

1: Christian and Buddhist Understandings of Meditation | emerging by Lou Kavar, Ph.D.

Christian meditation is a form of prayer in which a structured attempt is made to become aware of and reflect upon the revelations of God.

Included in the article is this: In the s, the Transcendental Meditation movement was presented as a religious organization. The Transcendental Meditation technique was held to be a religion in a New Jersey court case. By the s, the organization had shifted to a more scientific presentation while maintaining many religious elements. The movement now describes itself on a spiritual, scientific, and non-religious basis. This shift has been described by both those within and outside the movement as an attempt to appeal to the more secular West. I included the above because of your statement: Is that the same as worshipping Hindu gods? This appears to be one of those gray areas, and ultimately, this is something that you will have to decide, and it will be between you and God. To them, the idea of participating in Transcendental Meditation is no different than worshipping idols. The technique ma be based on Hindu teachings, but that does not mean that the technique itself is Hinduism. This may be far-fetched, but as a comparison - suppose someone were to come up with a cure for cancer and the person who came up with the treatment did so based on teachings of a Wiccan herbalist. Would taking that cure be the same as participating in Wicca? Your question also includes the following: Again, there are plenty in my denomination that would say "yes". And there would be plenty that would say "no. Does anything in TM conflict with your Christian beliefs. You should know what you believe. Once you know what you believe, you could study about TM yourself and keep your eye out for patently non-Christian elements. Knowing what non-Christian or even anti-Christians teach can be beneficial. As for the second question, there is precedent in Scripture, which may completely nullify my answer to the first question. Destroy not him with thy meat, for whom Christ died. All things indeed are pure; but it is evil for that man who eateth with offence. Happy is he that condemneth not himself in that thing which he alloweth. Participating in TM is very comparable to eating food sacrificed to idols in and of itself has no effect on the saved Christian. However, reading on in 1 Cor 4: There may be non-Christians who are watching your actions. They, unlike you , may not know what is Christian and what is not. Another good comparison would be martial arts. I was in martial arts of varying types when I was younger. Almost all of the martial artists I hung out with fancied themselves to be Zen Buddhists to one degree or another. Some of them went further and got sucked in completely, some were just posers. As a Christian, I feel confident that I could practice martial arts again, without getting sucked into the eastern mysticism that tends to go hand-in-hand with the martial arts culture. TM is pretty similar. I feel pretty confident that I could sort out the mysticism, determine what is patently un-Christian if anything , and participate with a clean conscience. They might say "Hey, if he can do it, so can I. This is exactly what Paul was talking about in 1 Corinthians.

2: What is Christian meditation?

Christian Meditation: A History One form of Christian meditation that has been used by believers since at least the fourth century AD is the *lectio divina*. It has been traditionally used in monastic religious orders and is enjoying a resurgence today.

