

The Jesus prayer as prayer for others

Dedicate the time for being present with God.

Ask the Holy Spirit to reveal who is in need of your prayers and God's blessing.

Does the Holy Spirit remind you of person(s) you resent or has/have behaved despicably toward you?

Are there person(s) in your family, neighbourhood or church who are ill?

[Optional]: Go to a place where may have a view of your town or region and ask God to inspire you to bring the inhabitants His love.

Pray the Jesus prayer, first for yourself:

Breathing in: Jesus Christ, Son of God

Breathing out: Have mercy on me!

Pray the Jesus prayer for those in need of your prayer:

Breathing in: Jesus Christ, Son of God

Breathing out: Have mercy on NN (mention for whom you are interceding)

Conclude your prayer time with this prayer:

God, you who are I AM,
I see the work of your Spirit
in the longing in people's hearts for the peace of your kingdom
for the truth, beauty and goodness
I see the presence of your serving love
in people of good will and in all
who want to wander the path of discipleship.

May the power of your Spirit flow in us and lead us
to recognise all truth, and in practical service
May your Word made flesh, Jesus Christ, inspire us
to serving love as workers for the kingdom of God

May I find my place in your one work,
for the restoration of the Earth and the human race
- with a humble mind, in purity, truth, and love.