



Centre for Liturgy
Archdiocese of Perth

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Prayer Experience - Jesus Prayer

Introduction

Praying with the gift of air through attention to breath is an ancient Christian practice. One of the earliest known forms is the Jesus Prayer. In this prayer we can connect our conscious prayer with each breath. In this way our awareness of God becomes as natural as our breathing.

The Practice

When breathing in pray: "Come Lord Jesus come."

When breathing out pray: "Guide me."

You can also create your own phrases to pray on the in-breath and the out-breath.

For example:

When breathing in you can pray: "Listen to what the Spirit is saying."

When breathing out you can pray: "Fill me with the Spirit."

Spend a few moments in silence to see if you can receive the words of your own Jesus Prayer, those that rise from your heart, rather than trying to figure it out.

