



OCTOBER- MEDITATION

SPIRITUAL PRACTICE RELEASE

## Overview- October: Meditation

This month we are looking at meditation as a Christian Spiritual Practice.

This practice has gained a lot of popularity in recent years as people both in and outside the church seek ways to reduce the anxiety that seems to permeate our modern lives. There are two kinds of meditation we'll be focusing on in the resources provided for this month:

1) Meditation, or mindfulness, is a great way for people (including youth!) to learn to identify their emotions and moderate them in healthy ways. This part of the practice may include breathing exercises (breathwork), noticing (paying attention to situations and interactions that trigger emotional responses), and guided times that help to increase certain Fruits of the Spirit like Joy, Peace, Patience, and Self-Control.

2) The second kind of meditation is about *focusing* on God: who He is and who we are as Christians. In this kind of meditation, you'll spend time deeply reflecting on scripture, creation, and practicing being in the presence of God. As it says in Joshua 1:8 "meditate on [God's Word] day and night, so that you may be careful to do everything written in it."

In either case **Christian** meditation is about slowing down and giving our undivided attention to our Creator and filling our minds with His truth.

This month we have curated several sources, including articles, activities, apps, and books to help you as you lead your youth. Note that some of these resources are non-faith based (particularly in the app section). We encourage you to use these resources in close alignment with biblical teachings, but we recommend them because they offer support in mindfulness, ease of access, and quality will compliment what you are doing with your youth. In every case, we have endeavored to ensure that the resources collected here do not contradict Christian tenants.

We believe that meditation is a great practice that will bring a lot of value to you and your youth as you grow closer to Jesus. It is our prayer that, this month, you and your youth are able to find a kind of meditation that is meaningful to where you are in your walk with Christ, and that you are able to incorporate it more regularly in your life.

If you have any questions, or would like to recommend a resource to add to this folder, please contact CBOQ Youth by emailing Meghan at [mmatthews@baptist.ca](mailto:mmatthews@baptist.ca)

Blessings to you this month,

The CBOQ Youth team



## Scriptures About Meditation

### Joshua 1:8 (NIV)

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it.

### Psalms 19:14 (ESV)

Let the words of my mouth and the meditation of my heart  
be acceptable in your sight,  
O LORD, my rock and my redeemer.

### Psalms 63:6-8 (MSG)

If I'm sleepless at midnight,  
I spend the hours in grateful reflection.  
Because you've always stood up for me,  
I'm free to run and play.  
I hold on to you for dear life,  
and you hold me steady as a post.

### Psalms 77:12 (MSG)

I'll ponder all the things you've accomplished,  
and give a long, loving look at your acts.

### Psalms 119:48 (ESV)

I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.

### Philippians 4:8 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

**Note:** The Psalms are a great resource, they contain a lot more verses about the need to meditate on God's work and words. The Psalms are also a great place to go to *for* your meditation on God's Word.



## LESSON OUTLINE (1-hour version)

### Lesson Objectives:

#### Students will:

- Practice a meditation exercise
- Draft their own ongoing routine in meditation

#### Materials Needed:

- Bible (1 for every participant OR printouts of chosen scriptures, Psalms 139, 86 and 42 can be found at the end of this lesson)
- Notebook/Journal/Paper (enough for each participant) \*NOTE: you can ask your youth to bring in their own, and you can supply for those who don't already have a journal/forget theirs)
- Breathwork video option: <https://youtu.be/SEfs5TJZ6Nk>
- [Breathwrk](#) (app)
- A way to play audio for breathwork video/app (I.e. Laptop, phone with Bluetooth speaker, etc.)
- A way to keep track of time

### Set Up

You'll need to set up a comfortable and quiet atmosphere. Consider bringing pillows, blankets, or beanbags for people to use.

Assemble the needed materials (including printing out the scripture you've selected if needed)

If possible, spread people around your space (paying attention to your church's Child Protection Policy's supervision requirements) so they will not be distracted by others (or be tempted to chat).

Online adaption: invite people to turn off their video for the activity portion (but don't have them log off so they can easily return for the debrief).

