

LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME • LORD JESUS CHRIST, SON OF GOD, HAVE
MERCY ON ME • LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME • LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME

MOTHER OF GOD, SAVE ME • MOST HOLY MOTHER OF GOD, SAVE ME • MOST HOLY MOTHER OF GOD, SAVE ME
ARISE, O LORD, SAVE ME, O MY GOD • I AM THINE, SAVE ME • MAKE THY FACE TO SHINE UPON THY SERVANT, AND TEACH ME THY STATUTES

CREATE IN ME A CLEAN HEART, O GOD, AND RENEW A RIGHT SPIRIT WITHIN ME
TEACH ME TO DO THY WILL, FOR THOU ART MY GOD • O LORD, HAVE MERCY ON ME, HEAL MY SOUL, FOR I HAVE SINNED AGAINST THEE

MY SOUL THIRSTETH AFTER THEE LIKE A WATERLESS LAND; QUICKLY HEAR ME, O LORD
MOTHER OF GOD, SAVE ME • MOST HOLY MOTHER OF GOD, SAVE ME • MOST HOLY MOTHER OF GOD, SAVE ME

LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME • LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME • LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME

GOD IS EVERYWHERE: see that your thoughts too are always with God. How can this be done? Thoughts jostle one another like swarming gnats, and emotions follow on the thoughts. In order to make their thought hold to one thing, the Fathers used to accustom themselves to the continual repetition of a short prayer, and from this habit of constant repetition this small prayer clung to the tongue in such a way that it repeated itself of its own accord. In this manner their thought clung to the prayer and, through the prayer, to the constant remembrance of God. Once this habit has been acquired, the prayer holds us in the remembrance of God, and the remembrance of God holds us in prayer; they mutually support each other. Here, then, is a way of walking before God.

Theophan the Recluse, *The Art of Prayer*, Faber & Faber, p. 86

FOR KEEPING UP CONTINUAL RECOLLECTION OF GOD this pious formula is to be ever set before you: “O God, be attentive unto helping me: O Lord, make haste to help me,” [Psalm 69:1] for this verse has not unreasonably been picked out from the whole of Scripture for this purpose. For it embraces all the feelings which can be implanted in human nature, and can be fitly and satisfactorily adapted to every condition, and all assaults.

St John Cassian, *Second Conference of Abbot Isaac*, Chapter X, NPNE, Vol. XI, p. 405

ABBA POEMEN SAID that Abba Paphnutius was great and that he had recourse to short prayers.

The Desert Christian, Benedicta Ward, Macmillan Publishing, #190, p. 193

O GOD, FORSAKE ME NOT. I have never done anything good in Thy sight, yet grant me by Thy grace to make a beginning.

St Arsenius the Great. Benedicta Ward, Macmillan Publishing, *The Desert Christian*, p. 9

I, AS A MAN, HAVE SINNED. Do Thou, as God, forgive me.

Abba Apollo of Scete, *The Paradise of the Holy Fathers*, Vol. I, Ch. 38, p. 370

Thou art neither worthy to pray unto God, nor to make mention of His Name with thy lips, nor to stretch out thy hands unto Him; for thy lips are unclean and polluted, and thy hands are contaminated with impurity; thou shalt only sit down and gaze towards the East, and thou shalt say nothing except,

O THOU Who didst create me, have mercy on me.

Of the Blessed Woman Taïsia, *The Paradise of the Holy Fathers*, Vol. I, Ch. 30, p. 140