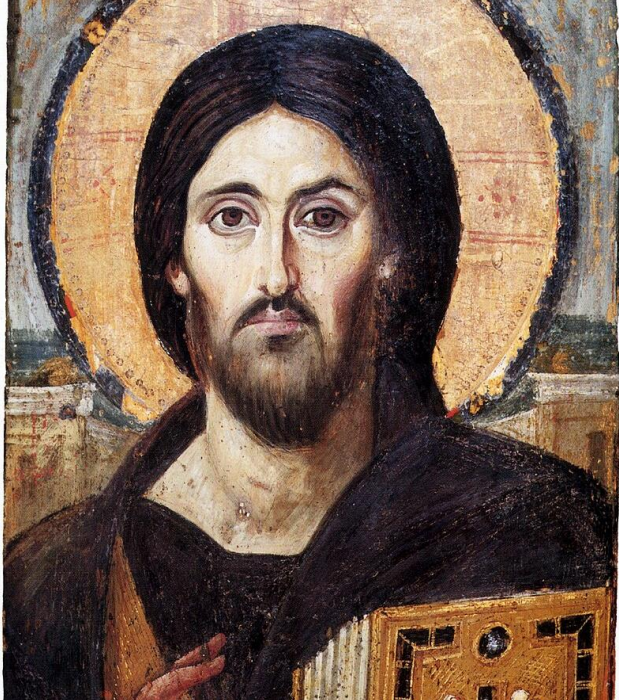
How can I meet Jesus Christ?

- **2. In the Holy Mysteries, especially the Holy Eucharist**

Take, eat; this is My body which is broken for you. 1 Corinthians 11:24 NKJV

My flesh is truly food, and My blood is truly drink. The one who eats My flesh and drinks My blood abides in Me, and I in him. John 6:55-56



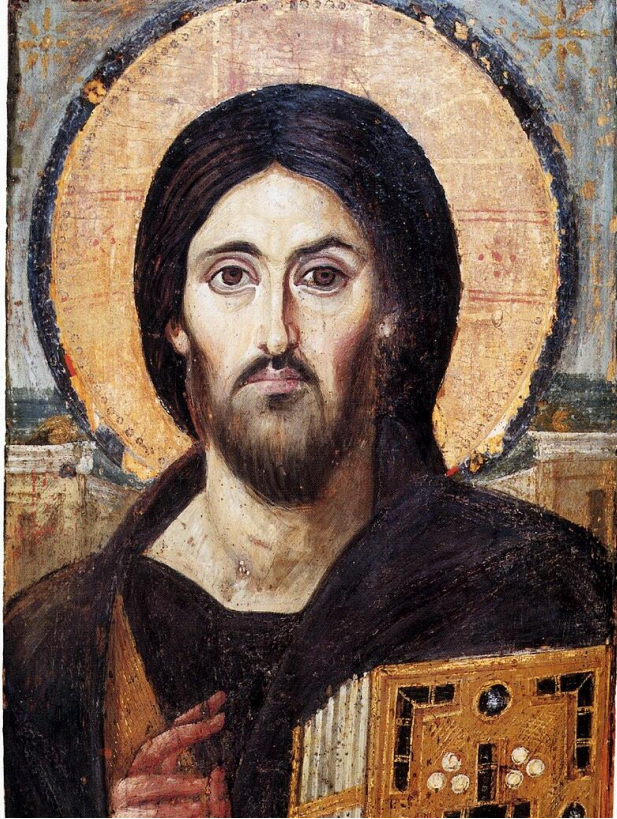


How can I meet Jesus Christ?

