

# Praying

## THE JESUS PRAYER

The Jesus prayer comes to us from the desert Fathers. The rope is traditionally made by Orthodox nuns, using black wool and traditional knots and prayers. The colour black signifies the penitential nature of the prayer as black is associated with grieving. The tassel is used (either symbolically or physically) to wipe away penitential tears.

**A 5 decade rosary can be used, going around the rosary two or three times.**

Penitential prayer is not about guilt, it is all about awareness. Awareness of our personal and communal poverty of love, alongside an awareness of the immensity of Love given to us by our saviour. Our part in praying is simply to make ourselves available to God's love.

The rope has either 100 or 150 knots or beads arranged in decades. A short prayer is said on each knot/bead of the decade followed by a short prayer between decades.

The Jesus prayer has a mantra like repetition. The lips and the mind are occupied in prayer while the heart is given, with increasing intensity to the love and mercy of Christ. The spiritual senses gradually supplant the physical senses as the soul surges forward to meet its saviour in love and gratitude.

## THE PRAYERS

*The following prayer is said on each knot/bead*

**“Lord Jesus Christ, Son of the living God,  
have mercy on me a sinner.”**

*at the end of each decade*

**Glory be to the Father and to the Son  
and to the Holy Spirit,  
both now and ever and unto the ages of ages. Amen**

**Alleluia, alleluia, alleluia, glory to you O God**  
*(three times)*

**Lord have mercy.**  
*(three times)*

“When mind and heart  
are united in prayer  
and the soul is concentrated  
in a single desire for God,  
then the heart grows warm  
and the light of Christ begins to shine and fills  
the inward man with peace and joy.

*St Seraphim of Sarov*