

Question: What is good for beginners to do in order to learn and practice the Jesus Prayer?

Answer:

First of all, with the help of Divine Grace, they should stop committing great sins. For this beginners should look for a good spiritual father for Confession and in order to make a good Christian beginning.

Then, they should regularly attend the Divine Liturgy, as often as possible; fulfill a daily rule of prayers and prostrations given by their respective spiritual fathers and practice the Jesus Prayer twice daily for at least fifteen minutes, in a quiet place.

They should learn and practice the foundation of all good works, the virtue of humble-mindedness, because if we do not humble ourselves before God and men, we will lose everything. They should cut off their own wills, live in obedience, and accept joyfully whatever happens to them. Failing to cut off our own wills, contradicting others and justifying ourselves represent the initial stage of high-mindedness. That's why we should humble ourselves and be obedient.

When we are sincere, not doubting, but have humble-mindedness, the Grace of the Holy Spirit will descend upon us. This is a good foundation and we will be able to grow spiritually, fighting against temptations, having the Jesus Prayer as an unconquerable weapon.

If we have humble-mindedness, we can defeat the passions. This does not mean that we have become perfect; but when we have the Grace of humble-mindedness, with the help of God's power we can struggle against the passions, sinful men and the demons.