- **3. In Holy Scripture**

The words that I speak to you are spirit, and they are life. John 6:63 NKJV



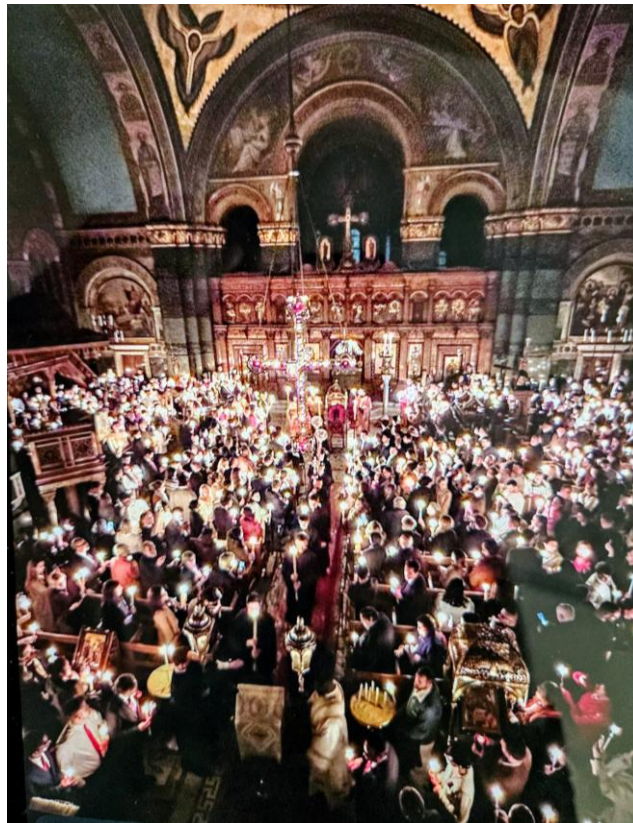


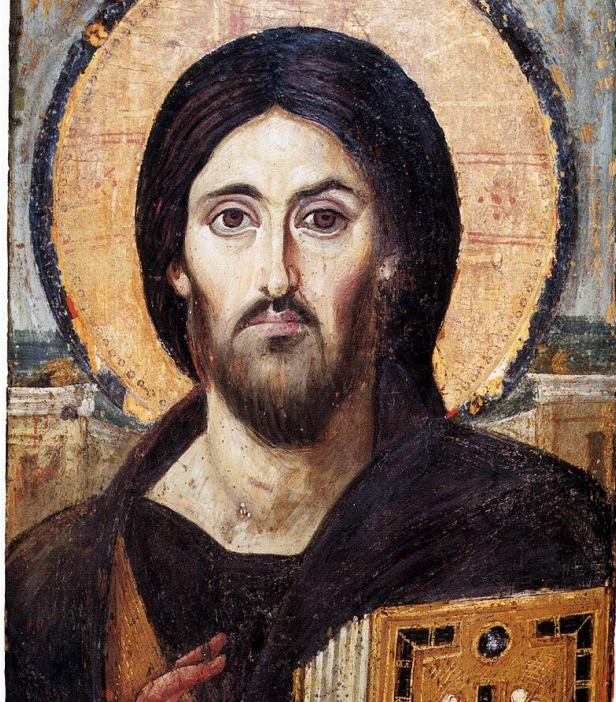
How can I meet Jesus Christ?

- **4. In Christians**

Just as you did it to one of the least of these brothers and sisters of mine, you did it to me.
Matthew 25:40 NRSVUE

Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Matthew 10:40 NRSVUE





How can I meet Jesus Christ?

- **5. In those in need**

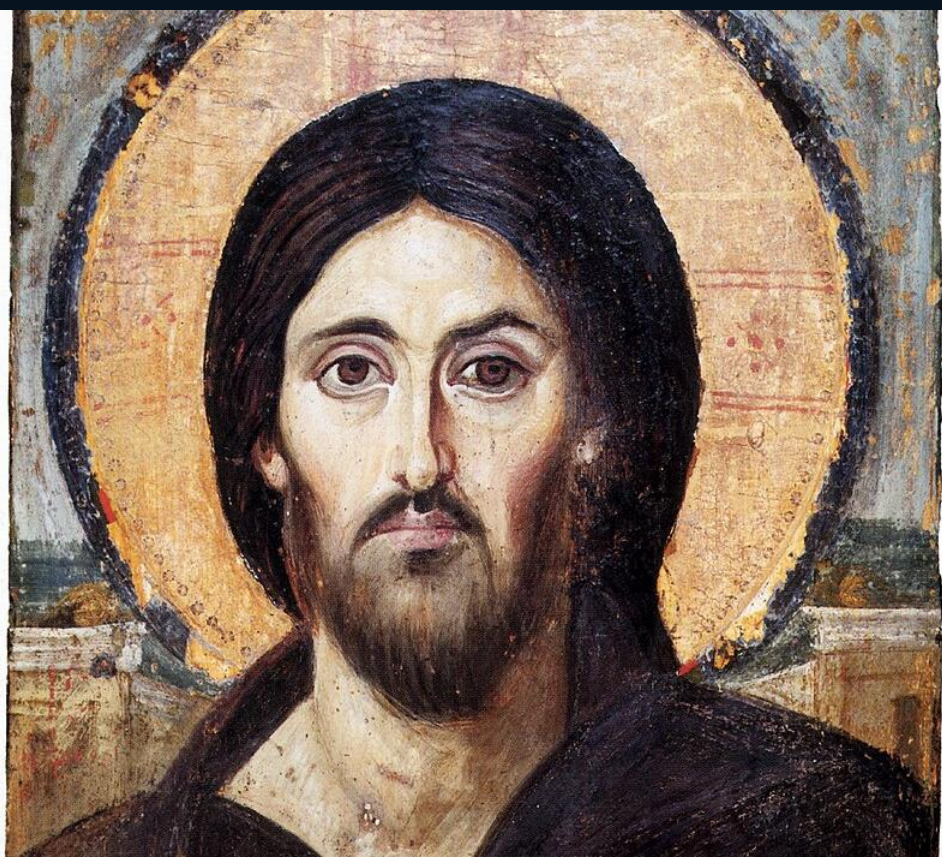
I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me. Matthew 25:35-36

