

Meditation
April 6th 2014

Reflections\Principles to Study & Apply

A. East vs. West

Meditation in eastern religions is focused upon releasing personal identity in order to connect to a higher level of existence or universal consciousness. The principle is based on a belief that through meditation a person can achieve a higher state of consciousness or righteousness.

The practice of Christian meditation is to focus on personal growth and solitude. Releasing all distractions and focusing on God accomplishes this. When we focus our hearts on God we give Him the opportunity to speak into our lives.

B. How in your life do you think that Meditation could help you connect to God? Are you currently doing any forms of meditation in your relationship with God? Ask God to continue to reveal to you how you can strengthen your knowledge of Him and how you can seek to more actively know Him.

C. Verses for further exploring biblical meditation.

Eli and Samuel – 1 Samuel 3

Elijah – 1 Kings 19

Isaiah – Isaiah 6

Jeremiah – Jer. 20

Jesus – Matt 14