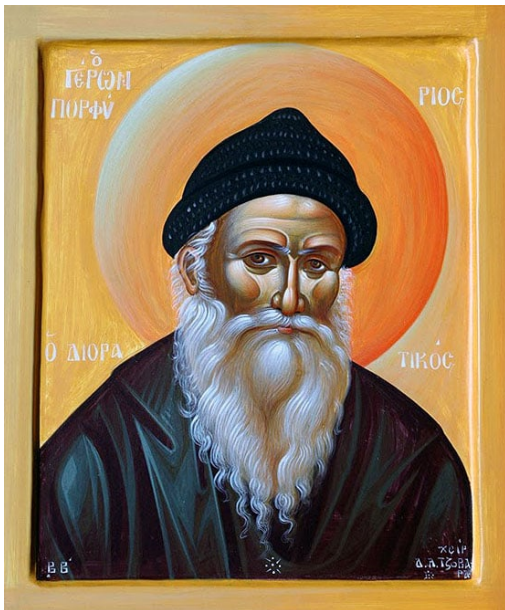


## Gently, without pressure (Saint Porphyrios of Kavsoakalyvia)

[Ξένες γλώσσες / In English](#)



There's no need for any special concentration in order to say the Jesus Prayer.

It doesn't require any effort if you have love of God. Wherever you are, on a stool, a chair, in a car, anywhere, on the road, at school, in the office, at work, you can say the prayer: 'Lord Jesus Christ have mercy upon me'.

Gently, without pressure, without pushing.

» *Venerable Porphyrios of Kavsoakalyvia*