NRSVUE



Olive Branch Aid
more than a food bank

How can I meet Jesus
Christ?

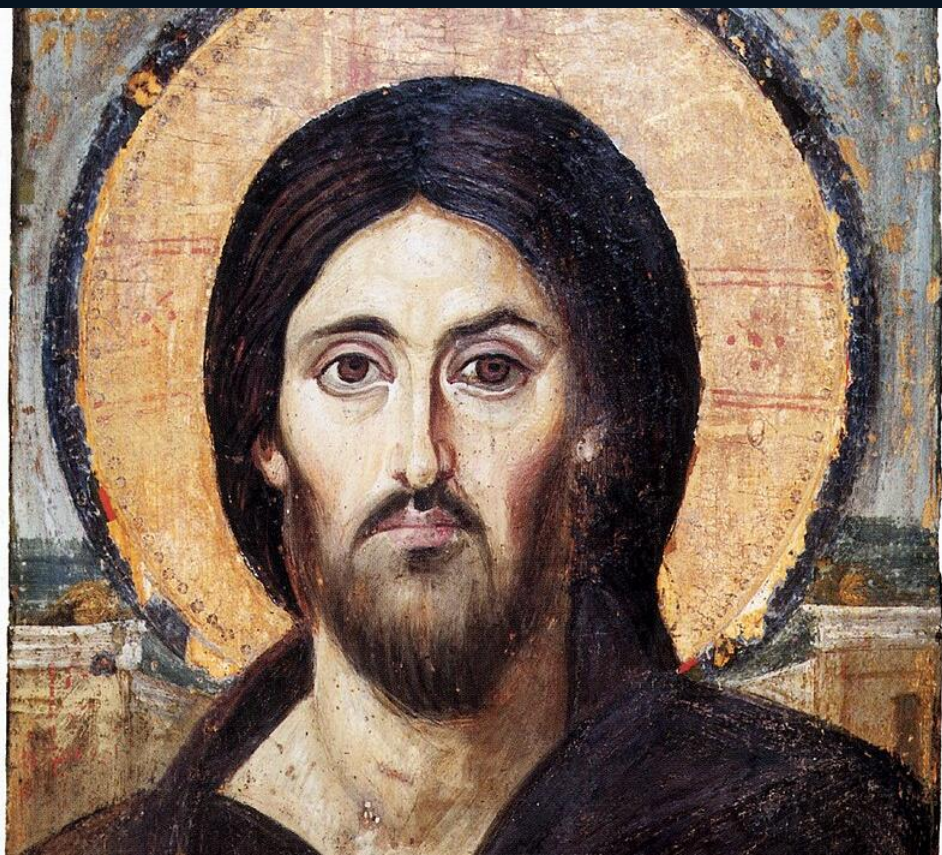


- **6. In all human beings**

*And God created the human being, in the image of
God He created him, male and female He created
them. Genesis 1:27. translated from LXX GOARCH*

*He is the image of the invisible God, the firstborn of all
creation. Colossians 1:15 NRSVUE*

How can I meet Jesus
Christ?



