



WORD OF LIFE CHURCH  
FORMATION SCHOOL

**The Jesus Prayer (reduced and expanded)**

In the Orthodox tradition the Jesus Prayer is prayed repeatedly, sometimes even one hundred times or more at a given time. In this prayer exercise we will remove a word or phase of the prayer until we get to “Lord, have mercy.” After praying “Lord, have mercy” 12 times we will then add a word or phrase back into the prayer until we get to the full ten-word prayer.

Remember Jesus’ prohibition regarding prayer is not the repetition itself, but *empty* repetition, that is, praying in a heartless, detached, kind of way. The presence of mind and the attentiveness of heart when we pray is what Jesus is striving for.

We pray this prayer slowly, giving attention to each word. As we pray, envision Jesus upon the cross, dying as the lamb of God who takes away the sin of the world.

Take a deep breath, exhale, and then let’s pray this together.

Lord Jesus Christ, Son of God, have mercy on me.  
Lord Jesus Christ, Son of God, have mercy.  
Lord Jesus Christ, have mercy.  
Lord Jesus, have mercy.  
Lord have mercy.

Lord have mercy (12x)

Lord have mercy.  
Lord Jesus, have mercy.  
Lord Jesus Christ, have mercy.  
Lord Jesus Christ, Son of God, have mercy.  
Lord Jesus Christ, Son of God, have mercy on me  
In the name of the Father, the Son, and the Holy Spirit. Amen.