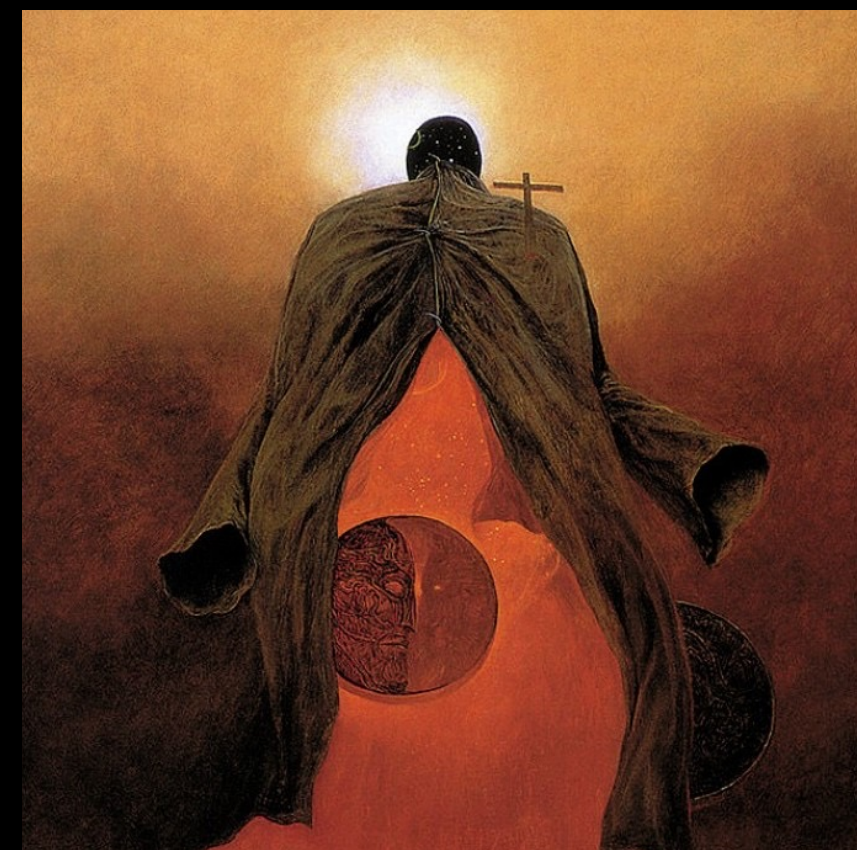