While many religions offer the same essential practices, each religion has its unique orientation; drawing on its own special symbols, stories, and teachings; favoring certain practices, subjects, and goals. Meditation in Hinduism Meditation plays a part in all aspects of Indian spiritual life, to greater and lesser degrees depending on the individual practitioner, his or her chosen path and stage of life. The term Hindu means India, a highly diverse country with a long history that has many interwoven traditions, including Buddhism. Hinduism does not have one founder or a single text. India is best known for its unique contributions to spiritual practice, Yoga and its accompanying teaching the Sutras of Patanjali. Equally valid, each approach is considered better suited for different types of people, yet all people may practice all forms of yoga, to varying degrees and at different stages of life. It would take many lifetimes to fully experience all of the Hindu spiritual practices; cloistered monks, devotees of specific deities, practitioners of yoga, wandering ascetics, and psychic showmen. Meditation in Buddhism Meditation is so central to Buddhism a long-standing and varied tradition which offers the most highly developed systems of meditation that many people think of meditation as a Buddhist practice. Buddha identified eight principles The Noble Eightfold Path that develop the fully realized state of a person; right view, right resolve, right speech, right conduct, right livelihood, right effort, right awareness, right meditation. Another notable school, Zen Buddhism a branch of The Mahayana School began in the 6th century with the teachings of Bodhidharma. Zen attempts to reveal truth by disrupting the illusions, strengthened by conventional concepts and philosophies, which influence our perceptions, expectations, and responses. Zen offers a unique form of meditation call the koan, a puzzle without an apparent answer. Meditation in Judaism The Hebrew word Qabalah means both to receive and to reveal. Students of the Qabalah transform their essential inner natures with the essential external Nature, by internalizing symbols and gradually absorbing their characteristics through meditation. The central symbol of Qabalah is a cosmogram The Tree Of Life Otz Chim composed of eleven spheres sephiroth , one of which is hidden, interconnected by twenty two pathways. Symbols are assigned to each sephira including title, name, image, color, and number. Meditation awakens the higher faculties of the individual, transcending reason, and bringing the symbols to life. Meditation in Christianity Christian forms of meditation have a long history, though not all practices are accepted universally in all churches including but not limited to Orthodox, Catholic, Lutheran, Baptist, Protestant, Episcopalian, Quaker, Shaker, and Gnostic. The Desert Fathers, early hermits who established the basis for the Christian withdrawn life either individually or in groups, used repeated prayer, either spoken or sung, with synchronized breathing to internalize the spiritual truths contained within them. The Eastern Orthodox traditions practice creating and using icons as a focus for meditation. The Jesuit traditions use visualization and imagination to respond in a deeply felt personal way to scenes from the life of Christ including Nativity, Passion, Crucifixion, and Resurrection and internalized the lessons that can be found within them. The simplest and most universal form of Christian meditation can be found in the practice of repeating prayers, either individually, together, or in a cycle. Whether expressed through song, prayer, study or contemplation, focus is generally directed first towards the heart, producing a deeply felt understanding that suffuses the whole being. It is further supplemented by a rich literary tradition that emphasizes poetry, allegory, and symbolic story. Everything is considered sacred and unity is expressed everywhere. The pupil teacher relationship is central to Sufi spiritual practice; only those who have been recognized by previous masters as masters a chain that goes back to the prophet have the authority to initiate pupils. Masters dictate meditation practices, which can vary substantially in the final form they take. The aim of meditation fikr is to prevent the mind from going astray while the heart is focuses on God. The spoken word prayer, chant, song is heavily emphasized as an active invocation of God through repetition of the Holy Names zikr. Meditation in Other Religions Many other spiritual traditions have practices that are identical in form and function to these

practices. And they offer many more. How similar these divergent practices are to meditation is often a matter of degree. The discussion of how similar some of these practices are is useful. While not unrelated, trance states, often involving a loss of self-awareness, can be distinctly different. Similarly, altered states of mind induced by chemical agents can be similar in many ways but are also distinctly different in others. Meditation rarely, if ever, involves a loss of self-awareness or control; quite the opposite, it almost always heightens both. Despite the fact that meditation can take many forms, universal principles can be found in all systems. The whole being body, mind, emotion is actively applied, through a variety of focus points, to develop awareness, insight, and transformation.

3: 6 Reasons This Popular Meditation Trend Is Dangerous for Christians – Charisma News

This is pantheism (all is divine), not Christianity. Transcendental Meditation is a veiled form of Hindu yoga, though it claims to be a religiously neutral method of relaxation and rejuvenation.

