
Schoenstatt: A Little Gift of Prayer

Schoenstatt Scotland



The invocation of the holy name of Jesus is the simplest way of praying always.... This prayer is possible 'at all times' because it is not one occupation among others but the only occupation: that of loving God, which animates and transfigures every action in Christ Jesus" (CCC 2668).

The Jesus Prayer

‘Jesus,’ or
‘Lord, Jesus,’ or
‘Lord Jesus Christ, have mercy on me a sinner.’