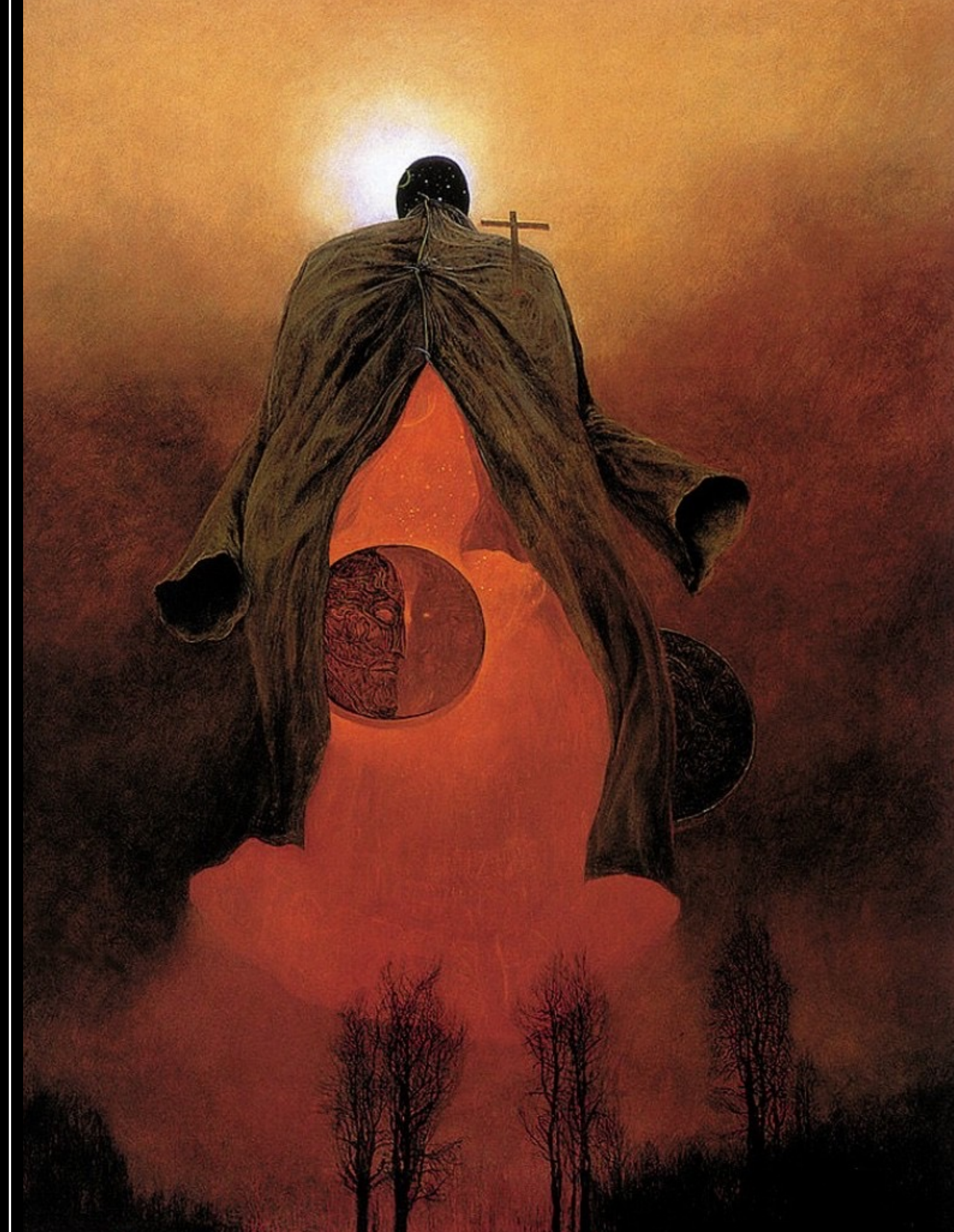