By meditation I mean prolonged reasoning with the understanding, in this way. We begin by thinking of the favor which God bestowed upon us by giving us His only Son; and we do not stop there but proceed to consider the mysteries of His whole glorious life. Speaking out of his own, and speaking as a man, through his Son, disclosing the depths of man Clowney explained that three dimensions of Christian meditation are crucial, not merely for showing its distinctiveness, but for guiding its practice. The first is that Christian meditation is grounded in the Bible. Because the God of the Bible is a personal God who speaks in words of revelation, Christian meditation responds to this revelation and focuses on that aspect, in contrast to mystic meditations which use mantras. The second distinctive mark of Christian meditation is that it responds to the love of God, as in I John [4: The personal relationship based on the love of God that marks Christian communion is thus heightened in Christian meditation. The third dimension is that the revelations of the Bible and the love of God lead to the worship of God: The Word of God directs meditations to show the two aspects of love that please God: The initiative in Christian salvation is with God, and one does not meditate or love God to gain his favor. Just trust God for that. How could we understand what is within God and is disclosed to us except through the Spirit of God who is communicated to us? As a biblical basis for this teaching, von Balthasar referred to 1 Corinthians 2: The Spirit searches all things, even the deep things of God".: Aspects of Christian meditation and A Christian reflection on the New Age A monk walking in a Benedictine monastery Christian meditation is different from the style of meditations performed in Eastern religions such as Buddhism or in the context of the New Age. Gregory of Sinai , one of the originators of Hesychasm , stated that the goal of Christian meditation is "seeking guidance from the Holy Spirit , beyond the minor phenomenon of ecstasy". John Bertram Phillips stated that Christian meditation involves the action of the Holy Spirit on Biblical passages and warned of approaches that "disengage the mind" from scripture. Clowney , Christian meditation contrasts with cosmic styles of oriental meditation as radically as the portrayal of God the Father in the Bible contrasts with discussions of Krishna or Brahman in Indian teachings. Christian meditation aims to heighten the personal relationship based on the love of God that marks Christian communion. The document, issued as a letter to all Catholic bishops , stresses the differences between Christian and eastern meditative approaches. It warns of the dangers of attempting to mix Christian meditation with eastern approaches since that could be both confusing and misleading, and may result in the loss of the essential Christocentric nature of Christian meditation. Without these truths, the letter said, meditation , which should be a flight from the self, can degenerate into a form of self-absorption. Melete was a reminder that one should never let meditation be a formality. When the Bible mentions meditation, it often mentions obedience in the next breath. An example is the Book of Joshua [Joshua 1: For then you will make your way prosperous, and then you will have good success.. History of Christian meditation During the Middle Ages , the monastic traditions of both Western and Eastern Christianity moved beyond vocal prayer to Christian meditation. These progressions resulted in two distinct and different meditative practices: Lectio Divina in the West and hesychasm in the East. Hesychasm involves the repetition of the Jesus Prayer , but Lectio Divina uses different Scripture passages at different times and although a passage may be repeated a few times, Lectio Divina is not repetitive in nature. By the 19th century the importance of Biblical meditation had also been firmly established in the Protestant spiritual tradition. The Spiritual Exercises of Ignatius of Loyola use meditative mental imagery, with the goal of knowing Christ more intimately and loving him more ardently. Theresa of Avila taught her nuns how to try to get to know Christ by using meditation and mental prayer. Ignatius of Loyola – , the founder of the Jesuits , contain numerous meditative exercises. To this day, the Spiritual Exercises remain an integral part of the Novitiate training period of the Roman Catholic religious order of Jesuits. The entire experience takes about 30 days and often involves a daily interview with the director. It is followed by a week of meditation about sin and its consequences. Next comes a period of

meditating on the events of the life of Jesus, and another for thinking about his suffering and death. For example, the practitioner is encouraged to visualize and meditate upon scenes from the life of Christ, at times asking questions from Christ on the cross, during crucifixion. She is often considered one of the most important Christian mystics. Teresa believed that no one who was faithful to the practice of meditation could possibly lose his soul. Teresa taught her nuns to meditate on specific prayers. Her prayers described in *The Way of Perfection* involve meditation on a mystery in the life of Jesus and are based on the faith that "God is within", a truth that Teresa said she learned from St. In her meditations, one generally restricts attention to a single subject, principally the love of God. In *The Way of Perfection* she wrote: She wrote that in due course, the mind naturally learns to maintain focus on God almost effortlessly. Theresa viewed Christian meditation as the first of four steps in achieving "union with God", and used the analogy of watering the garden. She compared basic meditation to watering a garden with a bucket, Recollection to the water wheel, Quiet contemplation to a spring of water and Union to drenching rain. In the affections and resolutions part, one focuses on feelings and makes a resolution or decision. For instance, when meditating on the Parable of the Good Samaritan one may decide to visit someone sick and be kind to them. In the conclusion part, one gives thanks and praise to God for the considerations and asks for the grace to stand by the resolution.

4: Meditation in Christianity - Be A Meditator

Meditation is defined as a mental exercise of regulating attention, either by focusing it on a single object ("focused attention meditation"), or by keeping it open flowing through whatever is in our present moment experience ("open monitoring meditation"). It involves relaxing the body.

