

We have seen how the brain works - its changes in brain structure and function. We have also established the habits we want to form versus the ones we want to kick. Let us now apply these to form a neural pathway for meditation, in our quest for a deeper walk with Christ.

Here's a 90-day or 12-week plan with activities tailored for Godly meditation, to build a neural pathway. This will help in pacing yourself, giving yourself grace in the process.

This guide is to aid in your meditation and can be used along with your Holy Spirit Meditation Guide.

Weeks 1-2: Establishing Routine and Focus

- 1. Scripture Reading:** Start with short passages from the Bible. Read slowly, paying attention to the message and its significance.
- 2. Prayerful Reflection:** After reading, sit quietly and reflect on the meaning of the passage. Ponder its application in your life.

Weeks 3-4: Deepening Scriptural Understanding

- 1. Journaling:** Write down insights, thoughts, or questions that arise during meditation. Review and contemplate them further.

90-DAY NEURAL PATHWAY FORMATION - MEDITATION FOR A DEEPER WALK WITH CHRIST

Weeks 5-6: Embracing Contemplative Prayer

- 1. Silent Prayer: Continue to spend time in silence, allowing yourself to listen to God without words or thoughts.**
- 2. Christian Meditation Apps/Resources: Utilize apps or guided recordings designed for Christian meditation.**

Weeks 7-8: Fostering Gratitude and Compassion

- 1. Prayer of Gratitude: Dedicate sessions to thanking God for blessings and experiences in your life.**
- 2. Loving-Kindness Prayer: Pray for loved ones, acquaintances, and even those who challenge you. Reflect on God's love for all.**

Weeks 9-10: Engaging in Community and Service

- 1. Group Study and Reflection: Join a Bible study group or engage in discussions about faith and scriptures with others.**
- 2. Volunteer Work: Participate in community service as an expression of your faith.**

Weeks 11-12: Integration and Review

- 1. Review Progress: Evaluate your journey over the past weeks. Note changes in your understanding, connection, and attitude.**
- 2. Prayer and Meditation: You have developed a consistent routine during the 90 days.**