### Preamble (3 minutes)

Today we are going to try meditation. As Christians, when we meditate we choose to focus our attention on God. Sometimes that can be difficult to do, that's why we are going to *practice!* When we meditate and focus on God, either directly or using his Word (like we are going to do today), the goal isn't to *learn* (acquire head knowledge) instead we should focus on the *emotional experience* of being with God.

We'll start with some intentional breathing to help us get into the right headspace, and then we'll use the Psalms to help keep us focused on God throughout this time.



## Minds On- 3 minutes

Breathwork- 3 minutes of breathing

Encourage your participants to settle into their spot, they can choose to keep their eyes open, or can close them. The point of this activity is to get everyone to slow down so that they can focus solely on God.

Video Option: <https://youtu.be/SEfs5TJZ6Nk>

You could also use the app [Breathwrk](#) to time out the breaths that your group takes (this is a good option if you need to shorten this part of the lesson).

## Activity- 30 minutes

Explanation:

- When I say “go ahead” you can go find a spot to meditate. Take a few moments to settle in: stretch, arrange your space, put on a sweater and/or take off your shoes. Sit in a position that you can maintain without any effort (i.e. don’t feel like you have to kneel the whole time if that’s not comfortable for *you*).
- Place yourself in the presence of God, really feel what it would be like to rest in his presence, knowing you are safe.
- Ask God to open your heart to his Word.
- Using your Bible (or the handouts provided), read Psalm 139, Psalm 86, or Psalm 42 (make sure to choose only one).
- Take your time; savour each word. If there is a word/phrase that “lights up” or feels “sticky” to you, stop on it. Rest there. Let the word or phrase tumble around in your mind and in your heart.
- If you are having any thoughts or questions, write them down in your journal. You can come back to them later. During our meditation time, don’t worry about *answering* questions.
- If your mind starts to wander, gently bring it back to your Psalm. There is no need to feel like you need to *finish* this today, you can take your word with you.
- We are going to sit with our Psalm, in the presence of God for 30 minutes.<sup>1</sup>

**IN PERSON:** At the end of the activity I will come around to let you know that time is up and that we are going to gather and debrief the experience.

**ONLINE:** I will send you a message and will turn my video back on to let you know when it is time to gather and debrief the experience.

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<sup>1</sup> Note: you can adjust the time to fit the level of your group, however, we encourage you to place the time just a little beyond what you think they can do- you may be surprised! At this point invite people to begin their meditation time, in the physical space or with their video off.



## Debrief (15+ minutes)

When everyone has gathered again (or split into their small groups, depending on how your group is organized), debrief the experience using open-ended questions (examples below):

- How was that experience for you?
- How would you characterize your ability to pay attention?
- Were there any emotions that came up for you while you were meditating? What were they?
- When your mind wandered, how did you notice that you were no longer meditating? How did you bring back your attention?
- Do you tend to do things quickly? How does that effect your ability to meditate?
- Is this something that you think you could do regularly? (Would a shorter period of time help you?)
- How could you integrate meditation in your routine?

### Tips for Debrief:

- Consider a Think/Pair/Share model: Have students share their thoughts about the experience of meditation with a partner, after the allotted time, invite students to share an insight from their reflection
- Ask your questions slowly, giving up to a minute for students to consider their answer. Consider inviting participants to write their reflections down in a notebook/journal
- Write up insights on a whiteboard/chalkboard for others to copy into their notebooks

## Homework/ Weekly Challenge

Taking 10 deep breaths before you start, reread your chosen Psalm each day this week.

You do NOT need to spend 30 minutes on this each day (unless you want to!) but do try to read through your Psalm slowly so that you can notice where words “light up” or get “sticky” for you each day.

We’ll talk about the experience when we gather again next week.