Posted on March 7, by Lou In an earlier piece, I explored a basic process for meditation for those who are starting a meditation practice. Of course, each great religious tradition maintains a tradition of meditation. However, my personal study has primarily been in these two traditions. Within the Christian tradition, meditation falls under the broader category of contemplative prayer. There are practices specific to contemplation, discursive meditation which engages imagery and mental dialogue in a meditative process, and other practice like sacred reading known in Latin as *lectio divina*. A Christian approach to contemplative prayer is based on the understanding that each person is created in the image and likeness of God. Within each person is found something of the Divine essence. Contemplative prayer, in all of its forms, is a process of going inward to be present to the essence of Divinity that is at the heart of each person. Many great spiritual writers throughout the history of Christianity have explored various aspects of what it means to go inward and be present to God in an intimate way. Spanish writer Teresa of Avila understood the process of going inward as moving further into an interior castle. Syrian writer John Climacus used the metaphor of a ladder to describe this inner journey to union with God. Through contemplative prayer, one moves toward a deeper union or communion with God while laying aside those things that limit such a deep connection. Unlike religions of the West Judaism, Christianity, and Islam Buddhism does not hold a belief in a deity or personal God. At the same time, individual Buddhists may have a belief in a divine being. While the Buddha was very clear in stating that he was not a god, some Buddhists attribute god-like qualities or characteristics to him. Buddhism does hold beliefs about karma and reincarnation. Based on these beliefs, it is important for each person to strive to be the best person possible and to achieve enlightenment. Therefore, meditation is understood from the perspective of self-improvement and personal growth. In North America today, two forms of Buddhist meditation are commonly found: Mindfulness is the practice of being fully present in the moment. At the same time, any activity can be done mindfully: Mindfulness can be considered the basic form of Buddhist meditation. Compassion meditation is a practice found in Tibetan Buddhism. There are several dimensions of compassion meditation. Beyond mind-training are particular meditation practices, like the Four Immeasurables, in which a person focuses the mind on compassion and happiness for self, a loved one, those with whom a person has difficult relationships, and ultimately the world. Without it, there is no compassion for others. Both Christianity and Buddhism have long histories. Within each religion, there are many different forms of meditation. These brief paragraphs are meant only to provide a context for considering some fundamental perspectives of two traditions. Based on these brief summaries, you may find yourself more drawn to one tradition than another. For both traditions, there are many books and media resources available to help you learn more about specific practices. Of course, finding an experienced teacher is always helpful when starting a meditation practice.

5: Christian Meditation: Is Meditation Biblical? - Christian Research Institute

Meditation in Christianity Posted on Wednesday, December 9, When Jesus said, "Be still and know thyself", was he asking people to meditate? Explore the answer.

