

HESYCHASTIC PRAYER

Voice 1
Je-sus Chri-st, have mer-cy up - on u - s. Je-sus Chri - st, have mer-cy up-

Voice 2
Je-sus Chri-st, have mer-cy up - on u - s. Je-sus Chri - st, have mer-cy up-

Voice 3
Je-sus Chri-st, have mer-cy up - on u - s. Je-sus Chri - st, have mer-cy up-

Voice 4
(optional)

4

1
on u - s. Je - sus Chri - st, have mer-cy up - on u - s.

2
on u - s. Je - sus Chri - st, have mer-cy up - on u - s.

3
on u - s. Je - sus Chri - st, have mer-cy up - on u - s.

4
Je - sus Chri - st, have mer-cy up - on u - s.

May be repeated many (e.g. 40) times.