



Christian Meditation

Being close to God's heart

Meditation has been a part of the Christian tradition since its origin.

When we look at the life of Christ, there are several moments in which He set off alone to rest with the Lord in silence.

Meditation is a form of prayer.

Prayer is... not just a formula of words or a series of desires - it is the orientation of our whole body, mind and spirit to God in silence, attention, and adoration. All good meditative prayer is a conversion of our entire self to God.

Christian meditation is different from the concept of meditation found in Eastern religions. In Eastern traditions, the focus is generally to empty oneself, let go, and focus on achieving enlightenment. In contrast, Christian meditation is designed to help to focus on God's presence, His greatness and love.

*Humble yourselves under the mighty hand of God,
that He may exalt you in due time,
casting all your care upon Him, for He cares for you.
(1 Peter 5:6-7)*

Christian Meditation introduces an ancient practice to modern Christians.

When you pray, shut the door; that is, the door of the senses. Keep them barred and bolted against all phantasms and images. Nothing pleases God more than a mind free from all occupations and distractions. Such a mind is, in a manner, transformed into God, for it can think of and understand nothing and love nothing except God. He who penetrates into himself and so transcends himself, ascends truly to God.
— Albert Magnus (the “father of Christian mysticism”)

Christian meditation is a form of prayer that can have many benefits, including:

- **Spiritual growth:** Christian meditation can help you grow in faith, love, and compassion, and become more like Christ.
- **Renewed spirit:** Meditation can transform your heart and mind by renewing your spirit.
- **Clarity:** Meditation can bring clarity to life's confusion and reorient your heart to the truth.
- **Inner peace:** Meditation can lead to inner stillness and peace.
- **Sense of self:** Meditation can help you develop a strong sense of who you are on a soul level.
- **Memory:** Meditation can help improve your memory.
- **Prayer aid:** Meditation can help prepare you for prayer.
- **Hearing the Word:** Meditation can help you hear and read the Word with greater benefit.
- **Faith, hope, and love:** Meditation can help faith, hope, love, and humility thrive in your soul.
- **Stronger antidote to sin:** Meditation can help you see the heinousness of sin and act as a strong antidote against it.

Christian meditation is based on the belief that God is present in all things and that quieting the mind can help you more easily hear God's voice.

*Be still and know that I am God.
(Psalms 46:10)*