## LESSON SAMPLE (10 Minute Version)

### Lesson Objectives:

### Students will:

- Practice a meditation exercise
- Draft their own on-going routine in meditation

### Materials Needed

- Bible (for the leader to read the Psalm from)
- 1 copy of either Psalm 139, 86 and 42 to give out as part of the weekly challenge (printout available at the end of this lesson)
- Notebook/Journal/Paper (enough for each participant) \*NOTE: you can ask your youth to bring in their own, and you can supply for those who don't already have a journal/forget theirs)

### Set Up

Allow everyone to settle into their seats before starting. Make sure your Bible is ready to go for when you start reading. The remainder of this lesson is a suggested script to use when leading your students; you may choose to modify it as you see fit.

### Preamble (2 minutes)

Today we are going to try meditation. As Christians when we meditate, we choose to focus our attention on God. Sometimes that can be difficult to do, that's why we are going to *practice!* When we meditate and focus on God, either directly or using his Word (like we are going to do today), the goal isn't to *learn* (acquire head knowledge) instead we should focus on the *emotional experience* of being with God.

We'll start with some intentional breathing to help us get into the right headspace, and then we'll use the Psalms to help keep us focused on God throughout this time.



### **Activity (5 minutes)**

We are going to take three deep breaths to start, as you breathe in and out place yourself in the presence of God, really feel what it would be like to rest in his presence, knowing you are safe.

Ask God to open your heart to his Word.

Then I am going to read Psalm 139/86/42 through slowly, three times without stopping.

When a word “lights up” or becomes “sticky” for you, stop listening and allow that word to tumble around in your heart and mind. Feel free to write down that word or any questions that come up. You do not need to *answer* them now, just recognize that they are there.

If your word stops being sticky, focus again on the sound of God’s Word being spoken into our space.

### **Debrief- 3-5 minutes**

- Take some time to review these questions: How was that experience for you?
- How would you characterize your ability to pay attention?
- Were there any emotions that came up for you while you were meditating? What were they?
- When your mind wandered, how did you notice that you were no longer meditating? How did you bring back your attention?
- Do you tend to do things quickly? How does that effect your ability to meditate?
- Is this something that you think you could do regularly? (Would a longer period of time help you?)
- In what ways could you integrate meditation in your routine?

### **Homework/ Weekly Challenge- 1-2 minutes**

Taking 10 deep breaths before you start, reread your Psalm each day this week.

Try to read through your Psalm slowly so that you can notice where words “light up” or get “sticky” for you each day.

We’ll talk about the experience when we gather again next week OR invite students to share their experience on a group chat/online platform that your group uses.





## SCRIPTURE TO MEDITATE ON

### Psalm 139

- 1** You have searched me, LORD,  
and you know me.
- 2** You know when I sit and when I rise;  
you perceive my thoughts from afar.
- 3** You discern my going out and my lying  
down; you are familiar with all my ways.
- 4** Before a word is on my tongue  
you, LORD, know it completely.
- 5** You hem me in behind and before,  
and you lay your hand upon me.
- 6** Such knowledge is too wonderful for me,  
too lofty for me to attain.
- 7** Where can I go from your Spirit?  
Where can I flee from your presence?
- 8** If I go up to the heavens, you are there;  
if I make my bed in the depths, you are  
there.
- 9** If I rise on the wings of the dawn,  
if I settle on the far side of the sea,
- 10** even there your hand will guide me,  
your right hand will hold me fast.
- 11** If I say, "Surely the darkness will hide me  
and the light become night around me,"
- 12** even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.
- 13** For you created my inmost being;  
you knit me together in my mother's  
womb.
- 14** I praise you because I am fearfully and  
wonderfully made;  
your works are wonderful,  
I know that full well.
- 15** My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths  
of the earth.
- 16** Your eyes saw my unformed body;  
all the days ordained for me were written in  
your book  
before one of them came to be.
- 17** How precious to me are your  
thoughts,<sup>[a]</sup> God!  
How vast is the sum of them!
- 18** Were I to count them,  
they would outnumber the grains of sand—  
when I awake, I am still with you.
- 19** If only you, God, would slay the wicked!  
Away from me, you who are bloodthirsty!
- 20** They speak of you with evil intent;  
your adversaries misuse your name.
- 21** Do I not hate those who hate you, LORD,  
and abhor those who are in rebellion  
against you?
- 22** I have nothing but hatred for them;  
I count them my enemies.
- 23** Search me, God, and know my heart;  
test me and know my anxious thoughts.
- 24** See if there is any offensive way in me,  
and lead me in the way everlasting.