The Jesus Prayer

Advent Anglican



Enduring Practices



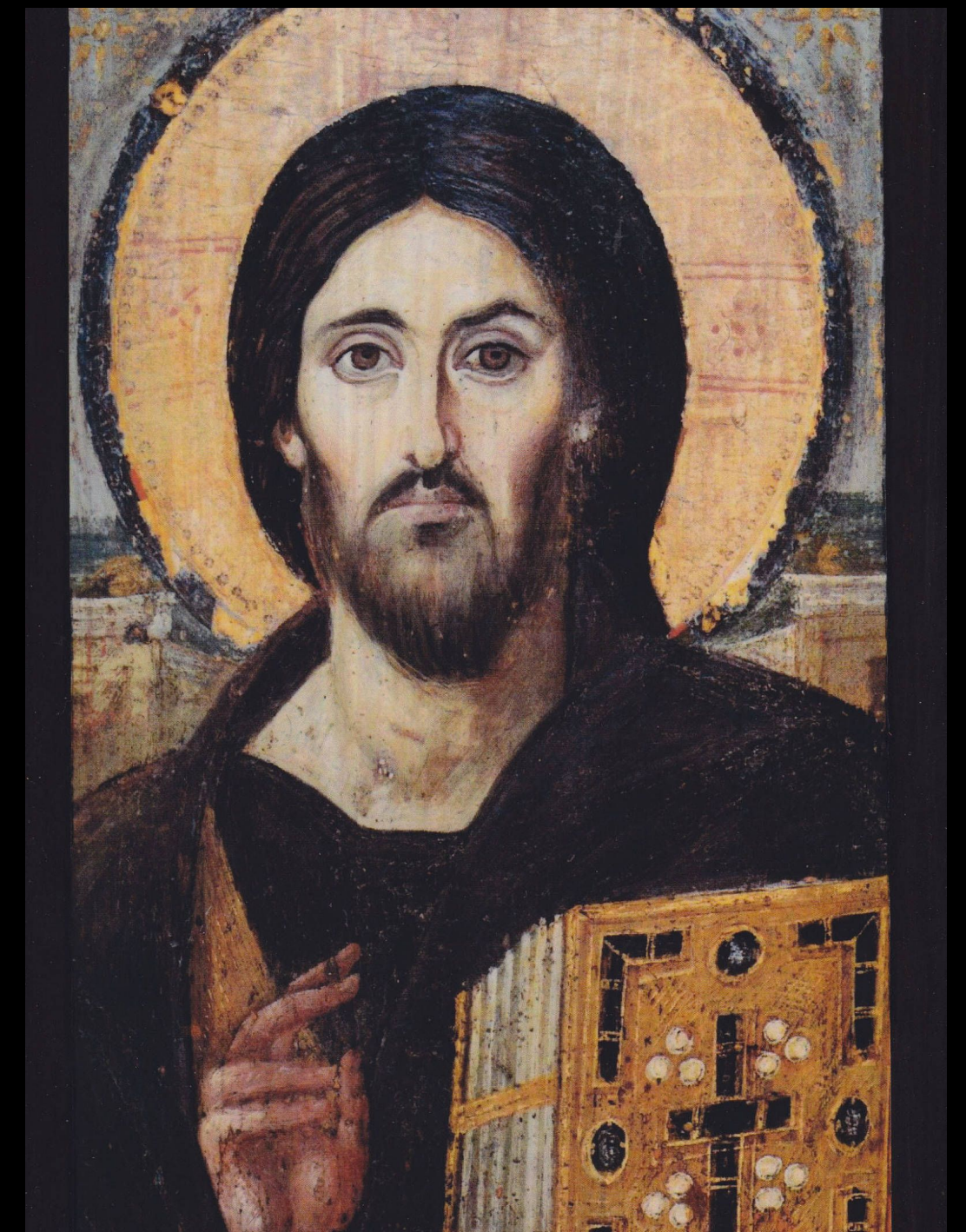
Chanting
The Psalms



Devotional
Journaling



Lectio Divina



The
Jesus Prayer



The World Is Too Much With Us

The world is too much with us; late and soon,
Getting and spending, we lay waste our powers; —
Little we see in Nature that is ours;
We have given our hearts away, a sordid boon!
This Sea that bares her bosom to the moon;
The winds that will be howling at all hours,
And are up-gathered now like sleeping flowers;
For this, for everything, we are out of tune;
It moves us not. Great God! I'd rather be
A Pagan suckled in a creed outworn;
So might I, standing on this pleasant lea,
Have glimpses that would make me less forlorn;
Have sight of Proteus rising from the sea;
Or hear old Triton blow his wreathèd horn.

- William Wordsworth (1807)



The Trouble

"A culture that loses its sense of *sacrum*, loses its sense entirely."

