

# What is Jesus Prayer?

The Jesus Prayer is one of the oldest and at the same time one of the simplest forms of Christian meditation.

It is the so-called non-discursive form of prayer  
- the prayer of the heart.

Its tradition dates back to the period of the Desert Fathers in the 4th century.

It was born out of the search for unceasing prayer: how to reconcile continuous remaining in God's presence with daily activity?

In its "pure form" it consists in remaining silent before God in an act of faith, leaving only one word or one-sentence prayer formula repeated regularly, e.g. in the rhythm of the breath.

This is a prayer in which - as John of the Cross writes: "a person likes to remain alone in loving awareness of God, without particular considerations, in interior peace and quiet and repose, and without the acts and exercises (at least discursive, those in which one progresses from point to point) of the intellect, memory and will. Such a one prefers to remain only in the general loving awareness and knowledge we mentioned, without any particular knowledge or understanding" (The Assent of Mount Carmel, Book II, 13.4).

Minimum words - maximum openness to God and His action.

Learn more at [www.jesusprayer.eu](http://www.jesusprayer.eu)

# Meditation

*When you meditate be as a mountain  
motionlessly settled in silence.*

*Its thoughts are rooted in eternity.*

*Do nothing, just sit, just be  
and you will learn the fruits of prayer.*

*When you meditate remember about the breath.*

*Thanks to it, the man became a living thing.*

*The breath comes from God and returns to God.*

*Unite the prayer word with the stream of life  
and nothing shall separate you from the Giver of  
Life.*

*When you meditate it is Jesus  
who prays inside you to the Father in the Spirit.*

*You are carried by the fire of His love.*

*Be as a river which serves everyone,  
and the time will come when you become Love.*

Fr. John Bereza OSB



## Catechism of the Catholic Church (no. 2666):

"(...) the one name that contains everything is the one that the Son of God received in his incarnation: JESUS, "YHWH saves." (...) To pray "Jesus" is to invoke him and to call him within us. His name is the only one that contains the presence it signifies. Jesus is the Risen One, and whoever invokes the name of Jesus is welcoming the Son of God who loved him and who gave himself up for him."

Fr. Wojciech Nowak SJ



Polish Jesuit, born in 1963. Head of Center of Spiritual Formation in Kalisz (Poland). He has led Jesus Prayer retreats, meditation sessions and workshops of personal development in Norway, Denmark, Ethiopia, Russia, Lithuania, Ukraine (for monks of the Catholic eastern Church). He regularly runs spirituality courses and retreats for Missionaries of Charity of Mother Teresa of Calcutta.

# Important information



## **Location:**

Breisethytta

Breiset Gnr:36 Bnr:1 Fnr:73,  
3683 Notodden

Possibility for pick up from Notodden  
(included).

**For retreat's price, registration  
and more details:**  
vokseritroen@gmail.com

452 23 855



## **Language**

English

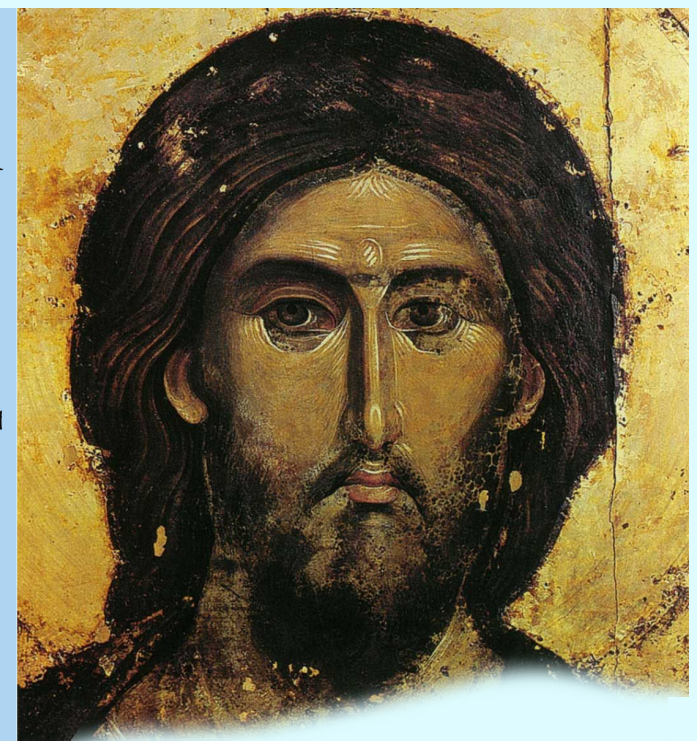


## Conditions for participation in the retreat:

- over 21 years old
- physical and mental balance
- sincere will to meet God and get to know oneself better
- ability to remain in silence, including turning off a mobile phone and not using internet connection devices
- determination to make an effort to embark on a spiritual journey and engage in spiritual practices
- ability to stay in one's own company

## The retreat day consists of:

- introductions to individual prayer (guidance lines) based on the Scripture and existential experience followed by handouts with suggestions for prayer and reflection
- introductions to the method of the Jesus Prayer (step by step) given by the retreat leader
- practicing the Jesus Prayer according to the given method
  - the Eucharist
- Silent prayer in front of the exposed Blessed Sacrament



# Jesus Prayer Retreat

Breisethytta  
Notodden

Friday 17th March 6:00pm  
Sunday 19th March 2:00 pm

2023

Guided by Fr. Wojciech  
Nowak SJ