## SCRIPTURE TO MEDITATE ON

### Psalm 86

**1** Hear me, LORD, and answer me,  
for I am poor and needy.

**2** Guard my life, for I am faithful to you;  
save your servant who trusts in you.

You are my God; **3** have mercy on me, Lord,  
for I call to you all day long.

**4** Bring joy to your servant, Lord,  
for I put my trust in you.

**5** You, Lord, are forgiving and good,  
abounding in love to all who call to you.

**6** Hear my prayer, LORD;  
listen to my cry for mercy.

**7** When I am in distress, I call to you,  
because you answer me.

**8** Among the gods there is none like  
you, Lord;

no deeds can compare with yours.

**9** All the nations you have made  
will come and worship before you, Lord;  
they will bring glory to your name.

**10** For you are great and do marvelous deeds;  
you alone are God.

**11** Teach me your way, LORD,  
that I may rely on your faithfulness;  
give me an undivided heart,  
that I may fear your name.

**12** I will praise you, Lord my God, with all my  
heart;

I will glorify your name forever.

**13** For great is your love toward me;  
you have delivered me from the depths,  
from the realm of the dead.

**14** Arrogant foes are attacking me, O God;  
ruthless people are trying to kill me—  
they have no regard for you.

**15** But you, Lord, are a compassionate and  
gracious God,  
slow to anger, abounding in love and  
faithfulness.

**16** Turn to me and have mercy on me;  
show your strength in behalf of your servant;  
save me, because I serve you  
just as my mother did.

**17** Give me a sign of your goodness,  
that my enemies may see it and be put to  
shame,

for you, LORD, have helped me and  
comforted me.

## SCRIPTURE TO MEDITATE ON

### Psalm 42

**1** As the deer pants for streams of water,  
so my soul pants for you, my God.

**2** My soul thirsts for God, for the living God.  
When can I go and meet with God?

**3** My tears have been my food  
day and night,  
while people say to me all day long,  
“Where is your God?”

**4** These things I remember  
as I pour out my soul:  
how I used to go to the house of God  
under the protection of the Mighty One  
with shouts of joy and praise  
among the festive throng.

**5** Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Savior and my God.

**6** My soul is downcast within me;  
therefore I will remember you  
from the land of the Jordan,  
the heights of Hermon—from Mount Mizar.

**7** Deep calls to deep  
in the roar of your waterfalls;  
all your waves and breakers  
have swept over me.

**8** By day the LORD directs his love,  
at night his song is with me—  
a prayer to the God of my life.

**9** I say to God my Rock,  
“Why have you forgotten me?  
Why must I go about mourning,  
oppressed by the enemy?”

**10** My bones suffer mortal agony  
as my foes taunt me,  
saying to me all day long,  
“Where is your God?”

**11** Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Savior and my God.



# RESOURCES

## **Books on Meditation/Mindfulness/Practicing the Presence**

Davis, John Jefferson. *Meditation and Communion with God: Contemplating Scripture in an Age of Distraction.*

Edwards, Tilden. *Living Presence.*<sup>2</sup>

Laird, Martin. *Into the Silent Land: A Guide to the Christian Practice of Contemplation.*

Mains, Karen. *The God Hunt.*<sup>3</sup>

Rohr, Richard. *Everything Belongs.*

Yaconelli, Mark. *Contemplative Youth Ministry: Practicing the Presence of Jesus.*

## **General Books on Spiritual Practices:**

Ahlberg-Calhoun, Adele. *The Spiritual Practices Handbook.*

Foster, Richard. *Celebration of Discipline.*

Shiflett, Diana. *Spiritual Practices in Community.*

Smith, Traci. *Faithful Families: Creating Sacred Moments at Home.*

Thompson, Marjorie. *Soul Feast.*

Willard, Dallas. *The Spirit of the Disciplines.*

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<sup>2</sup> This book has some small group evaluations that might be helpful for your group. The practices in this book are adaptable for groups as well as individuals so some of your work is done.