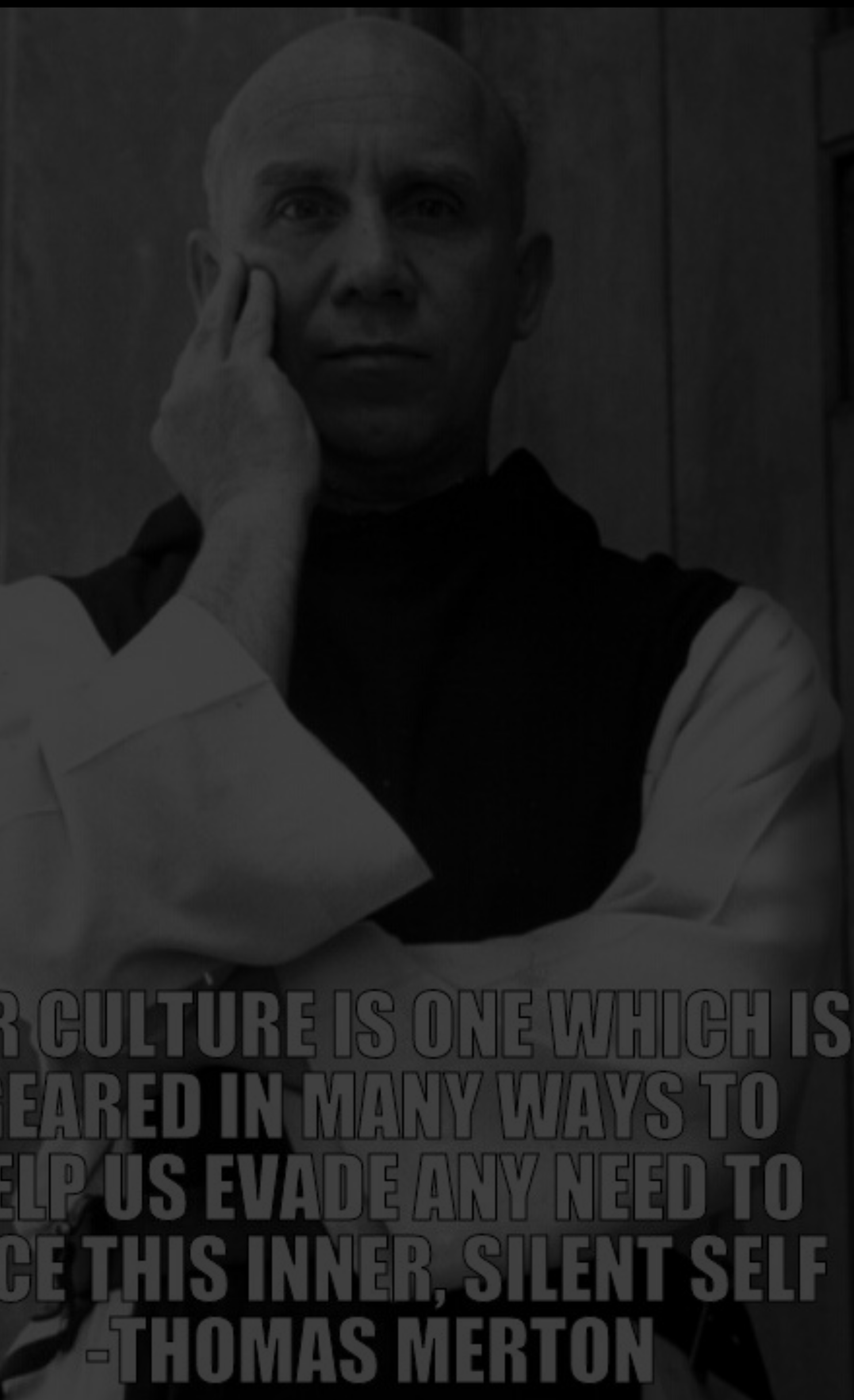
- *Kołakowski (Polish philosopher)*

"We live in an age committed to the systematic suppression of silence."

