

# A Simple and Powerful Prayer

The *Jesus Prayer* is an ancient, one sentence prayer. Its author is unknown but it seems to be based on two prayers recorded in Luke's record of Jesus' life. In the eighteenth chapter, Luke reports a story told by Jesus where a man prays, "God, have mercy on me, a sinner." (Luke 18:13) A few paragraphs later, a blind man calls out to Jesus saying, "Jesus, Son of David, have mercy on me!" (Luke 18:38)

## **The Jesus Prayer:**

**Jesus, Son of God, have mercy on me, a sinner.**

This short prayer can help you meditate and relax in the presence of Jesus. Repeat it slowly letting it set the pace for your breathing.

**Inhale:** Jesus, Son of God...

**Exhale:** have mercy on me, a sinner.