



# The Jesus Prayer: The Ancient Desert Prayer that Tunes the Heart to God

*Frederica Mathewes-Green*

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In the earliest centuries of faith, Christians in the deserts of Palestine and Africa sought a short prayer that could be easily repeated, in order to acquire the habit of “prayer without ceasing.” The result was *The Jesus Prayer*:

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

This jewel of Eastern Christianity aims at enabling a person to be in God’s presence, rather than to focus on feelings or thoughts about God.

The first section of *The Jesus Prayer* offers a concise overview of the history, theology, and spirituality of Orthodoxy, so that the Prayer can be understood in its native context. Following, is a conversational question-and-answer format that takes the reader through practical steps for adopting this profound practice in everyday life.

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