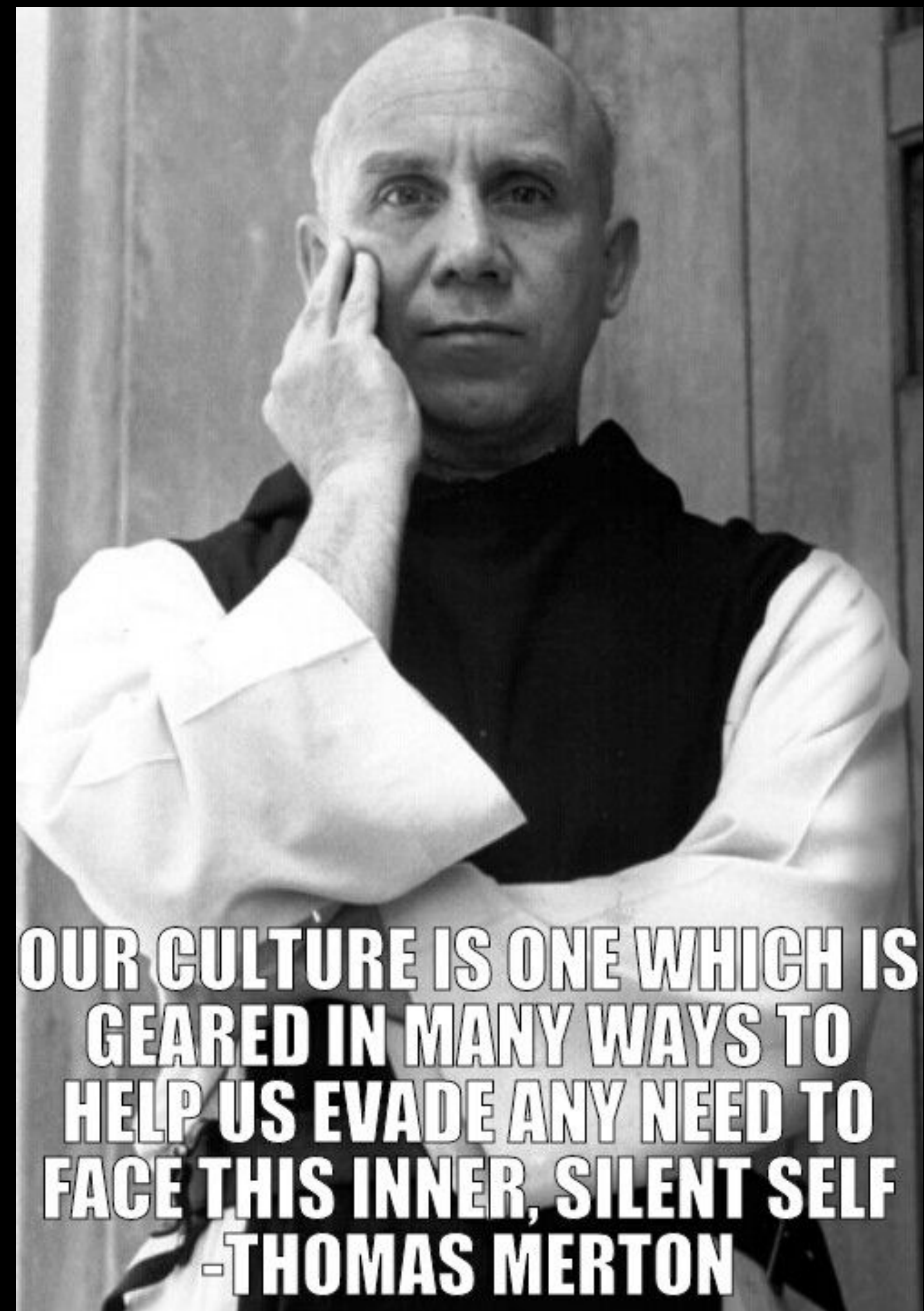
- *George Steiner (literary critic)*

"You live in a deranged age, more deranged than usual, because in spite of great scientific and technical advances, people do not have the faintest idea of who they are or what they are doing,"

