

Chanting phrases is not biblical

Moreland and Issler state:

In our experience, Catholic retreat centers are usually ideal for solitude retreats ... We also recommend that you bring photos of your loved ones and a picture of Jesus ... Or gaze at a statue of Jesus. Or let some pleasant thought, feeling, or memory run through your mind over and over again.⁽⁵⁴⁾

I have searched the Scriptures. Gazing at a picture or statue of Jesus or concentrating on a thought or feeling in order to establish "a quiet inner center" just isn't there! But that isn't all they recommend. For example, Moreland and Issler provide tips for developing a prayer life. Here are some of the recommendations they make:

We recommend that you begin by saying the Jesus Prayer about three hundred times a day.

[DFT: In Francis Chan's interview with the Bible Answer Man and an Orthodox priest, the priest states "I say the "Jesus prayer" 1200 times a day!; BAM says 1000/day"
The [Jesus Prayer](#): <Breath in> "Lord Jesus, have mercy <Breath Out> on me, a sinner"]

When you first awaken, say the Jesus Prayer twenty to thirty times. As you do, something will begin to happen to you. God will begin to slowly occupy the center of your attention.

Repetitive use of the Jesus Prayer while doing more focused things allows God to be on the boundaries of your mind and forms the habit of being gently in contact with him all day long.

Moreland and Issler try to present what they consider [to be] a scriptural case that repetitive prayers are OK with God. They say the Jesus Prayer is derived from Luke 18:38 where the blind man cries out, "Jesus, have mercy on me," ⁽⁵⁸⁾ but nowhere in that section of the Bible (or any section for that matter) does it instruct people to repeat a rendition of Luke 18:38 over and over.

I have been to the country of Myanmar (formerly called Burma) twice. On both occasions, I observed and videotaped both Catholics and Buddhists practicing repetitive prayer. By the way, in both cases they were chanting these prayers over and over while counting beads. Yes, Catholics and Buddhists **both have a rosary technique to keep track of how many times they have chanted a prayer.**

I have also interviewed Catholics and Buddhists praying in Myanmar. I have asked them what they are doing and why they are doing it. Each time I asked this question, I have been told the same thing. **It is a way to concentrate and focus their thought and get in tune with the spirit world. Chanting repetitive phrases to get closer God is not biblical; it is Satanic.**

[DFT: It's also expressly discouraged: Matt 6:7-8 "You will not be heard . . . by vain repetition."