

# GUIDE TO CHRISTIAN MEDITATION

By RF

# MAIN RELIGIONS THAT USE MEDITATION

- Buddhism (Buddhists pursue meditation as part of the path toward Enlightenment and Nirvana.)
  - Hinduism (Meditation is done to realize union of one's self, one's atman, with the omnipresent and non-dual Brahman.)
  - Taoism (form of meditation using visualization, such as Chinese Qigong, the practitioner concentrates on flows of energy (Qi) in the body, starting in the abdomen and then circulating through the body, until dispersed.)
  - Sikhism (This is focusing one's attention on the attributes of God. Sikhs believe that there are 10 'gates' to the body; 'gates' is another word for 'chakras' or energy centres. The top most energy level is called the tenth gate or Dasam Dwaar. When one reaches this stage through continuous practice meditation becomes a habit that continues whilst walking, talking, eating, awake and even sleeping.)
  - New Age (New Age meditation as practised by the early hippies is regarded for its techniques of blanking out the mind and releasing oneself from conscious thinking.)
  - Judaism (The word derives from the Hebrew word "boded" (        meaning the state of being alone.)
  - Jainism (practiced deep meditation and attained enlightenment.)
  - Islamic Mysticism (The sensation of receiving divine inspiration awakens and liberates both heart and intellect, permitting such inner growth that the apparently mundane actually takes on the quality of the infinite.)
  - Christianity (Christian meditation aims to heighten the personal relationship based on the love of God that marks Christian communion.)
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# PURPOSES OF MEDITATION

## ❖ Eastern Meditation

(To clear the mind of all thoughts, so that one can reach a state of awareness or enlightenment.)

---State of awareness = searching for one's own truth

End Result: Peace & Tranquility

## ❖ Biblical Meditation

(To clear the mind of negative thoughts, and fill one with truth.)

---State of awareness of God = Connecting with “the one who is truth”.

End Result: Peace & Tranquility



# DANGERS OF MEDITATION

- Eastern Meditation

Opens one soul up to commune with spirits, without the conscious mind being able to discern what is right or wrong. Allows possible access of “bad spirits” into the subconscious.

- Biblical Meditation

Opens one’s soul up to God and his love and truth. Allows use to be in communion with our Father, and glean his higher thoughts unto our subconscious.



Opens one's spiritual center to spirits



Eastern Meditation

Opens one's spiritual center up to God



Biblical Meditation



# THE SUBCONSCIOUS

You may not have known it but you have two different minds.

- Conscious Mind

(deals with cognitive and analytical thinking)

