

4 Ιουνίου 2018

## **Very gently (Saint Porphyrios of Kavsoakalyvia)**

[Ξένες γλώσσες / In English](#)



Say the prayer internally, with the mind, not with the lips, so that there's no distraction, with your mind going all over the place. We should place Christ gently

in our mind, saying 'Lord Jesus Christ, have mercy upon me', very gently. Nothing else. Nothing. Don't think of anything except the words: 'Lord Jesus Christ, have mercy upon me'. Turn to Christ calmly, with attention and devotion, with open eyes, so that you're in no danger from fantasies and illusions. Say the prayer gently, not all the time, but whenever you're disposed to do so and when you feel compunction, which is a gift of divine grace. Without grace, you're hypnotizing yourself and you may descend into lights and delusions and discordance.