<sup>3</sup> This book is all about searching for Jesus with a child-like faith, great for new-ish believers looking to go deeper.






## Meditation

<b>Desire</b>	To more deeply gaze on God through the written Word and the created order
<b>Definition</b>	Meditation is a long, ardent gaze at God, his work, and his Word. Slowing down and giving one's undivided attention to God lies at the core of Christian meditation.
<b>Scriptures</b>	<p>“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” (Joshua 1:8)</p> <p>“If I’m sleepless at midnight, I spend the hours in grateful reflection.” (Psalm 63:6, MSG)</p> <p>“I’ll ponder all the things you’ve accomplished, and give a long, loving look at your acts.” (Psalm 77:12, MSG)</p> <p>“May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.” (Psalm 19:17)</p>
<b>Practice Includes</b>	<ul style="list-style-type: none"> <li>• Reading creation as a “most elegant book, wherein, all creatures great and small, are as so many characters leading us to see clearly the invisible things of God” (Belgic Confession)</li> <li>• Mulling over, chewing on and ruminating over God’s Word and its application</li> <li>• Meditating on people; seeing them as God sees them and expressing delight in them as he does</li> <li>• Paying attention to God with your body by slowing down, relaxing and breathing deeply</li> <li>• Meditating on Jesus and on Scripture</li> </ul>
<b>God-Given Fruit</b>	<ul style="list-style-type: none"> <li>• Developing sight for the interior things of God in the natural and external world</li> <li>• Seeing beyond a first glance and first impression to the heart of God</li> <li>• Developing depth of insight</li> <li>• Developing a love for gazing on God</li> <li>• Experiencing calmness, serenity and quietness stemming from an awareness of the nearness of God</li> </ul>

Source: Adele Ahlberg-Calhoun, *The Spiritual Disciplines Handbook*, 191.



## Meditation Apps

App Icon	Name and Uses
	<p><b>Soultime Christian Meditation</b></p> <ul style="list-style-type: none"> <li>• Free to download, no sign up required</li> <li>• Limited content for free, many parts are restricted to paid subscribers</li> <li>• Bible-based meditations, and reflections specifically geared towards Christian life</li> <li>• Entire bible is available digitally for in-app journaling</li> </ul>
	<p><b>Abide:</b></p> <ul style="list-style-type: none"> <li>• Christian meditation app</li> <li>• Free to download, sign up required</li> <li>• Journaling section available</li> <li>• Limited content for free, daily meditation (scripture based) is only 2 minutes, longer versions are for paid subscribers</li> </ul>
	<p><b>Headspace:</b></p> <ul style="list-style-type: none"> <li>• Free to download, but you have to sign up</li> <li>• Limited meditations available unless you use the paid subscription option, however the ones that are available are great for beginners</li> <li>• Training videos on how to approach meditation/mindfulness</li> <li>• Non-faith-based</li> </ul>



### **Calm**

- Free to download, but you have to sign up
- Recommendations made based on the goals you identify (i.e. reduce anxiety, develop gratitude, increase happiness etc.)
- Lots of meditations available on the free version, but option to pay for full service
- Non-faith-based



### **Stop, Breathe, Think**

- Lots of variety for free, longer meditations are for paid subscribers
- Emotion tracking before meditation for personalized recommendations, after meditation for personal reflection
- Non-faith-based



### **Oak:**

- Free, no sign up required
- Meditation, Breath, and Sleep exercises available
- Extended courses available (often for free)
- Non-faith-based





**Breathwork:**

- Free to use, sign up required
- Just about breathing, no meditations
- Simple and effective

## Practicing Mindfulness

**“I’m very concerned that our society is much more interested in information than wonder.  
In noise, rather than silence.” — Fred Rogers**

