

Meditation

A part of your daily exercise will begin with meditation where you invite God into your space. For this challenge we will use a guided meditation”where I will provide context that you will follow during the meditation exercise, and you will employ the definitions outlined below. This type of meditation may be easier for those who find meditation difficult, or find it hard to quiet themselves long enough to focus and receive.

Christian Meditation includes two actions:

1. Emptying yourself of the noise and distraction of the world
2. Filling yourself with the person and Word of God

When the Bible speaks of meditating on the Word (the book of the law Joshua 1:8):

- ” Meditation moves from looking at/listening to words of the text to entering to the world of the text
- ” Meditation is the prayerful employ of imagination in order to become friends with text or words spoken
- ” Meditation is participation, becoming a part of the story