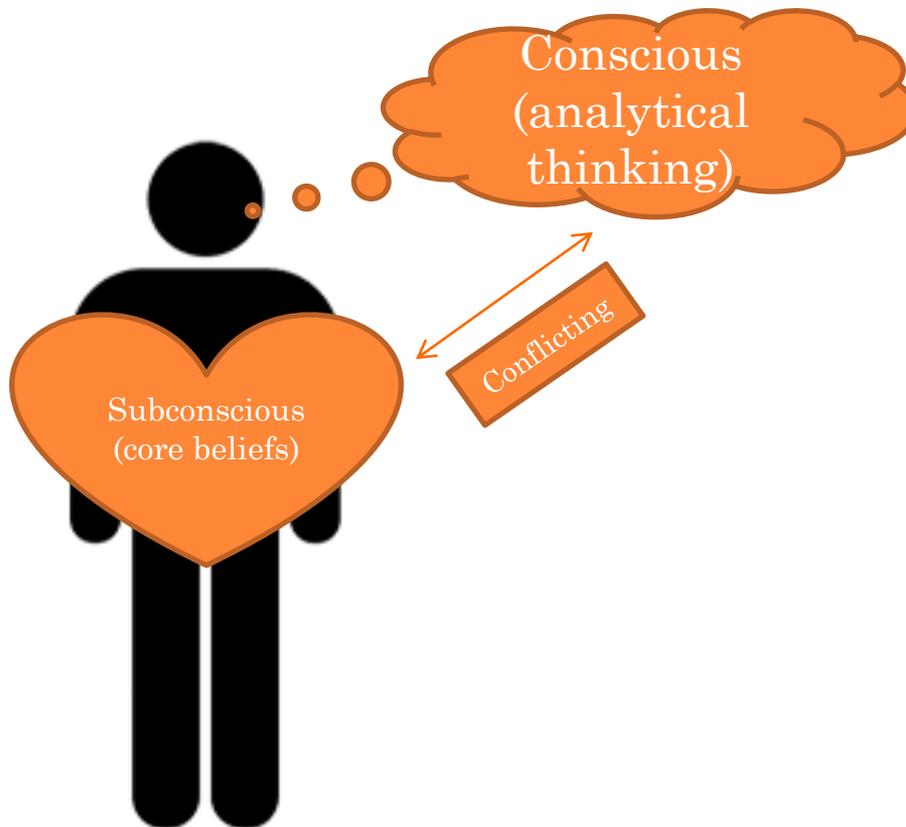
- Subconscious Mind

(is more like the knowing, it's what drives our actions. It is also referred to as the heart. It stores emotions, traumas, and core belief system that one is taught during their formative years)

This is why sometimes even though you know in your “conscious mind” what is the right thing to do; you may be in conflict with your “subconscious mind” because it is what ultimately drives your conscious mind. The key in biblical meditation is to have ours subconscious minds in tune and abiding in God's spirit so that our hearts reflect his.



# INNER TURMOIL



# IMPORTANCE OF PEACE

As we said earlier peace is one of the key outcomes for meditating. But how many Christians do you know that are at peace all the time? Perhaps we've been neglecting the importance of meditation and the peace that it brings. The bible talks a lot about peace.

- **John 14:27** *Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.*
- **Colossians 3:15** *And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.*
- **Proverbs 14:30** -- *A heart at peace gives life to the body, but envy rots the bones.*
- **Hebrews 12:14** --*Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord.*
- **Psalms 34:12-14** --*What man is he that desires life, and loves many days, that he may see good? Keep thy tongue from evil, and thy lips from speaking guile. Depart from evil, and do good; seek peace, and pursue it.*



# GOD'S INNER PEACE THROUGH MEDITATION

Peace is a state of not being in conflict; inner peace then would be not being in conflict inwardly. The opposite of inner peace is a state of inner conflict, which is defined as emotional disturbance resulting from a clash of opposing impulses or from an inability to reconcile contradictions with realist or moral. Inner conflict is basically the two minds opposing each other. For example, the head says one thing and the heart says another equals inner turmoil. So one cannot simply memorize and scriptures to attain this peace but one must meditate on it; thus changing both the subconscious mind as well as the conscious to get peace.

- **Isaiah 26:5** -- *You keep him in perfect peace whose mind is stayed on you, because he trusts in you.*
- **Romans 5:1** -*Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.*
- **John 16:33** *I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”*
- **Matthew 11:28-30** *Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*
- **Romans 8:6** *For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.*
- **Proverbs 3:1-2** -- *My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity.*

# PREPARING ONE'S HEART (SUBCONSCIOUS) TO COMMUNE WITH GOD

Have you ever dreaded reading your bible or praying because every time you sit down you cannot seem to quiet your conscious mind; it keeps just wandering and going somewhere else. This section here, is to offer you some practical tips in order to prepare your body, mind and heart to receive from God.

The mind can make the physical body restless by causing the body to produce hormones called adrenaline. When one is mentally stressed or upset about something the body goes physically into a stress mode, this mode also causes mind to zoom and not be able to be settled. Other things that can cause the mind to be hyperactive and un-relaxed thus causing the body to be un-relaxed and unable to focus and meditate, are sugary foods, too much exercise, not enough sleep.

I Corinthians 6:19-20 -- *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your bodies.*

The bible seems to talk quite a bit about the importance of being still and quiet. Look at these verses:

- **Psalm 46:10** --“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”
- **Psalm 37:7** -- Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!
- **Exodus 14:14** -- The Lord will fight for you, and you have only to be silent.”
- **Psalm 131:2**-- But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

## ***Practical Tips for Being Still:***

--Deep Breathing Techniques helps calm the body and mind and reduce stress (stress is the number one cause for aging and death)

- **Job 33:4**- The Spirit of God hath made me, and the breath of the Almighty hath given me life.

Take a deep breath starting from your belly and pushing it out slowly, followed by your chest as you inhale for 4-5 seconds.

Hold your breath dramatically for a moment and ground yourself

Then slowly allow your stomach to fall as the breath is exhaled and let your chest fall

Rest in that moment.



# PREPARING ONE'S HEART (SUBCONSCIOUS) TO COMMUNE WITH GOD CONTINUED...

--Prayer (it is particularly important to pray with one's heart as well as one's head)

- **Mark 11:24** --Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.)

Ask God for peace and then believe that he has granted what you ask for by visualizing it.