When we consciously adopt Islam for ourselves, we do so through recognition and cognizance of the Oneness of God. We contemplate and recognize that Allah is worthy of worship and that nothing else is. We recognize Truth in His words and in the guides He sent to us for our benefit. None of this is possible without contemplation, reflection, concentration, observation, and presence of mind. The Prophet peace be upon him and his progeny was well-known for his meditation practice. People often related that he would go to the cave in Mount Hira for meditation, contemplation, and prayer. Thus, meditation opened the door of revelation. We are very busy people, and our lives are filled with distractions and stressors. Without meditation, we can be carried along by various influences without ever contemplating anything. That is a very dangerous way to live, because then we can easily lose our way in life, going wherever the wind blows us rather than directing our life course toward Allah. It seems that children and adults alike suffer increasingly from a constant crisis of inattention, lack of focus, inability to concentrate, and inability to maintain progress toward goals. Meditation in Islam can be described as the development of the presence of body, heart, and mind in worship and religious contemplation. It is essential to spiritual development and acceptance of and benefit from prayers. This meditation during these acts opens and strengthens a connection between God and the human being. The prayers provide a beginning to the remembrance of God and wakeful meditation and worship throughout the whole day, even while the person is engaged in necessary tasks. Even the sleep of a person who is sincere and well-practiced in Islamic meditation becomes an extension of that meditation. Meditation has not only spiritual benefit but worldly benefit, and can be a means for healing and finding creative solutions to difficult problems. One form of meditation is called Tafakkur and refers to reflection upon the universe or pondering the creation of Allah. It is a means of intellectual development that awakens and liberates the mind to help it achieve higher levels of growth. Many of the great Islamic scientists were said to engage in a meditative practice of Tafakkur to help guide their intellectual pursuits. Tafakkur is the means by which some people recognize the signs of Allah in the Creation. There are many styles of meditation that achieve different purposes. Contemplation is a form of meditation. Visualization is another form. Some people will visualize a name of Allah as if hanging in the air, or they may visualize some symbol of a holy personality, focusing their attention on God, feeling love and gratitude toward the Creator. Effective visualization during prayer may be something like a person evoking a feeling as if sitting in the presence of Allah, imagining that He or angels are watching directly. In a more worldly sense, people have used detailed visualization of upcoming stressful events such as giving speeches, running races, or undergoing medical treatments going ideally in order to ease anxiety and contribute to better outcomes of these events. Sensating is yet another method of meditation, sometimes intermingled with visualization, that is extremely effective. Sensating often needs to be done before contemplation or prayer to help a person be fully present and engaged in what he is doing. Sensating helps a person to focus, eliminate distractions, and release tension and stress. Checking In is one of the most basic forms of sensating meditation. This is a developmental practice to help one find focus and presence of mind and help eliminate distracting thoughts, anxiety, and stress. It is done by sitting erect with eyes closed at the edge of a seat, feet on the ground, and focusing on just being aware of every sensation: Checking In taken to the next step is meditation in Relaxation Pose. This is done lying down flat on the ground, shoulder blades tucked under. The person carefully lies motionless with eyes closed and senses the entire body, starting from the tips of the toes and slowly moving to the top of the head. For some, visualizing something like golden balls of light moving around the area one is sensing helps the process. When one senses an area, one becomes aware of previously unnoticed tension in the area and then consciously releases that tension, allowing a warmth into that area of the body before moving up to the next location. Conscious Breathing is another form of sensating meditation. In this practice, a person simply takes a few moments to become conscious of his or her breathing. The person feels the breath and the way it affects the entire body. The person may lay down with eyes closed

in Relaxation Pose and place hands on lower belly, solar plexus, chest, forehead, and top of head in turn and feel the movements of these parts of the body with the breath. The person may place two hands in two different places at the same time so that he can sense the movement of air from one place to another. The person feels the pause of breathing between exhalation and inhalation. Then, the person may consciously manipulate his breath to lengthen the pauses, deepen the inhalations, and make the exhalations more complete, but all gently and without strain or force. Engaging in these sensating meditative practices for a few minutes can help ready a person to perform Salat with increased concentration and meditation, making it a more spiritually rewarding experience. Adopting meditation as a regular practice can help one extend worship to a constant activity rather than a fleeting moment and can help a person achieve power of mind and body and spiritual growth.

6: Does transcendental meditation conflict with any Christian beliefs? - Christianity Stack Exchange

By meditate they mean an Eastern form of meditation: Zen meditation, transcendental meditation, yoga, Chinese or Hindu meditation, guided meditation, all of which have their origins in new age and Eastern religions.

Last Name How did you find this? That trust is not wishful thinking. This mortal realm has its egos, its fight or flight syndrome, its illusions of scarcity, its fear. Why we know this we cannot really say. But somehow we have experiential knowledge that there is a deeper reality, a transcendent level of reality that is not this physical world, but which is the foundation for this physical world. This is not blind faith; it is based entirely on experience, on conscious contact with this foundational Reality. Our lives are filled with beliefs that are based on experience, yet maintained when the experience is absent. While you cannot force this encounter, there are things you can do to enhance your conscious contact with God, with the divine, with Ultimate Reality – whatever you call it – to open yourself to the Mystery and to quiet the world enough to hear it. I have found – and in recent years I have noticed more and more spiritual teachers emphasizing – that meditation is the single most valuable spiritual tool for achieving and enhancing this conscious contact.

