

## THE ANCIENT PRAYER TO JESUS



The ancient prayer to Jesus as this prayer, according to numerous ancient church fathers, is "essential" for our spiritual growth, and conversion. The Jesus Prayer proclaims our faith and humbles us by asking for mercy for our sinfulness. The Jesus Prayer is thought to be as old as the early Christian Church itself.

The Jesus Prayer, says Metropolitan Anthony Bloom, "more than any other prayer" helps us to "stand in God's presence. This means that the "Jesus Prayer" helps us focus our minds exclusively on God, while "no other thought" occupies our minds but the thought of God. In this moment, when our mind is fully focused on God, we discover a very personal and direct relationship with Him.

**Jesus Christ - the power in the name**

The power of prayer comes from the use of the Name of our Lord, Jesus Christ, Son of God. It is a confession of our faith.

**The prayer requires humility**

In practice, the Jesus Prayer assumes that you participate regularly in the meetings of the Church, in its thinking and that you are aware of your sinfulness. Be sure to consult your spiritual Father's advice in the Bible and follow it. Sincere humility is a prerequisite for your prayer.

**The Jesus prayer has two functions**

Prayer has two main purposes. The first is worship , as with all prayers. The second is a discipline to help our souls control our overactive brains today and create silence so that the Holy Spirit can express through us and teach us to understand and help the Bible.