



The Churches of  
**Legbourne  
Woldmarsh**

## AN INVITATION TO PRAY

‘It is decreed that all people must put before all things the universal commandment - to “remember God” (Deuteronomy 8.18).

What destroys us is forgetfulness of God’

St Gregory of Sinai

Remembering God’s presence, his power and his love is at the heart of what prayer is.

In stillness, now and always, remember that every breath is a gift from God.

Remember that you are known by God and held in his love.

Remember that you are empowered by God to share that love with others, and so become like him. This is our salvation.

Remember that Jesus Christ shows us the way.

The Jesus Prayer  
(To be said and repeated in any situation)

**LORD JESUS CHRIST, SON OF GOD,  
HAVE MERCY UPON ME**