If you would like to leave our noisy world behind for a moment and intentionally practice mindfulness, here’s what the process can look like:

- Take some time out of your day, even if it’s only 5-10 minutes (it might be too difficult to do more than that initially).
- Do not create expectations for this time. Having greater expectations that are unmet may make you feel discouraged and frustrated. This is a discipline that takes time to do well.
- Find a quiet place to sit. It may be helpful to designate a certain space in your house for this purpose.
- Notice your breathing and breathe deeply through your diaphragm to calm your mind (most of us don’t breathe properly).
- As you enter this time, close your eyes. Contemplate the reality that you are in the presence of God the Father, who is over all and whose Spirit dwells in you if you are His. This is a time for you to be with God.
- If you find it difficult to simply focus on the presence of God, dwell on a truth about God or a teaching of Christ and remember that He is there with you.
- When a thought comes that distracts you from focusing on God’s presence, do not become frustrated. Gently return to your time with Him by saying a prayer to help you refocus. “Christ Jesus, have mercy on me” is a traditional example.

Setting aside time for practicing watchfulness is helpful, but watchfulness is not limited to this time. Christ is always with us and willing to transform our minds as we go about our day. As the enemy attempts to draw us away from God and into temptation, we learn through watchfulness how to be ready and to respond with prayer in every situation.

Adapted from Source: <https://www.boundless.org/blog/should-christians-practice-mindfulness/>



## Meditation Exercise

“Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

(Joshua 1:8)

Meditation is a wonderful place to start for a person who desires to receive nurture from God. It is intentional vertical connection that is both spiritually nurturing and emotionally healing. Richard Foster says, “That is why meditation is so threatening to us. It boldly calls us to enter the living presence of God for ourselves. It tells us that God is speaking in the continuous present and wants to address us.”

While meditation can always be done in a place of solitude, it is important to find places to integrate it into our normal daily routine as well. Here it is important to find a place that is quiet and free from interruption. It might also be helpful to have a consistent place versus trying to find a new place each time.

It is important to understand the difference between meditation and study. Thomas Merton has defined this well: "By study we seek the truth in books or in some other source outside our own minds. In meditation we strive to absorb what we have already taken in."

- Select a portion of Scripture. You might find it helpful to use a translation or paraphrase that you are not as familiar with so that the words are fresh. Try repeating it several times. Each time you repeat it, emphasize a different part of it. You might consider writing it on an index card and placing it somewhere to remind you over the next week.
- A similar exercise to the one above is praying the Scripture. Choose a passage that is simple and practical. Read the passage very slowly—only a portion at a time. Do not focus on how much you read, but the way you are reading. One author has described this as the difference between a bee that merely skims the surface of a flower and one that penetrates the depths of the flower. As the Scripture begins to sink into your soul, spend time interacting with God about what the passage is saying to your life.
- Think about some of the new principles you have recently taken in. Choose a phrase or a concept which you desire to become a deeper part of your life. Sitting in quiet, focus on this phrase or concept. Consider taking this concept with you into your day.
- Go somewhere to be in nature. Spend at least 30 minutes contemplating all that is around you. As you take this in, thank God for his creation. Allow the beautiful surroundings to nurture your soul.
- One very helpful exercise suggested by Richard Foster is called “palms down, palms up.” You begin by placing your palms down as a symbolic indication of your desire to turn over any concerns you may have to God. Pray about your concerns as you do this. Next, turn your palms up as a symbol of your desire to receive from the Lord. As you meditate in this posture, pray in a way as if receiving directly from the Lord. There is something very helpful about using our hands to illustrate what is going on in our heart

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## Prayer Tool: How to Practice Christian Meditation

### What?

Christian meditation is a simple way to stop, pause, and enjoy God's presence. This prayer tool will help you begin to integrate Christian meditation into your daily life.

### Why?

"Prayer is the interactive relationship we have with God about what we and God are working on together. Christian meditation is the listening side of this interactive relationship" Richard J Foster

### Bible reference:

"Blessed is the one who... meditates on your law day and night." Psalm 1:1-2

### A quick introduction to Christian Meditation

Meditation is an ancient spiritual practice that helps many Christians grow in their ongoing friendship with Jesus.

