

# CHRIST-CENTERED MINDFULNESS MEDITATION



Traditional mindfulness has been defined as “paying attention in a particular way— on purpose, in the present moment, and non-judgmentally.” This means consciously paying attention to our senses, and to our feelings, without further judgment. For example, mindfulness could be practiced by focusing on the sensation of water rushing over your hands as it pours from a faucet, or by feeling and accepting the sensation of a negative emotion without trying to push it away or to evaluate it. Quiet your mind and remain in the moment. Research has linked mindfulness meditation with reduced anxiety, more positive emotions, improved overall quality of life, and, with enough practice, permanent structural changes in the brain that sustain these benefits.

Now, imagine doing this from a Christ-centered perspective, rooted in Biblical principles! The phenomenal results are endless.

## **Meditating on God’s Word is mentioned all throughout the Bible:**

**Psalm 49:3**  
**Psalm 63:6**  
**Psalm 77:12**  
**Psalm 119:15**  
**Psalm 119:48**

**Proverbs 1:3**  
**Proverbs 2:2**  
**Proverbs 2:6**  
**Proverbs 3:13**  
**Proverbs 8:11**

Can you imagine how much more awesome the benefits of mindfulness would be if you meditated on a desire to be closer to God and to hear from Him? Imagine the hope, peace, love, joy, freedom, stability and power you’d unlock!

## **PLANNING**

- For the best outcome, Christ-centered mindfulness meditation should be done diligently and regularly. Do it intentionally and on purpose.
- Seeking God and making Him first in our lives is such an important step toward obtaining all He wants to share with us and give to us.

***“Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.” Matthew 6:33***

***“...He is a rewarder of those who diligently seek Him.” Hebrews 11:6***

## THOUGHTS

- Quiet your mind by allowing your thoughts to come and go. The more you try to control them, the more distracting they will become.
- Once you are calm and your mind is free, ask for and receive God's forgiveness of all sin. Ask Him to remove anything from you mind, heart and life that is displeasing to Him. Praise Him and worship Him for Who He is!!!
- Then, thank God for your sound mind, thank Him for peace that surpasses all understanding, and thank Him that your relationships are healthy and loving. By doing this, you are using your thoughts and words to promote joy, peace and healing (God's desires for you) in your life instead of confusion, discord and death (the enemy's plot). Our thoughts have so much power, as do our words. Refusing to think on negative things is half the battle. What we remove must be replaced with something else, so we replace the wrong thoughts (lies) with the right thoughts (God's truth) about our situation!

## BREATHING

- Focus on your breathing. Take full but gentle breaths through your nose and notice the rising and the falling of your belly.
- Notice how your body changes, as air enters and leaves your lungs. This is the key to mindfulness meditation. Focusing on your breathing will quickly keep your mind in the present moment, connecting it with your body.
- As you are doing this, keep your mind focused on the calm and peace located in the verse of scripture that you are meditating upon, and personalize the verse! **For example, "For God has not given me (insert your name) a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:17**

## BE STILL & LISTEN FOR HIS GENTLE VOICE

- Now the stage is set for God to communicate to you through The Holy Spirit.

## SUMMARY

Plan to devote 10 to 15 minutes to meditation each day— more if you feel led by God. Find a relaxing posture, set the atmosphere with instrumental music and candles. Breathe in your nose and out your mouth as you quiet your mind by focusing on God's goodness! Once your mind is free of distractions and you feel relaxed, invite The Holy Spirit's presence by meditating on a specific verse of scripture that speaks to your heart, soul & spirit. Continue this process for the duration of meditation. If you don't know where to begin, or if you have difficulty during the process, simply ask God to help guide you. Tell Him that you can do nothing without Him but that you can do ALL things with Him! Before you know it, you'll be meditating on God's word and His promises with ease! Then, be still and quietly listen as you allow God to minister to you through The Holy Spirit. Enjoy.