



Practicing Biblical Meditation Effectively

Beginner-Friendly Meditation





Tonight's Agenda

What is Biblical Meditation

The Benefits of Biblical Meditation

Guided Biblical Meditation

Open for Discussion

Closing Prayer

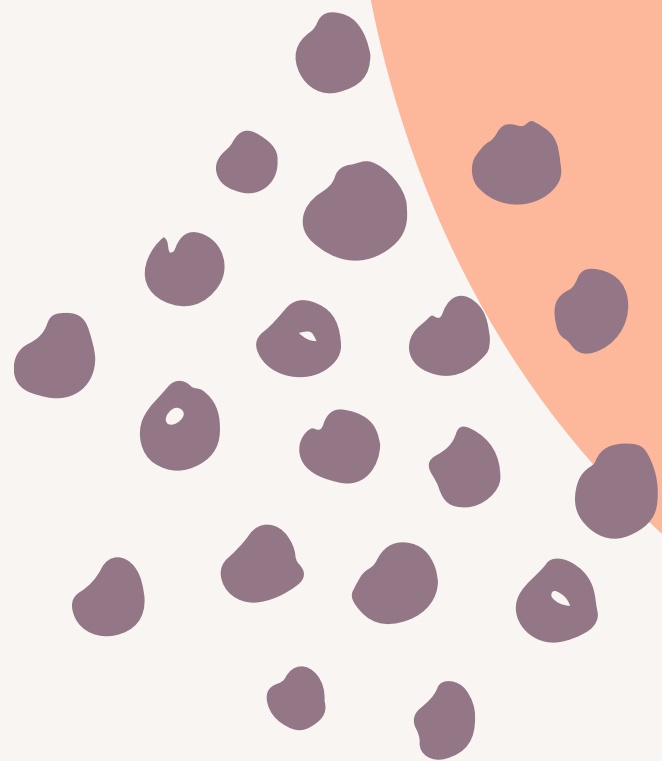
Let's dive in :)



Let's Start with This Good Quote!

*"The Bible is not meant merely to inform
but to transform."*

-anonymous writer-



Biblical Meditation

In the OT, two Hebrew words are translated "meditate."

-low pitch murmur

-taken up or absorbed by something

NT describes it as:

-commune, declare, pray, speak, talk with

Meditation is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God...It is an activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God, and as a means of communion with God.

Theologian J.I. Packer

Benefits of Meditation

01

Stress Relieve and Less Anxiety

Being choiceful about what we think about rewire our brains to reduce stress and anxiety - mind renewal

94% of people with mild to chronic stress reported that Christian mediation reduced stress - Abide survey

02

Better Focus and Productivity

Meditation helps us recognize distracting thoughts or impulses and let them pass without indulging them

03

More Patience

Mindfulness teaches us to practice patience so it comes naturally to us when we need it - stillness

Benefits of Meditation



04

Improve Sleep Quality

Reduces stress which impacts sleep.

80% of people with mild to chronic insomnia said that Christian meditation helped them sleep better.

Abide survey 3/23

05

Personal Development

Meditation helps you better understand your authentic self by teaching you how to observe without judgment/shame. Replacing lies with truth.

06

Improve Social Relationships

It's been shown to foster stronger social connections by allowing you to connect with others on a deeper level.



Biblical Meditation



Closer to God/ Fills our vessels

Biblical meditation is a devotional reading of the scripture with the ultimate goal of drawing closer to God. While mindful meditation empties out, biblical meditation pour back in spiritual truth.

Distict from Bible study



Effectiveness

As with any practice, one must value the importance of meditating on Scripture. Doing a heart check to ensure you believe meditation will be valuable to you.



Discipline

Believing in the value is not enough. One must also prioritize biblical meditation. Meditation requires a level of discipline to sit quiet in God's presence. Should not be rushed.

Ex. if guided meditation is 10 mins, carve extra time to rest in the stillness of God's presense



Scripture on Meditation

"I will meditate on your precepts and fix my eyes on your ways." - Psalm 119:5



"May my meditation be pleasing to Him, for I rejoice in the Lord." - Psalm 104:34



"I remember the days of old; I meditate on all that you have done; I ponder the work of your hands." - Psalm 143:5



What's Your Feeling Now?

Anxious

Calm

Stressed

Excited

Sad

Happy

Bored

Worried

Self Preparation

Please Describe Your Feeling





P

Pausing to be still

R

Reflect on scripture/rejoicing

A

Asking God to help us and others

Y

Yielding to His will

Lectio 365

P.R.A.Y



Biblical Meditation Preparation



Chose your passage:
this can be following
an app or choosing a
Bible passage



Get comfortable: relax
your muscles,
shoulders and your
hands, sit on a pillow (if
available)



Get silent: Ask God to
prepare your heart
and mind to hear from
Him as He speaks
through the passage



Practice your breaths:
Take 3 deep breaths,
breathing in then
breaking out

Let the Meditation Begin!

*Close your eyes and relax
10 minute exercise*



Self Check

Describe your mood After Meditation



Guided Meditation



Youtube: The Mindful Christian

Youtube or App: Abide Meditation

App: Lectio 365



App: Hallow: Pray and Meditation



Thank you!

Contact us with any questions!

mentalhealthoasis.com

IG: @mcbcmh

Sources:

-Biblical Meditation - Thomas A. Tarrant, III D.Min

-Abide Meditation Survey

-Lectio 365