

JESUS PRAYER

The Jesus Prayer begins with the recitation of Psalms 150:

- Praise God in his temple on earth
- Praise him in his temple in heaven
- Praise him for his mighty deeds
- Praise him for his glory
- Praise him with the blasts of the trumpet
- Praise him with lyre and harp
- Praise him with drums and dancing
- Praise him with strings and pipe
- Praise him with clashing cymbals
- Praise him with clanging cymbals
- Let everything that breathes praise the Lord
Alleluia

Then we pray the Trisagion Prayer:

**Holy God! Holy the mighty one! Holy the immortal one! Have mercy on us!
Glory be to the Father and to the Son and to the Holy Spirit now and ever and
forever. Amen.**

Holy God! Holy the mighty one! Holy the immortal one! Have mercy on us.

The tassel is in honor of the Virgin in which we say:

**It is truly and proper and right to call you blessed, Oh Mother of God.
You are ever-blessed and all-blameless, and Mother of our God.
Higher in honor than the Cherubim, and more glorious without compare than
the Seraphim, you gave birth to God the Word in virginity.
You are truly the Mother of God. You we magnify.**

Then on each bead we pray during regular time:

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

Christmas season:

**Lord Jesus Christ, Son of God, Born of the Virgin, Have mercy on me, a
sinner.**

Easter season:

**Lord Jesus Christ, Son of God, Risen from the dead, Have mercy on me, a
sinner.**

The meaning of the Jesus prayer:

The total expression of this simple prayer contains an opening of one's whole being to God. It's a word of love, an act of love, always repeated, ever new. Every word is powerful and filled with meaning. "**Lord, Jesus Christ, Son of God**" - guides the mind into the history of the life of Jesus Christ. The Holy Fathers says it contains within itself the entire Gospel. The word "**Lord**," confesses Christ as lordship (Pantocrator) over all. The word "**Jesus Christ**" is an expression of belief in the Lord as savior (Jesus) and messiah (Christ) the anointed one. The word "**Son of God**" is an explicit confession of faith in his divinity. The words "**Have mercy on me, a sinner**", represents the history of our weakness and sinfulness. What is truly remarkable here is that an impoverished sinful and humble soul could not express its desire and supplication more wisely, fundamentally and clearly than the words, "**Have mercy on me, a sinner**". This expression represents not only an desire for forgiveness that is prompted by fear but also the genuine cry of a child's love that hopes for God's mercy and humbly acknowledges its own powerlessness to break its will and to maintain spiritual vigilance over itself. "**Have mercy on me, a sinner**" is a cry for compassion, that is for a mercy that is expressed through God's gift of the spirit of fortitude, the spirit that strengthens one to resist temptation and to conquer sinful inclinations. The expression says, "Merciful Lord, forgive my sins and help me to mind my life. Awaken deep within my soul a tireless striving to keep your commandments. Show mercy by forgiving my sins and turning my dissipated mind, will and heart to you alone".