Getting started There are many forms of meditation. I believe Centering Prayer is particularly good for cultivating radical acceptance, but if a different practice speaks to you, consider that. Centering prayer really has just one action: No special postures, breathing patterns or mantras. Some examples of words are: This is not a sacred mantra that is supposed to have meaning in itself. At first you may want to try different words. Resist no thought; retain no thought; react to no thought. When you realize you are engaged with a thought, return gently to the stillness. Centering prayer is not about pushing thoughts away, or trying diligently to have no thoughts. Our minds were designed to have thoughts. With practice, the clutter in your head will reduce, but you may stay in the attachment-surrender loop for an entire session. Sit for 20 minutes or more if at all possible. Something often happens to the stillness around 10 to 15 minutes in. If you stop too soon you will miss it. You set it and then can turn to sitting until it goes off. Having to check a clock or watch is distracting. After maybe an opening tone or reading, settle briefly, and silently introduce the sacred word to start the sitting period; repeat it for a few minutes, or a few times, then let go of it and rest in the silence. When the ending bell sounds, take a minute or two to gradually return to ordinary awareness. Many practitioners say a closing prayer. Yet, when I offer the suggestion of meditation to others, I meet a host of objections. There are those who say their home is too hectic, or the schedule too chaotic. They mean to meditate, but just never find a perfect, serene moment to do it. But meditation does not require a perfect setting, perfect silence, or hours of your day. Just 20 minutes, some say even five, every day – in the best setting you can manage – for an extended period will change you internally, will give you rewards beyond measure. I know this from my own experience and I have seen it happen for many, many others. The promise of meditation The promise of meditation is not the 20 minutes of refuge from an otherwise insane day, wonderful as that may be. The promise of meditation is to make that day less insane, by making you less insane. In other words, to gradually cultivate a relationship with Divine Love so that the grounding of your reality is no longer this fearful world but instead is the real Reality. Different traditions use different terminology, but most play off of one of two metaphors: Once you are grounded in the true Reality, then the trivial insanities of the world no longer threaten your foundation. Once you are grounded in the true Reality, then the focus on expectations with its inevitable anxiety and disappointments, the obsession to figure everything out in order to create some sense of control over the scary universe, are replaced by a trust that whatever comes will be OK. Cynthia Bourgeault, a leading figure in Christian meditation and wisdom teaching, describes the promise of contemplation: But you may not. You may enter a place of profound stillness and awareness and feel conscious contact with God. We call meditation a practice. Think of your daily meditation as practice for life, practice for being in the moment, practice for letting go, practice for attuning to God. Gradually, I assure you, with daily practice we can develop the posture towards life described in 1 Thessalonians 5: And with that, we stop fighting so much, we start trusting more, and we can just be. I practice meditation 20 minutes a day; I meditate ceaselessly. In other words, in a variety of ways, meditation helps us stop trying to play God. There is nothing non-Christian about

that. Monks and mystics throughout the history of the Church have meditated. And have you noticed how similar rosaries are to the Buddhist and Hindu meditation bead bracelets so many people wear? Christian meditation is as old as Christianity. Cistercian monk Father Thomas Keating, one of the founders of Centering Prayer, was abbot all through the 60s and 70s at St. This area is thick with religious retreat centers. He tells of meeting many young people, some who stumbled on St. Or that they are doing a form of meditation when they kneel in silence at an Adoration service or pray the Rosary. Meditation exists as part of the fabric of my spiritual life — with being Christian, a member of a church; with daily reading of Scripture and other spiritual writing; with weekly church attendance; with occasional Vespers and Adoration services; and with monthly meetings with a spiritual director. Do that every day and it will change you. In that case, there are endless books on meditation, from the Desert Fathers to the medieval mystics to Thomas Merton to the present, and across a variety of methods and religious traditions. I direct people to one book above all others, by the teacher who personally introduced me to Centering Prayer in the early 90s, Rev. Centering Prayer and Inner Awakening. Whatever form of meditation you pursue, I encourage you to give it time — time each day, and time to work. If you are an experienced contemplative, I hope you found something useful here. And, especially, if you are brand new to meditation, welcome! I encourage you to pursue a contemplative practice, whatever it may be. Centering prayer is a very simple and straightforward method, which you may find more accessible than some others. There are centering prayer groups all over, often though not exclusively in Catholic and Episcopalian churches, since the practice began within those denominations. Join my mailing list to receive a free PDF flyer on centering prayer, and to receive updates on my upcoming book about contemplative practices and other published work.

7: Christian meditation - Wikipedia

True Christian meditation is an active thought process whereby we give ourselves to the study of the Word, praying over it and asking God to give us understanding by the Spirit, who has promised to lead us "into all truth" (John).