- **6. In all human beings**

*Being good, [God] bestowed on them of his own image, our Lord Jesus Christ, and made them according to his own image and according to the likeness, so that understanding through such grace the image, I mean the Word of the Father, they might be able to receive through him a notion of the Father.. St Athanasius, *On the Incarnation* (translation Behr 2011, 73–75)*

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(b) Private prayer alone with God

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place. Matthew 6:6 NKJV

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Why this
prayer?

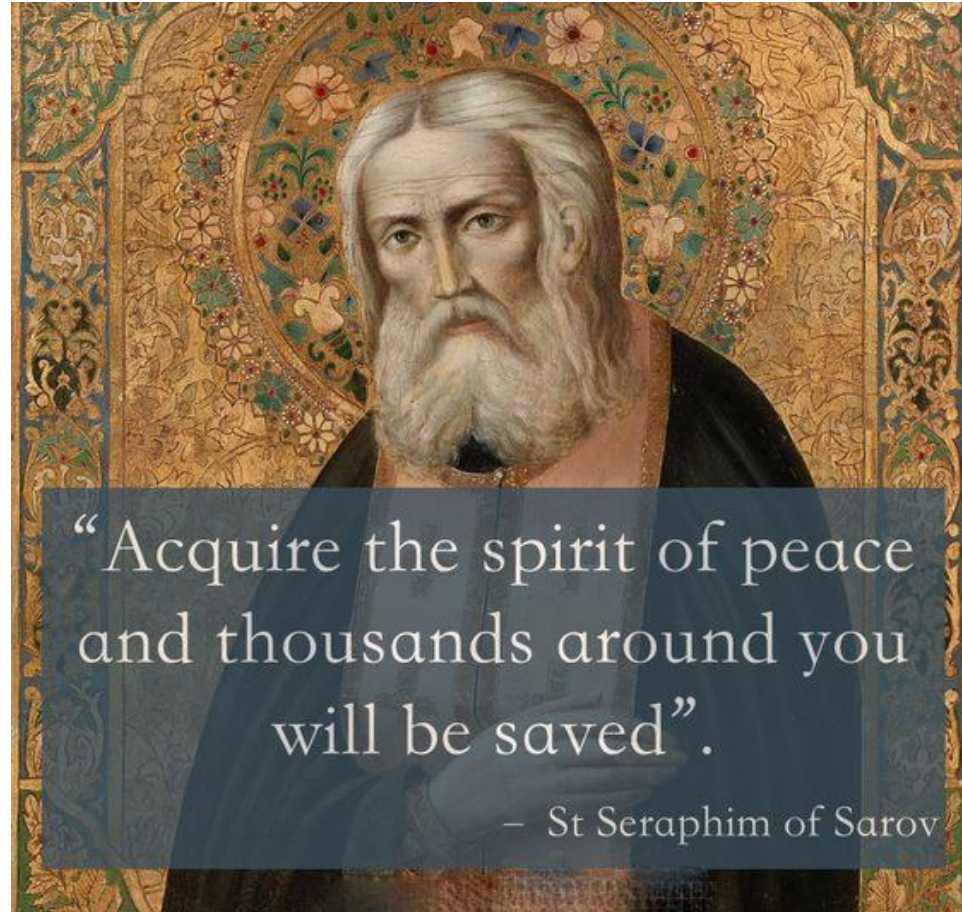


Pray without ceasing

- ¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances, for this is the will of God in Christ Jesus for you. ¹⁹ Do not quench the Spirit. (1 Thessalonians 5:17-19)
- How can I pray without ceasing?
How can I be with Him now and never be separated from Him?



The quest for stillness: ‘hesychia’



“Acquire the spirit of peace
and thousands around you
will be saved”.