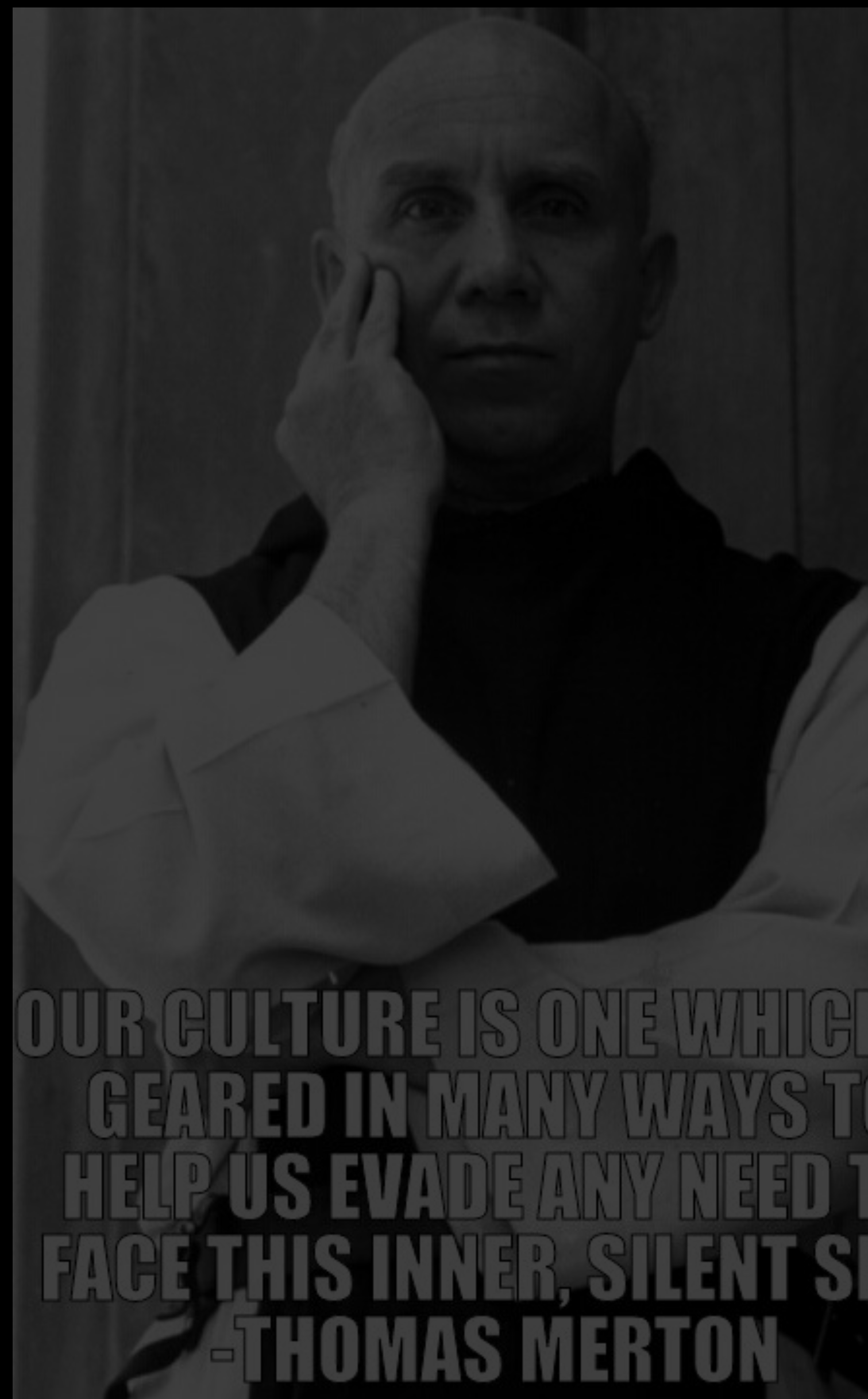
- *Walker Percy (novelist)*



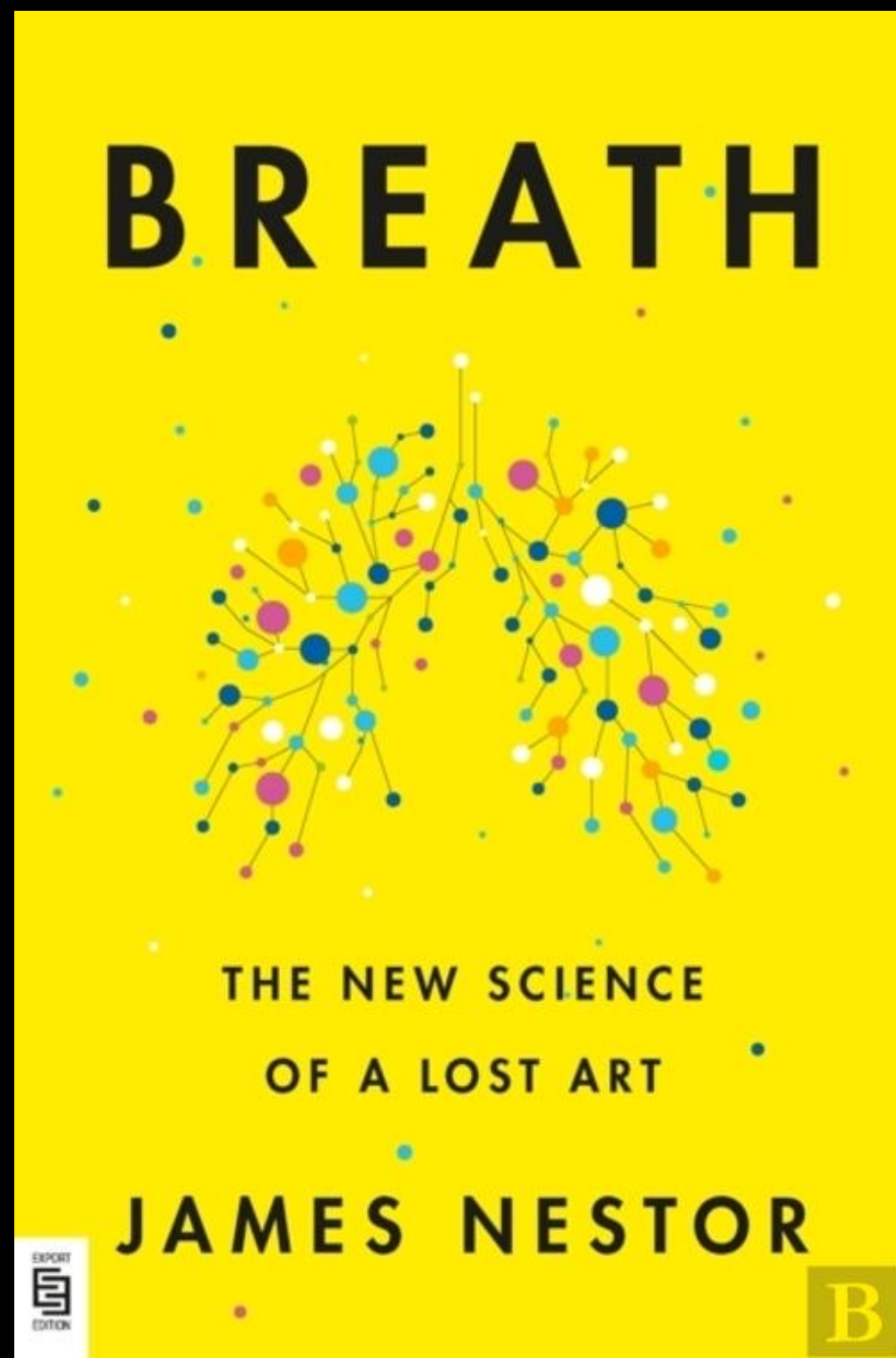
