

## THE JESUS PRAYER

**LORD JESUS CHRIST, SON OF GOD,  
HAVE MERCY ON ME, A SINNER!**

The Jesus Prayer, known also as the prayer of the heart, is one of the oldest devotions of the Church. In the Bible, we hear the repentant sinner devoutly say, "God, be merciful to me a sinner." Today, we pray that the Lord Jesus Christ, who is the Son of God, would have mercy on us, as forgiven sinners.

The Jesus Prayer is very flexible. In contrast to the Rosary, there is only one prayer, repeated for an indeterminate length of time, to let its message sink in to our consciousness. To use the Jesus Prayer is to "pray without ceasing," as it is intended to continue in the background of our thoughts each day.

While there are "prayer ropes" which can be used to facilitate this prayer, you can also use Rosary beads, or even your fingers to keep track of your prayer. The customary repetitions are either three, nine, thirty-three times, or even longer. The quality of prayer, however is more important than the quantity.

Whereas the Rosary is about meditation on the Mysteries, the Jesus Prayer is all about contemplation. In contemplation, we are simply quiet and still in the presence of the Lord. Like Mary who spent quality time with Jesus, in contrast to Martha who was busy, the Jesus Prayer is a prayer of presence, not activity.

Some people silently use the following chant melody with the Jesus Prayer, and calm their breathing as they remain still in the presence of the Lord. Inner peace and tranquility are often experienced through the Jesus Prayer. Make the Jesus Prayer the background music of your consciousness every day.



The Jesus Prayer is also part of our parish commitment prayer to Jesus Christ, which we encourage you to memorize and pray each day as well:

LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME, A SINNER.  
FILL ME WITH YOUR SPIRIT SO THAT I MAY LIVE A NEW LIFE.  
HELP ME TO KNOW YOU, TO LOVE YOU, AND TO SERVE YOU IN THIS WORLD,  
SO THAT I MAY BE HAPPY WITH YOU BOTH NOW AND FOR ALL ETERNITY.  
THANK YOU, LORD. AMEN.

## WEEKDAY DEVOTIONS BEFORE AND AFTER MASS AT SAINT DANIEL CHURCH

Before and after weekday Mass, we spend time in quiet prayer. The altar candles are lighted about fifteen minutes before Mass, and are extinguished about five minutes or so after Mass. During this time, please join your priest in prayers of preparation for Mass, and prayers of thanksgiving after Mass.

Before Mass, the pastor quietly prays the Rosary. On page two and three of this booklet are the Rosary prayers. The pastor prays the Lourdes form of the Rosary, but you are welcome to use any form of the Rosary, including the Franciscan Crown Rosary, as part of your silent devotions.

After Mass, the pastor quietly prays the Jesus Prayer. On page four of this booklet you can find the Jesus Prayer, the prayer of the heart, and a short explanation of it. You are welcome to use other prayers, chaplets, litanies, novenas, or other devotions as part of your silent prayer after Mass.

Prayer Groups can also meet in the parish center after Mass. The Koinonia Room, the Upper Room, and various other rooms are available for your use after you leave the worship space. Please gather in the narthex and go together to the room of the parish center you have reserved in advance.



## THE PRAYERS OF THE ROSARY

In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen.

**I believe in God**, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**Our Father**, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

**Hail Mary**, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**Glory be** to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

## THE MYSTERIES OF THE ROSARY

**JOYFUL MYSTERIES:** Annunciation, Visitation, Nativity, Presentation in the Temple, Finding in the Temple.

**SORROWFUL MYSTERIES:** Agony in the Garden, Scourging at the Pillar, Crowning with Thorns, Carrying the Cross, the Crucifixion.

**LUMINOUS MYSTERIES:** Baptism in the Jordan, Wedding Feast at Cana, Proclamation of the Kingdom, Transfiguration, Institution of the Eucharist.

**GLORIOUS MYSTERIES:** Resurrection, Ascension, Descent of the Holy Spirit, Assumption, Coronation.

**Hail, Holy Queen**, Mother of Mercy,  
our life, our sweetness and our hope!  
To you do we cry, poor banished children of Eve;  
to you do we send up our sighs,  
mourning and weeping in this vale of tears.  
Turn, then, most gracious advocate,  
your eyes of mercy toward us;  
and after this our exile,  
show unto us the blessed fruit of your womb, Jesus.  
O clement, O loving, O sweet Virgin Mary!

Pray for us, O holy Mother of God,  
that we may be made worthy of the promises of Christ.  
In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen.