



# 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

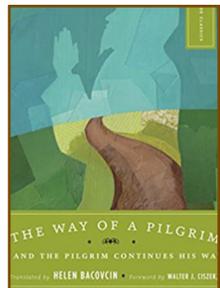
**1. Jesus Prayer Song:** Go to [SaintPath.com](http://SaintPath.com) Click on **Music to Pray With**.

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