– St Seraphim of Sarov

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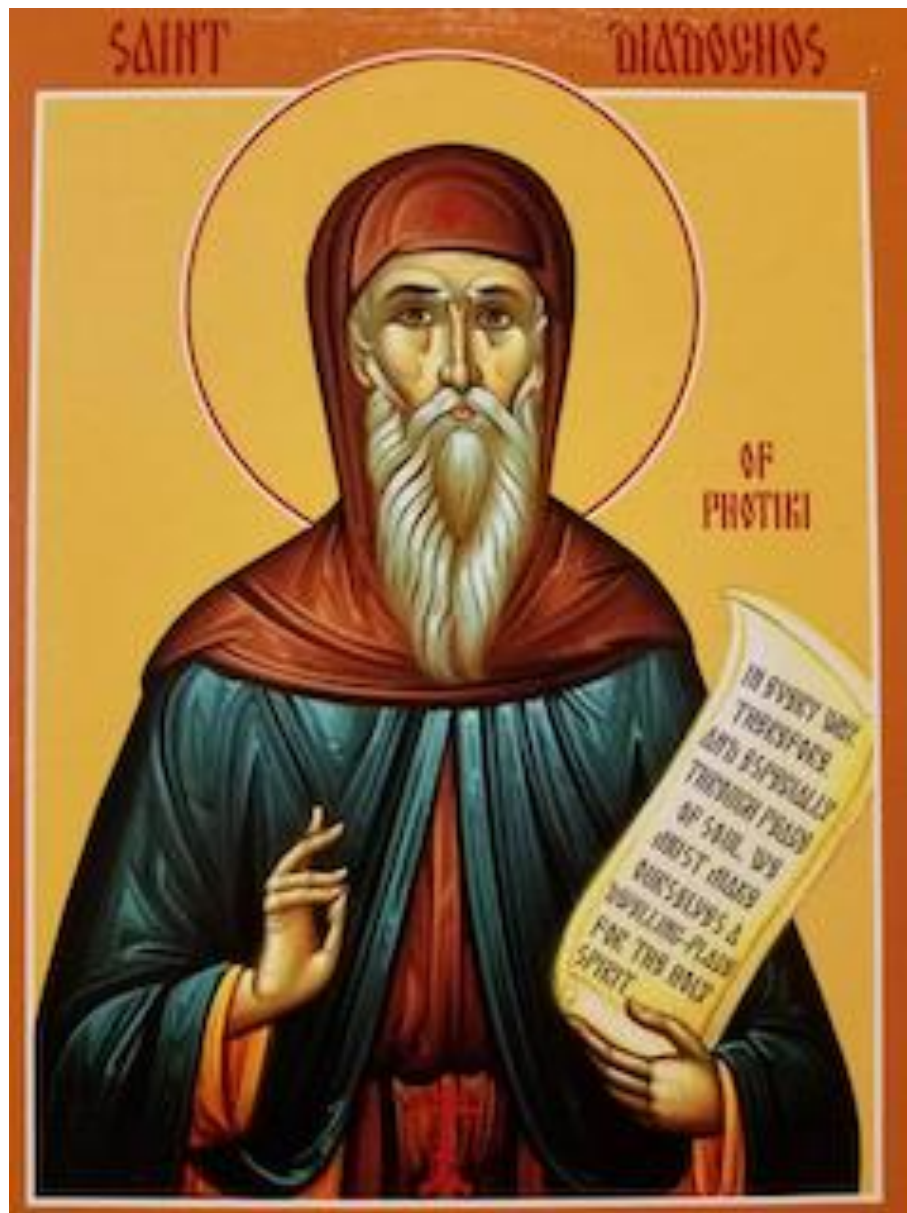
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History



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Theory



The Prayer of the Heart

- 'The Heart' in an Orthodox Christian understanding of the human being

Heaping up empty phrases?

⁷ “When you are praying, do not heap up empty phrases as the gentiles do, for they think that they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him. (Matthew 6:7-8)



