

A JESUS PRAYER  
(for times of troubled hearts)

You alone can save me, Lord, not my good deeds, or my faith,  
or my fasting, or my piety, my prayers, or my punishing myself.

Your love alone saves me.

And so I choose you, Jesus, as my Lord, my God, my Saviour, my all,  
for you have already chosen me as your little one whom you love.

Jesus, I am lost:	Jesus, be my pathway.
Jesus, I am weak:	Jesus, be my strength.
Jesus, I am unforgiving:	Jesus, be my forgiveness.
Jesus, I am afraid:	Jesus, be my courage.
Jesus, I am violent:	Jesus, be my peace.
Jesus, I am hateful:	Jesus, be my love.
Jesus, I am unjust:	Jesus, be my justice.
Jesus, I am filled with doubt:	Jesus, be my assurance.
Jesus, I am self-destructive:	Jesus be my self-protection.
Jesus, I am lazy:	Jesus, be my energy.
Jesus, I am thirsty:	Jesus, be my refreshment.
Jesus, I am hungry:	Jesus, be my food.
Jesus, I am discouraged:	Jesus, be my hope.
Jesus, I am proud:	Jesus, be my humility.
Jesus, I am spiteful:	Jesus, be my mercy.
Jesus, I am lustful:	Jesus, be my purity.
Jesus, I am jealous:	Jesus, be my contentment.
Jesus, I am ignorant:	Jesus, be my wisdom.
Jesus, I am captive in my sin:	Jesus, be my freedom in your grace.
Jesus, I am but me, your little one:	Jesus, be my Lord, my God, my Saviour, my all.

