



Let's Talk About Meditation



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The world views meditation as a way of focus and getting your mind in gear by concentrating on teachings of philosophers and deities. We will first talk about meditation in its general sense, then narrow that scope of meditation on Jesus Christ.

Definition 1

- : to engage in contemplation or reflection
- : to focus one's thoughts on
- : reflect on or ponder over

Merriam-Webster Dictionary

Definition 2

Meditation is the act of thinking about something very carefully and deeply for a long time.

Collins Dictionary

Benefits of Meditation

- Increased focus and concentration
- Increased awareness
- Lower levels of stress and anxiety
- Increased brain health
- Improved mental health

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When Should We Meditate?

The best recommended time for meditation is first thing in the morning when the mind is calm and the environment is mostly quiet. This, before your brain is engaged in various activities. It sets the tone for the day.

For How Long Should We Meditate?

At least 10-20 minutes in a quiet space is recommended. Longer periods 40-45 minutes have been found to yield greater results.

How Often Should We Meditate?

Meditation works best as a daily practice. Consistency yields results.

The Practice of Breathing During Meditation

Breathing techniques are employed during the practice of meditation. Focusing on the breath gives not only an appreciation for God-given life and the privilege of breathing, but also helps put the mind into focus.

Focus on the breath keeps the mind from wandering, and it gives the opportunity to improve breathing technique.

Deep breathing naturally lowers anxiety and stress levels and brings the body to a state of relaxation.

Closing the eyes during meditation increases focus and blocks out distraction.

For a most effective breathing technique, sit in a quiet space with your back straight. Be prepared to sit still for a few minutes.

Close your eyes and breathe in slowly through the nostrils for six seconds, bringing the mind into focus on the breath.

Slowly exhale through the nostrils for another six seconds. Repeat the process until your body is calm and your mind clear.

Use your Holy Spirit Meditation Guide to assist you with your meditation each day.

On What Should We Meditate?

For Godly meditation, meditate on Scripture or a truth from Scripture, for e.g. “I am a child of the Most High God” or “I can do all things through Christ who strengthens me” (Philippians 4:13)

The world will tell you to meditate on positivity, philosophy or good vibes and energy. I put to you that these can never begin to match with Scripture that is a two-edged sword. Furthermore, man’s philosophies cannot begin to give you what the Holy Spirit’s power can give to you.

There are a number of meditation practices, many of which are void of God and do not invite His presence or are in line with His Word.

There are ungodly meditation practices that have been adopted by Christians in ignorance because they are popular. We must be aware of this and not become entangled. With these practices, man has thought himself to be god unto himself with no need of an Almighty God.

There are also Christian meditation practices like Lectio Divina. This focuses on God's Word, prayer and contemplation. This course will focus on learning to listen to the voice of God for intimacy with Him and direction for life.

God has naturally designed us to experience benefits during meditation. Meditating on Him and His Word and listening to the voice of His Holy Spirit adds a totally different dimension.

This enables us develop a deeper walk with Christ as we intentionally listen to the voice of the Holy Spirit, taking us deeper and higher for His wisdom, vision, insight and purpose in our lives. We will dive deeper throughout the course.

Module 1 Activities



- ◆ Holy Spirit Meditation Guide
 - Use this as a guide for meditation

- ◆ Meditation Demonstration
 - Watch as I use the guide to demonstrate how to meditate in Christ

- ◆ 90-Day Meditation Journal