Finding the Heart’s True Home

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“When the Spirit has come to reside in someone, that person cannot stop praying; for the Spirit prays without ceasing in him. No matter if he is asleep or awake, prayer is going on in his heart all the time. He may be eating or drinking, he may be resting or working – the incense of prayer will ascend spontaneously from his heart. The slightest stirring of his heart is like a voice which sings in silence and in secret to the Invisible.”

– Isaac the Syrian
“There is no mode of life in the world more pleasing and more full of delight than continual conversation with God.”

- Brother Lawrence
Unceasing Prayer – The Witness of the Ages

“Let the memory of Jesus combine with your breath”
– John of the Ladder
Unceasing Prayer – The Witness of the Ages

“Prayer unites the soul to God”

– Juliana of Norwich
“Unceasing prayer consists in an unceasing invocation of the name of God.”

- Kalistos
“Oh, this thing of keeping in constant touch with God, of making Him the object of my thought and the companion of my conversations, is the most amazing thing I ever ran across.” – Frank Laubach
The Apostle Paul on Unceasing Prayer

“Pray without ceasing....” — 1 Thessalonians 5:17

“Rejoice in your hope, be patient in tribulation, be constant in prayer....” — Romans 12:12

“Pray in the Spirit at all times in every prayer and supplication....” — Ephesians 6:18

“Continue steadfastly in prayer, being watchful in with it thanksgiving....” — Colossians 4:2

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God.” — Philippians 4:6

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The Biblical Invitation to Unceasing Prayer

“….continually offer a sacrifice of praise to God, that is, the fruit of the lips that confess His name…” – Hebrews 13:15
“Thoughts continue to jostle in your head like mosquitoes. To stop this jostling you must bind the mind with one thought, or the thought of One only. An aid to this is a short prayer, which helps the mind to become simple and unified.”

— Theophane the Recluse
The Invitation of Unceasing Prayer

“….our minds become His temple-tent….”

— Thomas Merton
The Invitation of Unceasing Prayer

“...Unite my heart to fear Your name.....I will praise You, O Lord my God, with all of my heart....” – Psalm 86:11-12
The Invitation to Unceasing Prayer

“One’s love of God should run before breathing…”

– Gregory of Sinai
The Invitation to Breath Prayer

“…[it] has its origin in the Eastern Christian hesychastic tradition and is usually called aspiratory prayer or breath prayer. The idea has its roots in the Psalms, where as repeated phrase reminds us of an entire Psalm……As a result, the concept arose of a short, simple prayer of petition that can be spoken in one breath, hence the name ‘breath prayer’…..”

– Richard Foster
The Practice of Breath Prayer

“Jesus, Saviour, Son of God, have mercy on me.”

- based on Luke 18:13

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The Practice of Unceasing Prayer

- Centre Ourselves
  
  *(Psalm 131)*

- Pray the Scriptures
  
  *(Psalm 1)*

- Rest in the WORD
  
  *(Psalm 119:11)*

- Practice Silence
  
  *(Psalm 46:10)*

- Thanksgiving
  
  *(Psalm 30:4)*
The Practice of Unceasing Prayer

“….I have treasured the words of His mouth more than my necessary food…”

- Job 23:12
The Promise of Breath Prayer

“Delve deeply into the Jesus Prayer, with all the power that you possess. It will draw you together, giving you a sense of strength in the Lord, and will result in your being with Him constantly whether alone or with other people, when you do housework and when you read or pray…..”

– Theophane the Recluse
“If you truly wish to put your thoughts to shame, to be serenely silent, and to live in the effortless enjoyment of a sober and quiet heart, let the Jesus Prayer cleave to your breathing, and in a few days you will see all this realised....”

- Hesychios
The Promise of Breath Prayer

“When remembrance of God lives in the heart and there maintains the fear of Him, then all goes well; but when this remembrance grows weak and if kept only in the head, then all goes astray…”

– Theophane the Recluse
The Promise of Breath Prayer

“After Adam had passed through the center of himself and emerged on the other side to escape from God by putting himself between himself and God, he had mentally reconstructed the whole universe in his own image and likeness.”

- Thomas Merton
The Promise of Breath Prayer

“That is the painful and useless labor which has been inherited by his (Adam’s) descendents – the labor of science without wisdom; the mental toil that pieces together fragments that never manage to coalesce in one completely integrated whole: the labor of action without contemplation, that never ends in peace or satisfaction, since no task is finished without opening the way to ten more tasks to be done.”

- Thomas Merton
The Promise of Breath Prayer

“My life shall be a real life, being wholly full of Thee.”

- Augustine of Hippo
The Invitation to come Home

“...today the heart of God is an open wound of love. He aches over our distance and preoccupation. Me mourns that we do not draw near to Him. He grieves that we have forgotten Him. He weeps over our obsession with muchness and manyness. He longs for our presence. And He is inviting you — and me — to come home, to come home where we belong, to come home to that for which we were created. His arms are stretched out wide to receive us. His heart is enlarged to take us in.”

— Richard Foster
The Invitation to come Home

Our Eden is the heart of Christ
Let grace come, Jesus.
Your Name is on my heart.
Your Holy Name is on the tower of my heart.
Let grace come and let this world pass away,
Jesus, You Who are living in my exhausted heart.

- Thomas Merton