

The meditation market has shown exponential growth in recent years. In 2023 it grew to US\$6.61 billion globally and is projected to reach US\$31.9 billion by 2032.

Many travel the world in search of answers to despair and feeling lost, losing faith in humanity, trying to grab on to hope in something higher than themselves. They turn to meditation with its natural benefits of calmness and even a spiritual experience.

We would have seen in the module 'Your Brain and Meditation', that meditation does have fantastic natural benefits such as increased memory, focus, attention and happiness. This is simply because it is how God created our bodies to respond. We established that adding God's supernatural power to this is incomparable.

There are a number of meditation practices around the world. These have their roots in other religions using mantras, chants, rocks, crystals, touch points and more that man's philosophies have formed.

Those who practice them have put their faith and trust in created, temporal things of no lasting value. There have also been repercussions as engaging in spiritual practices void of God, only opens the door for demonic activity.

It is important for us as believers to engage only in meditation with God, as any other opens up the mind to things that are not of God. Too many Christians are engaging in these practices in ignorance, opening themselves to the enemy and his work.

We must know the truth and live the truth, including meditation practices. Our minds must be tuned to developing that deep desire to know God more and more and cultivate a relationship with Christ and His Holy Spirit, to have the mind of Christ.

We must train our brains through meditating on the deep things God gives us.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Philippians 4:8

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer. Psalm 19:14

# 1 **HOLY SPIRIT MEDITATION - THE ONLY WAY**

We must believe God at His Word. We must know and understand that that which the world puts before us is **NOT HIS TRUTH.**

Do not be fooled by what the world promises through natural meditation as these would never offer the deep things of God.

Below are promises of other meditation practices compared with what God says is the result with Him. I am sure you will agree there is no comparison.

**Other Forms of  
Meditation  
Peace**

**Meditation in Christ  
Jesus  
Peace beyond  
understanding**

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:6-7

**Loving kindness**

**God's lovingkindness is better  
than life itself!**

Because thy lovingkindness is better than life, my lips shall praise thee.

Psalm 63:3

**Other Forms of  
Meditation  
Happiness**

**Meditation in Christ  
Jesus  
Joy! The joy of the Lord is  
our strength.**

Then he said unto them,  
Go your way, eat the fat,  
and drink the sweet, and  
send portions unto them  
for whom nothing is  
prepared: for this day is  
holy unto our Lord: neither  
be ye sorry; for the joy of  
the Lord is your strength.

Nehemiah 8:10

**Wisdom**

**Wisdom liberally**

If any of you lack wisdom,  
let him ask of God, that  
giveth to all men liberally,  
and upbraideth not; and it  
shall be given him.

James 1:5

# 1 **HOLY SPIRIT MEDITATION - THE ONLY WAY**

**Other Forms of  
Meditation**

**Wisdom**

**Meditation in Christ  
Jesus**

**The mind of Christ**

For who hath known the mind of the Lord, that he may instruct him? but we have the mind of Christ.

1 Corinthians 2:16

Know these truths. Know who you are and whose you are and stand firm in Him.