The purpose of Christian meditation is to allow a space for our souls to gaze upon God. This will result in a shift for us, as Richard Foster puts it, from, "theological dogma to a radiant reality." The result can be a deepening of our intimacy with God and a growth in reverent awe. The words of the Apostle Paul to the church in Corinth encourage us towards such a practice of adoring prayer:

"And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit." 2 Corinthians 3:18

Paul's encouragement to the church in Corinth explicitly implies that such meditation on the beauty of Jesus will lead to transformation into His very image. The Biblical authors, from both the Old and New Testaments, were in no doubt - we cannot become what we cannot see.

Our highest priority is worship. Only in seeing Jesus will we fulfil the high calling of humanity: to outshine the stars with His glory. Adoring prayer in the form of an intimate meditation causes such a long, loving look to take place. Then, when we see Him, we will never be the same again.



## Do It: How to Practice Christian Meditation

### The use of the imagination

The accumulated wisdom of many saints through the centuries provides us with a number of ways we can engage our imaginations to help our meditative practice. We can learn to meditate on God's creation, beautiful art and even the events of our time for example, but Christian meditation should always start with meditation on scripture.

"I meditate on your precepts... open my eyes that I may see wonderful things in your law." Psalm 119: 15, 18

This is a form of reading the Bible that focuses not so much on 'Bible study' as we commonly understand that word, but rather how we internalize the words in loving union with God.

There is a form of meditative prayer called "compose the place", promoted by Ignatius of Loyola in his famous Spiritual Exercises. It encourages readers to imagine themselves in a scene from the Bible, taking part in it, engaging all their senses and becoming aware of what they notice.

Listen. Touch. Taste. Look. Smell. Notice what you notice.

### Using 'Compose the Place' Meditative Prayer

You might like to use the transfiguration of Jesus, Matthew 17:1-8, as an example passage:

1. Begin by inviting the presence of God and ask the Holy Spirit to sanctify your mind anew.
2. Imagine yourself in the scene and engage all your senses. For example, Prayer Tool: How to Practice Christian meditation you may want to imagine yourself, like Peter, James or John, walking up the mountain with Jesus. Why have you been chosen? What are you feeling in your heart as you walk up? You watch Jesus transfigured—His face 'shining like the sun' and His clothes 'dazzling white'—what do you see? In what ways are you overcome? You hear the voice of the Father speaking, 'This is my son, whom I love; with him I am pleased. Listen to Him.' How do you respond? As you walk back down the mountain with Jesus how have you been changed?
3. Respond by praying out your love for God. If you are comfortable, respond with your whole body – raise your hands in worship, sing a song of adoration, bow in holy reverence.
4. Reflect on one particular area of God's character that He may be revealing and unveiling to you in these moments.
5. Ponder how you are being changed by this encounter with God's presence.

Source:

[https://downloads.247prayer.com/prayer\\_course/2019/resources/pdfs/6%20How%20to%20Practise%20Christian%20Meditation.pdf](https://downloads.247prayer.com/prayer_course/2019/resources/pdfs/6%20How%20to%20Practise%20Christian%20Meditation.pdf)



## Links to Articles on Meditation/Mindfulness

The following links will take you to a number of articles (and an activity!) on the Spiritual Practice of Meditation. Articles are listed by their title so you can select the ones that are most relevant to your ministry.

### ARTICLES

[Christian meditation: What practices are New Age and what is biblical?](#)

[Mindfulness vs. Christian Meditation- What's the difference?](#)

[Mindfulness: a Christian Approach](#)

[Is it Biblical to Meditate?](#)

[Should Christians Practice Mindfulness?](#)

[What does Meditation Mean in the Bible? How can I Practice Meditation?](#)

[10 Ways to Effectively Practice Biblical Meditation](#)

[10 Things You Should Know About Christian Meditation](#)

### ACTIVITY

[How to Meditate as a Christian in 8 steps](#)