We live in a very stressed-out culture that is constantly looking for ways to unwind and destress. Just about any doctor or health expert will tell you to do one thing: By meditate they mean an Eastern form of meditation: Zen meditation, transcendental meditation, yoga, Chinese or Hindu meditation, guided meditation, all of which have their origins in new age and Eastern religions. The meditation God was talking about in Joshua 1: Get Spirit-filled content delivered right to your inbox! Click here to subscribe to our newsletter. Any time we mix Christian discipline with any other religious practice, we anger God. In the Old Testament God said this: Even so I will do likewise. They have even burned their sons and their daughters in the fire to their gods. Whatever I command you, be careful to do it. You shall not add to it or take away from it Deut. Throughout the Bible He calls Himself jealous. He has commanded us to keep our worship pure and undefiled by the worship of other gods. This includes yoga, which many Christians engage in as a stress-relieving form of exercise. When you examine its origins and meaning, you can easily see why yoga has no place in the life of the believer. However, like any other Christian discipline, biblical meditation should be part of our daily practice: How does Eastern meditation differ from biblical meditation? Eastern meditation empties the mind. Emptying our mind is actually a very dangerous thing because it gives the enemy room to fill it with his deception. However the Hebrew word for meditation actually means to speak or mutter, a practice that actually does the opposite of Eastern meditation. Eastern meditation focuses on self: The enemy will do anything to get us to stop focusing on Christ. Furthermore, his ultimate deception is pride or elevation of self. Biblical meditation takes our focus off of ourselves and places our focus on Jesus Christ. Eastern meditation seeks to relieve stress. Stress is only a symptom of a deeper problem: But God wants us to daily walk in faith that brings us peace no matter our circumstance. Let not your heart be troubled, neither let it be afraid" John Eastern meditation focuses on man being in control. Eastern meditation practices rely on self as the agent to bring peace, tranquility and oneness with deityâ€™the original lie: Eastern meditation dethrones God and puts fallen man in His place. Eastern meditation is only escapism. By seeking higher levels of consciousness or altered states of consciousness you can escape your stress and enter new realms of oneness with deity. But the fact remains that once we have returned to our usual state of consciousness whatever it was that brought on the stress is still there. Eastern meditation manipulates circumstances to bring peace. By using atmosphere, objects, silence, breathing techniques and more, people are able to enter a meditative state. Indeed, we are the temple of God and His Holy Spirit dwells within us. We never need to manipulate any situation to experience peace; we simply recall the precious promises of the Word of God and place our faith and trust in Him! How to engage in biblical meditation The Lord spoke to Joshua and said this: This Book of the Law must not depart from your mouth. Meditate on it day and night, that you may act carefully according to all that is written in it. For then you will make your way successful, and you will be wise. Have not I commanded you? Be strong and courageous. Biblical meditation is the repeated speaking of the Word of God. It also involves imagining and using the mind to plan ways that we can implement the Word of God in our lives. You do this by taking a passage of the Word and repeating it over to yourself, examining each word and imagining how it applies to your personal life. As we begin to make biblical meditation a part of our daily Christian discipline, speaking, muttering the Word of God and imagining how we can mold our lives in concordance with it, we will see our lives transformed and the Lord promises that our "way will prosperous" and that we will "have good success. Rosilind Jukic, a Pacific Northwest native, is a missionary living in Croatia and married to her Bosnian hero. Together they live with their two active boys where she enjoys fruity candles, good coffee and a hot cup of herbal tea on a blustery fall evening. Her passion for writing led her to author her best-selling book The Missional Handbook. You can also find her at Missional Call where she shares her passion for local and global missions. She can also be found at on a regular basis.

8: Did Jesus Meditate? Are Christians Allowed To Meditate? - mindbodygreen

The concept of prayer in Christian meditation This book present a view of the relationship of Christianity to other Eastern traditions, examines the basis for meditation within the Bible, and traces the history of a significant meditative tradition within the churchâ€”a tradition that has spanned many centuries.

