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The purifying prayer (Abbot Georgios Kapsanis of Gregoriou)



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Every prayer of the Church assists with the purification of the heart. But especially the Jesus Prayer: ‘Lord Jesus Christ have mercy on me, sinner that I am’.

This prayer, which has been passed down over the centuries on the Holy Mountain has the following advantage: since it’s only a sentence long, it allows us to concentrate our mind.

In doing so, we help our mind to descend into the heart and we pray from there with no thought for any other thing or concept, evil or good, but God alone.

» *Blessed Georgios Kapsanis, Proegumen of Gregoriou Monastery*

Source: pemptousia.com