INTRODUCTION:

[Introductory paragraph explaining the importance of the Jesus Prayer and its historical context.]

II. What Makes the Jesus Prayer an Effective Way to Pray?

A. First, it is very simple—only 7 words, and very familiar words.

1. We say the creed and we study doctrine, but the main focus of our faith is on a Person: the Lord Jesus Christ. (That’s the first part of the prayer...)

2. Throughout both the OT and NT, one of the most common requests on the lips of people, whether directed toward God or toward other persons who have power, is “have mercy on me.” (That’s the last part....)

B. Second, it is very thorough—it appeals to the highest authority and it covers every situation that can exist. (Look at the words....)

1. The first three words are a Trinitarian invocation:
   a. “Lord” - God the Father has given all authority over all creation to His Son—Mat 28:18. Then Jesus came to them and said, “All authority in heaven and on earth has been given to me.”
   b. “Jesus” - God the Son became the Son of man, not just to relate to us humanly, but to bring salvation to us personally as the name “Jesus” means [Jehovah saves... heals... delivers]
   c. “Christ” - God the Spirit came upon Jesus as a man, turning Him into the “Anointed One,” “the Christ,” “the Messiah” (the hope of all creation is wrapped up in this Human Ambassador from the Trinitarian Godhead: the “Lord Jesus Christ!”)

2. The next four words are a general petition:
   a. “have mercy” - It asks for God to graciously intervene with...
His help in our condition of need (whether it’s physical, spiritual, emotional, intellectual, or relational.)

b. “on me” - This is how we begin praying the prayer, but as God meets our needs, we should be asking for that same “mercy on” others (not just our on family, friends, and neighbors, but on our enemies and the strangers we meet every day.

CONCLUSION:
–The reason the monks called the Jesus Prayer “the prayer of the heart” was because they tried to learn to pray it all the time, even in their dreams while asleep. It was repeated like breathing out (“Lord Jesus Christ,”) and breathing in (“have mercy on me.”) It became to them as rhythmic as their heartbeat... in fact, their goal was to make it their heartbeat.... to pray it without ceasing.
–My goal is to try to get you to use it throughout your day, not only for yourself, but for others around you and for loved ones that might be far away. (Practice it now, x3)
– And if you forget the exact words, my hope is that you will always remember to call upon that one name in the prayer, “Jesus”, “for whosoever shall call upon the name of the Lord shall be saved, shall be healed, shall be delivered.

Luke 18:35-43 (NIV)
35As Jesus approached Jericho, a blind man was sitting by the roadside begging.36When he heard the crowd going by, he asked what was happening.
37They told him, “Jesus of Nazareth is passing by.”
38He called out, “Jesus, Son of David, have mercy on me!”
39Those who led the way rebuked him and told him to be quiet, but he shouted all the more, “Son of David, have mercy on me!”
40Jesus stopped and ordered the man to be brought to him. When he came near, Jesus asked him,
41“What do you want me to do for you?”“Lord, I want to see,” he replied.
42Jesus said to him, “Receive your sight; your faith has healed you.”
43Immediately he received his sight and followed Jesus, praising God. When all the people saw it, they also praised God.