

## **THE JESUS PRAYER**

*Repeat over and over as  
you breathe.*

Lord Jesus Christ, Son of  
God (*breathe in*)

Have mercy on me, a  
sinner. (*breathe out*)

[young-catholics.com](http://young-catholics.com)

## **THE JESUS PRAYER**

*Repeat over and over as  
you breathe.*

Lord Jesus Christ, Son of  
God (*breathe in*)

Have mercy on me, a  
sinner. (*breathe out*)

[young-catholics.com](http://young-catholics.com)

## **THE JESUS PRAYER**

*Repeat over and over as  
you breathe.*

Lord Jesus Christ, Son of  
God (*breathe in*)

Have mercy on me, a  
sinner. (*breathe out*)

[young-catholics.com](http://young-catholics.com)

## **THE JESUS PRAYER**

*Repeat over and over as  
you breathe.*

Lord Jesus Christ, Son of  
God (*breathe in*)

Have mercy on me, a  
sinner. (*breathe out*)

[young-catholics.com](http://young-catholics.com)