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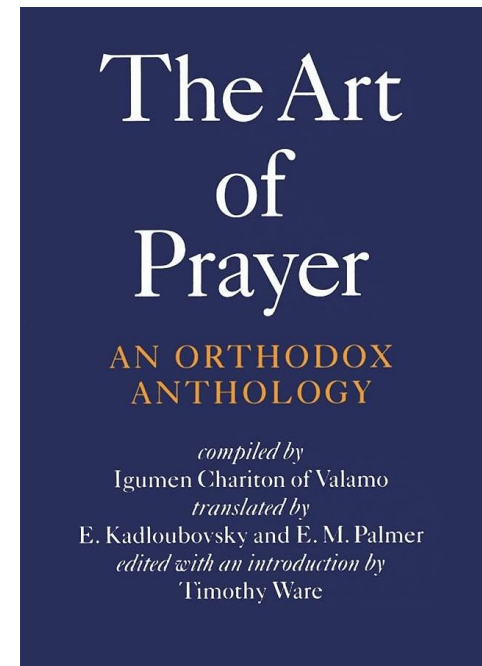
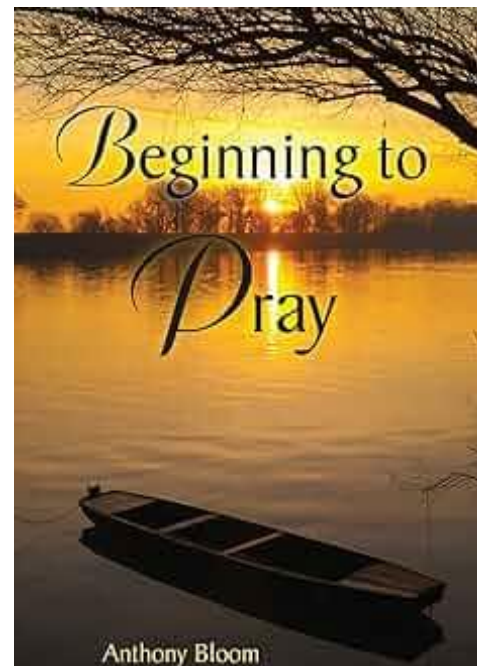
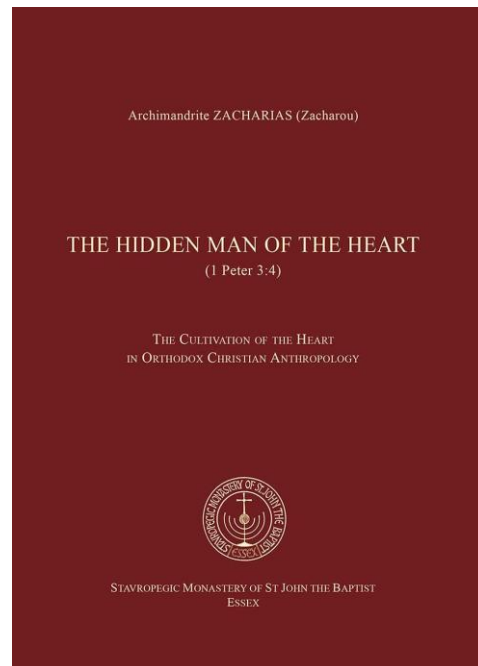
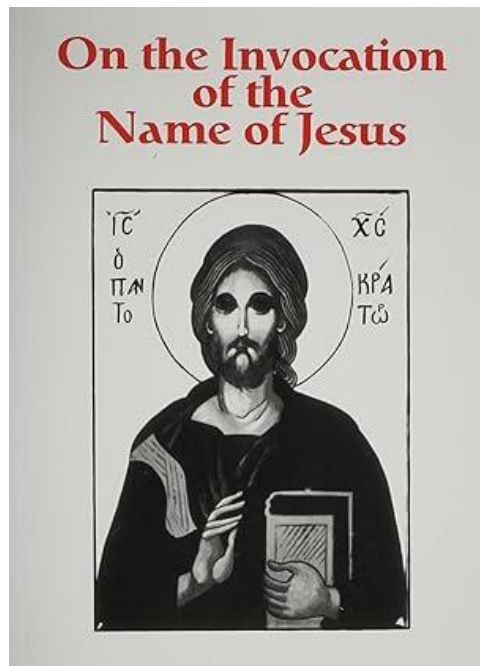
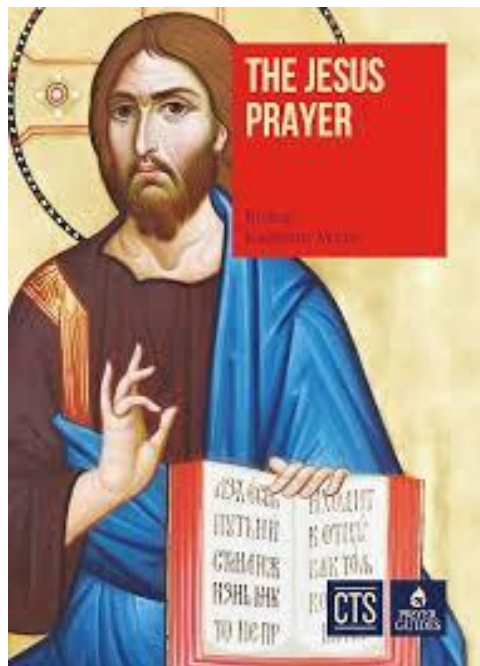
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Practice





Further Reading