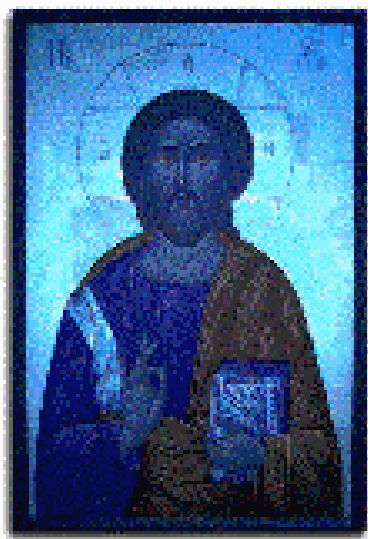


### Prayer Corner

Our Catholic faith has a rich tradition of Prayers. Each week we will share one with you and link you to our HNOJ web page for background.



HOLY ICON OF OUR LORD JESUS CHRIST

### The Jesus Prayer

O LORD, JESUS CHRIST,  
SON OF GOD, HAVE  
MERCY UPON ME A SINNER!

This prayer is called the "Jesus Prayer," but it's also known in the Orthodox Church as "The prayer of the heart." This prayer can be said by not only monastics, but also any lay person can say the prayer. This humble prayer is prayed with a prayer rope in hand. The prayer rope was first made by monastics of the Church and the laity of the church then adopted the use of the prayer rope as well. Prayer ropes can be found in 25, 50, to 100 knots and sometimes more. The prayer rope also are made of different colors, black is used mainly by monastics, but any color can be used. What is required of this beautiful prayer is to help us keep Christ in our hearts, and to pray unceasing. Obtain the book: "The Way of the Pilgrim," to better understand the prayer of the heart. To begin the prayer, we would say on each knot:

**O LORD, JESUS CHRIST, SON OF GOD, HAVE MERCY UPON ME A SINNER.** We continue the prayer first with the lips, in a low whisper, and with the mind say the prayer, after much struggle with the prayer, the prayer enters the heart, one now has the prayer of the heart. Once the prayer enters the heart then we must constantly continue to say the prayer. Monastics for example are told to use their prayer ropes, and say 1000 knot prayers in their cell -room, we too must spiritually discipline ourselves to say the prayer as often as we can.... Once we have the prayer of the heart, suddenly with all the pressures of the day, one may be working, or doing something around the house, and the heart says the prayer all by itself, without you asking it to do so...this in itself is true union with our God. We now have unceasing prayer with Christ our true God. I humbly suggest to you to obtain a prayer rope, and to begin the prayer... Amen.

Father Demetrios Serfes, Priest