

Can seven words—Lord Jesus Christ, have mercy on me—change lives?

[In English](#) / [Christianity](#) / [In English](#)



Christogram with Jesus Prayer in Romanian

Science studies the Jesus Prayer

It may seem a lot of effort over just seven words: Finding 110 Eastern Orthodox Christians, giving them a battery of tests ranging from psychology to theology to behavioral medicine, and then repeating the tests 30 days later. But the seven words—"Lord Jesus Christ, have mercy on me" (a.k.a. the Jesus Prayer)—are among the most enduring in history. What Boston University psychologist George Stavros, Ph.D., wanted to find out was whether repeating the Jesus Prayer for ten minutes each day over the 30 days would affect these people's relationship with God, their relationships with others, their faith maturity, and their "self-cohesion" (levels of depression, anxiety, hostility, and interpersonal sensitivity). In short, Stavros was asking whether the Jesus Prayer can play a special role in a person's "journey to the heart." ([περισσότερα...](#))