Christian Meditation Christian Meditation: Is it Christian to Meditate? Christian meditation is rooted in the Bible. In fact, the Bible commands us to meditate. The psalmist says "his delight is in the law of the Lord, and in His law he meditates day and night" Psalm 1: Actually, the Bible mentions meditate or meditation 20 times. In the Old Testament there are two primary Hebrew words for meditation: These words can also be translated as dwell, diligently consider, and heed. A History One form of Christian meditation that has been used by believers since at least the fourth century AD is the lectio divina. It has been traditionally used in monastic religious orders and is enjoying a resurgence today. Lectio divina means "sacred reading" and has four stages: In the lectio reading stage, one finds a passage and reads it deliberately. The next stage, meditatio discursive meditation , is where one ponders the text. In the oratio effective prayer stage, one talks to God about the reading, asking Him to reveal the truth. Today, meditation is generally seen as a practice of the New Age movement. This comes primarily from its association with Transcendental Meditation. What do Christian Leaders Say? Our thoughts determine our behavior and so what we think about is very important. That is why God wants us to think about His Word, or meditate on it. It takes serious effort. You select a verse and reflect on it over and over in your mind Warren goes on to say, "No other habit can do more to transform your life and make you more like Jesus than daily reflection on Scriptureâ€”If you look up all the times God speaks about meditation in the Bible, you will amazed at the benefits He has promised to those who take the time to reflect on His Word throughout the day" Bruce Demarest writes, "A quieted heart is our best preparation for all this work of God The goal is simply to permit the Holy Spirit to activate the life-giving Word of God" How do we do it? What should we focus on in Christian meditation? God , the Father, sent His only Son to satisfy that judgment for those who believe in Him. Jesus , the creator and eternal Son of God, who lived a sinless life, loves us so much that He died for our sins, taking the punishment that we deserve, was buried , and rose from the dead according to the Bible. If you truly believe and trust this in your heart, receiving Jesus alone as your Savior , declaring, " Jesus is Lord ," you will be saved from judgment and spend eternity with God in heaven. What is your response?

9: Meditation for Christians - On the Way

Christian meditation is as old as Christianity. Cistercian monk Father Thomas Keating, one of the founders of Centering Prayer, was abbot all through the 60s and 70s at St. Joseph's Abbey in.

What makes the meditation taught in the Bible different? God wants us to meditateâ€”to focus our thoughts on important things for an eternal purpose. He shows us how and why a follower of Christ should learn the art of biblical meditation. Our 21st century is not likely to go down in history as the age of thinking. Many people would rather inflict pain on themselves than spend 15 minutes with nothing to do but think, according to researchers at the University of Virginia and Harvard University. Two-thirds of the men and a quarter of the women in the study decided to shock themselves rather than just sit and think U. National Institutes of Health. Yet the Bible encourages a type of deep thinking that is very beneficial in this lifeâ€”and even more in preparation for the next life. The teaching of the Bible is consistent throughout. However, biblical meditation is quite different from Eastern meditation, New Age meditation or other spiritual or psychological forms of meditation. Christian meditation is filling the mind, not emptying it In many forms of meditation, people are told to empty their minds and focus on their breathing or on repeating a phrase or mantra. It is my meditation all the day. Focusing on our great God helps us keep ourselves in perspective. Christian meditation is positive The apostle Paul also listed helpful things for Christians to meditate about. It is fitting that the most positive being in the universe would encourage us to focus on the positive as well. Christian meditation works with prayer, Bible study and fasting Meditation as described in the Bible works in conjunction with other spiritual tools like prayer, Bible study and fasting to help strengthen our relationship with God. Of course, our concentrated thoughts themselves need guidance. For example, biblical prayer is our chance to talk to God. However, by studying the sample prayer Jesus used to teach His disciples Matthew 6: To praise God in fresh and heartfelt ways requires meditation on His works, His character, His promises and His plans. To pray effectively for the needs of others and ourselves can take thoughtful preparation and perhaps list making. Bible study is also enhanced by periods of meditationâ€”thinking about what we read in the Bible, how it relates to other passages we have read, and especially how it applies in our lives. This type of study and meditation helps us fulfill the instruction in Proverbs Fasting â€”not eating or drinking for a spiritual purposeâ€”also provides an important occasion for meditation. When fasting, it is helpful to use the time for a combination of prayer, study and meditation. Growing in humility and reliance on God can be an important benefit of fasting with focused meditation. Biblical meditation is designed to prepare us for action. We think right things so we will do right things. Christian meditation allows us to mentally practice righteousness. If we are mentally practicing what we should do in various situations, these right responses will more likely come to mind when we face trials and temptations. For example, when God was encouraging Joshua after the death of Moses, He gave him these marching orders: This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it.

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