

THE PRAYER OF JESUS

Prayer is man's communication with God. As such, it is indispensable in man's spiritual life. The Holy Fathers hold that the highest prayer is the prayer to Christ, the prayer of the mind and the heart. The external form of this prayer consists of a few words only: „Lord Jesus Christ, Son of God, have mercy on me, the sinner“. There are three degrees of prayer:

1. *Prayer of the Mouth*
2. *Prayer of the Mind*
3. *Prayer of the Mind and the Heart*

When we are at the first two degrees, we are still praying *externally*. But this external prayer is indispensable so that we can attain the degree of the *internal* prayer of the mind and the heart. Prayer begins with the mouth, where the words are pronounced loudly, externally, and after that it develops gradually into the internal prayer and becomes a part of us. Thus, by the grace of God, by the adherence to his decrees and by the observance of the prayer to Jesus, the aim of man's life – his deification – is attained.