--Thankfulness & praising God enforces positive emotions (negative emotions block one's spiritual energy centers):

- **1 Thessalonians 5:18**-- Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
- **Philippians 4:6** -- Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- **Psalms 100:4** -- Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!
- **Psalms 95:2** --- Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

Start by acknowledging what you are feeling whether it be negative or positive, if it's negative visualize it going into a trash basket.

Next praise God aloud and sing to him, visualize and ruminate over all that he has done. (because it becomes more of a reality if we can see it in picture form in our minds)

Set the timer for five minutes and write a list of everything that you are thankful for

-- Confession of sins restores fellowship with God (relieves negative emotions and unblocks our spiritual centers)

- **James 4:17** --So whoever knows the right thing to do and fails to do it, for him it is sin.
- **Proverbs 28:13**-- Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.
- **1 John 1:9** -- If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
- **Habakkuk 1:13** -- Your eyes are too pure to look on evil; you cannot tolerate wrongdoing. Why then do you tolerate the treacherous? Why are you silent while the wicked swallow up those more righteous than themselves?



## PREPARING ONE'S HEART (SUBCONSCIOUS) TO COMMUNE WITH GOD (CONTINUED...)

Communing with God is having fellowship with God.

1. A person has to be saved first before they can commune with God.
2. A saved person can lose communion with God if they are in sin.
3. A saved person must confess their sins in order to re-establish communion with God.

So why is it important to be in communion with God?

Having fellowship with God is amazing. It allows a person to connect their spirit with God's and receive from him all his goodness; love, peace, joy, patience, kindness, etc. This is ultimately what the entire world is looking for when a person does wrong they are ultimately doing it to make themselves feel good but they often suffer repercussions having fellowship with God offers everything a human being craves without any repercussions.



# GOD'S INNER PEACE THROUGH MEDITATION CONTINUED...

Meditation helps us connect our hearts with our head, meditating on God's words to change our core beliefs so that it's not just our head that wants to do right but our heart as well. We can hear the bible all day long with our conscious mind, but unless we receive it unto our hearts God will not change us.

The bible commands us to meditate in our hearts (subconscious, so not just with your head):

- **Psalm 4:4** -- *Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah.*
- **Job 33:14** -- *For God does speak—now one way, now another— though no one perceives it. (perceive is hearing with one's heart or subconscious)*
- **Psalm 49:3** -- *My mouth shall speak wisdom; the meditation of my heart shall be understanding.*
- **Psalm 19:14** -- *Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer*
- **Psalm 119:11** -- *I have stored up your word in my heart, that I might not sin against you.*

Relaxation, and stilling one's mind and body allows us to communicate with our hearts (subconscious).

- Reduce stress and simplify one's life
- Go out into nature where it is quiet or one's bed
- Proper breathing techniques
- Visualization and imagination



# GOD'S INNER PEACE THROUGH MEDITATION CONTINUED

To receive the benefits from fellowship with God we must meditate on Him, who is love and truth.

- **Psalm 119:48** – *I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.*
- **Psalm 119:15** –*I will meditate on your precepts and fix my eyes on your ways.*
- **Philippians 4:8** – *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think (meditate) about these things.*
- **Psalm 119:97** –*Oh how I love your law! It is my meditation all the day.*
- **Isaiah 26:3**– *You keep him in perfect peace whose mind is stayed (meditated) on you, because he trusts in you.*
- **Psalm 119:48**– *I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes*
- **Psalm 119:148** –*My eyes are awake before the watches of the night, that I may meditate on your promise.*
- **Psalm 1:1-6**– *Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous;*
- **Psalm 63:6**– *When I remember you upon my bed, and meditate on you in the watches of the night;*
- **Psalm 143:5**–*I remember the days of old; I meditate on all that you have done; I ponder the work of your hands.*
- **Psalm 77:10-12**–*Then I said, “I will appeal to this, to the years of the right hand of the Most High.” I will remember the deeds of the Lord; yes, I will remember your wonders of old. I will ponder all your work, and meditate on your mighty deeds.*
- **Genesis 24:63**– *And Isaac went out to meditate in the field toward evening. And he lifted up his eyes and saw, and behold, there were camels coming.*
- **Psalm 119:23** – *Even though princes sit plotting against me, your servant will meditate on your statutes.*
- **Psalm 46:10** –*“Be still, (meditate) and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”*



## GOD'S INNER PEACE THROUGH MEDITATION CONTINUED

Clearly, God wants us to meditate on Him and His law and statutes.

We can start by meditating on who God is:

Followed by meditating on what he wants us to do:

And meditating on his attributes:

