



ANCHOR PRAYER Daily Practice

Lord Jesus Christ Have Mercy On Us All!

*This Moment Say the Jesus Prayer Slowly.
Anchor your life to His Limitless-Love & Mercy For us All.*

1: WATCH with every breath...

One with the Holy Spirit in us.

Aware of every thought & feeling... I let the Spirit take charge.

2: PRAY with every heartbeat...

One with the Heart of Jesus in us.

Resting in His Loving Presence... I pray without ceasing.



3: LET GO in every experience...

One with Our Father's Divine Will in us.

Uniting to His Reign... of Love & Mercy over all.

Whoever finds the door of the heart...finds paradise. -St John Chrysostom

Let the remembrance of Jesus be present with every breath. -St John Climacus

*How gently and lovingly You wake in my heart, where in secret,
You dwell alone; And in Your sweet breathing, Filled with good and glory,
How tenderly You swell my heart with love. -St. John of the Cross*

Study References: Jn 15:1-17, Acts 2:21, Lk 10:42, Catechism:2666-2669, 521,1698, 2710

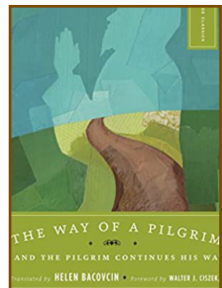
1. Jesus Prayer Song: Go to SaintPath.com Click on Music to Pray With.

Also, click on Interactive Teachings for Project Jesus Prayer teaching.

2. Mysteries of the Jesus Prayer: You Tube Documentary. n

3. The Way of a Pilgrim: , translated by Helen Bacovin, Image Books

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Merciful Jesus, with You I go boldly and courageously into conflicts and battles. In your Name, I will accomplish everything and overcome everything. My God, Infinite Goodness, I beg of You, let Your infinite mercy accompany me always and in all things. -St. Faustina Diary #859