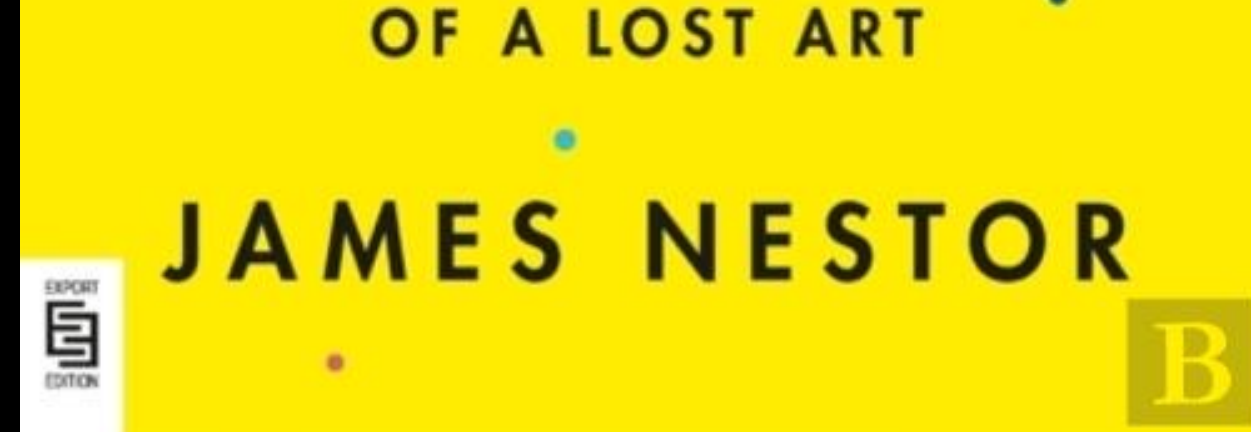
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-THOMAS MERTON



