

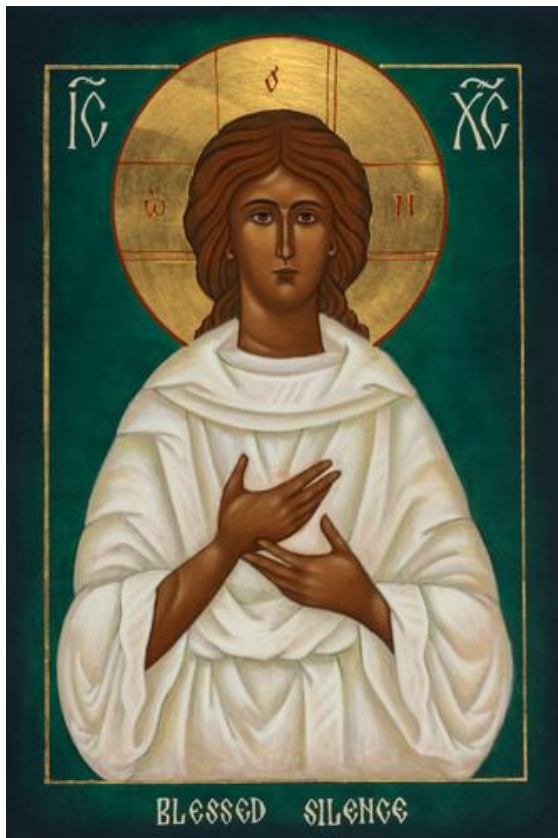
Christian Meditation

Being close to God's heart

All Souls Harlesden



THE CHURCH
OF ENGLAND



A Christian Perspective on Meditation

Meditation is a classical spiritual discipline that is rooted deeply in the Bible and in ancient Christian practice.

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. So, all good meditative prayer is a conversion of our entire self to God.



Christian Meditation vs. Mindfulness

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.

Christian meditation also differs from secular meditation, focusing on self-awareness and relaxation.

In contrast, Christian meditation is designed to help to focus on God's presence, His greatness and love.



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”)

Misconceptions about Christian Meditation

Some people believe that meditation is against Christianity. For the most part, people associate meditation with Buddhist, Hindu, or New Age practices. And while these traditions have adopted meditation, that doesn't mean Christians have to eschew it. In fact, meditation is commanded in the Bible. God wants us to meditate because it draws us closer to Him and helps His Word sink down into our hearts.

Christian meditation is a powerful tool that can help us deepen our faith and connect with God. By practicing Christian meditation, we can draw closer to God and experience His love and grace in a deeper way.

You will keep in perfect peace those whose minds are steadfast, because they trust in you.
Isaiah 26:3

May my meditation be pleasing to him, as I rejoice in the Lord.
Psalms 104:34

My mouth will speak words of wisdom; the meditation of my heart will give you understanding.
Psalms 49:3

My eyes stay open through the watches of the night, that I may meditate on your promises.
Psalms 119:148

Set your minds on things that are above, not on things that are on earth.
Colossians 3:2

The Benefits of Christian Meditation

- **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.

Be still and know that I am God.

Psalm 46:10

During our sessions
we will learn
four different techniques of
Christian meditation.



Contact Us



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