



## Using the Jesus Prayer: Steps to a Simpler Christian Life

By John Twisleton

BRF (The Bible Reading Fellowship). Paperback. Book Condition: new. BRAND NEW, Using the Jesus Prayer: Steps to a Simpler Christian Life, John Twisleton, In a hectic world, we so often struggle to find ways of growing in faith and especially deepening our experience of prayer. While many have been inspired by documentaries about contemplative prayer and monastic life, it remains a challenge to sustain disciplines of prayer and worship in the busyness of everyday life. The Jesus Prayer of Eastern Orthodoxy, 'Lord Jesus Christ, Son of God, have mercy on me a sinner', offers a simple yet profound way of developing such discipline. Thoroughly biblical, carried forward by the faith of the Church through the centuries, it stands as both unique gift and task for us. In this book on the Jesus Prayer, its succinct summary of faith and its capacity to empower, John Twisleton gives practical guidance on how to use it, as well as exploring the simplicity of life it offers.

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