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The Solution

Published in 2020 / James Nestor / Writer / Researcher

Thesis: Modern life places us in a state of permanent "fight or flight." We have become mouth-breathers. We hyperventilate through our daily routine. We need to relearn how to breathe.

Solution: Train yourself to slow breathe through your nose.

"It goes by another name: prayer" (82).

"Prayer heals, especially when practiced at 5.5 breaths a minute" (84).



For the scientist who has lived by his faith in the power of reason, the story ends like a bad dream. He has scaled the mountains of ignorance, he is about to conquer the highest peak; as he pulls himself over the final rock, he is greeted by a band of theologians who have been sitting there for centuries.

Robert Jastrow

God and the Astronomers (1978)

I Thessalonians 5:16-18



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

The Jesus Prayer



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



History

Originates in the 5th Century.

Documented in a letter from John Chrysostom.

Common practice among the Desert Fathers /
Ascetic monastic movement

Formulation:

Philippians 2:11 (Jesus Christ is Lord)

Luke 1:35 (Son of God)

Luke 18:23 (God be merciful to me a sinner) /

Parable of the Pharisee and the Tax Collector



Observations

The Jesus Prayer names the identity of our Maker. It names our identity / need apart from Him.

It acknowledges the reality of our sin as a vital first step toward reconciliation with God and with one another.

Contemplation leads to repentance. "Search me, O God, and know my heart. Try me and know my thoughts. See if there be any grievous way in me, and lead me in the way everlasting." - Psalm 139:23-24

It appeals to God's boundless mercy.



The Goal

Breathe through your nose.

Deep inhale for five seconds
"Lord Jesus Christ, Son of God"

Hold.

Deep exhale for fifteen seconds
"Have mercy on me, a sinner."

Hold.

The Jesus Prayer



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

God's native language is silence, the church fathers say. Silence is God's voice and that voice says, "I love you, I love you, I love you." For silence is the space that God has made within his Being for us to be. This is love: to let the other be, to open a space within self for other. Silence is that space within God's being where we are able to be. So, when we hear silence, we are listening to God tell us that he loves us enough to make room within himself for us.

We have construed silence as God's absence, disappearance, or indifference, and we have done so because we are idolatrous: we have made God in our image—we who constantly speak in order to assert ourselves. We have thought of God in human terms: when we want to assert ourselves, when we want to make ourselves known, we speak. We fill up the silence with our own words; we impose our voice on the other. We fill up the silence that gave the other space to be.

God is not like us: he does not disclose himself at the expense of the other. Rather, his self-disclosure is an act of love, an act that lets the other be other. He discloses himself to us in the very act of giving us being. When he makes space, or silence, when he makes a place for us, this is his voice speaking love over us.

I love the silence, for in it I hear God repeat his love over me.

Joseph McQueen (Professor / Northwest University)

The Jesus Prayer



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