

## **INVOKING THE HOLY NAME OF JESUS: The Jesus Prayer, Part Two**

The *Jesus Prayer* is the invocation (calling upon) the Holy Name of our Savior. In invoking His Name, He is present to us as our Guide, our Beloved, and as our very Life. The words of the Jesus Prayer are simple, yet profoundly beautiful. **LORD, JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME A SINNER.** The invocation is made in an unhurried fashion and with little regard as to how many times it is made. One may use a *chotki* (Greek: *Komboskini*), a knotted prayer rope, or a string with wooden or glass beads. The quantity of knots/beads may vary: 33, 50, 100, or more. The focus of the Jesus Prayer is Our Lord, Jesus Christ, Himself, present within us by grace. The invocation of the Holy Name of Jesus is not a substitute for the Holy Mysteries [Sacraments]. The invocation of the Holy Name renews and nourishes the life in Christ we begin in Holy Baptism. The invocation of the Holy Name of Jesus helps us to abide in the Mystical Presence of Christ received in Holy Communion, and is an extension of the praise and glory we give to God in the Divine Liturgy and the Hours of Divine Praise.

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