



The Fort Christian Psychiatric Center

Christian-Centered, Bible-Based Mindfulness Meditation

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 falls from a faucet, or by feeling and accepting the sensation of sadness 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. Before beginning, know that meditation is a skill that requires practice. In the beginning it might seem as if unwanted thoughts constantly intrude your mind and the serenity associated with meditation might be brief. With time your ability to meditate and to control your focus will improve.

Meditating on God’s Word is mentioned throughout the Bible: Psalms 49:3, 63:6, 77:12, 119:15, 119:48, and Proverbs 1:3, 2:2, 2:6, 3:13, 8:11, among others.

Imagine how much more profound the benefits of mindfulness would be if what you meditated on was God’s promised peace, love, joy, freedom, stability, and courage through your faith, trust and belief in Him!

Therefore, Meditate on God’s Word and His Truth for You and Your Life!

Here are some instructions to help you begin mindfulness meditation:

Planning

For the best results meditation should be a daily exercise that is done on purpose. Seeking God and making Him first in our lives is such an important step toward obtaining all He wants to 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

Meditating for 30 minutes a day might be a great goal, but it might not be realistic for your life. If 30 minutes doesn’t seem doable, try to start with 10 to 15 minutes a day. Create a schedule that you can stick to, rather than one that you will give up on in a week.

Posture

How you sit isn't too important—just make sure you are comfortable, but not so relaxed that you will doze off. It will be OK to sit on the floor, in a chair, and with your legs either crossed or straight. Keep your spine upright and find a position that you can maintain without discomfort. Or, you may bow before the Lord in a prayerful stance. It does not really matter how you are positioned, as long as you are able to meditate without discomfort.

Thoughts

Allow your thoughts to come and go. The more you try to control them, the more invasive they will become. Like our senses, thoughts are a normal part of our existence. Acknowledge your thoughts and let them pass naturally. Once you are calm and your mind is free, then begin to think on the good things of God. Thank Him 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 thanking Him in advance and you are expecting that it be done. 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 circumstances!

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 the sensation of your breathing will quickly bring you into the present and connect your mind 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**

Summary

Plan to devote 10 to 15 minutes to meditation each day, and more if you think you can. Find a relaxing posture and begin to focus on your breathing. Pay attention to each breath and the sensations in your body. Allow thoughts to enter your mind and then fade away without judgment or resistance. After they have passed return your focus to breathing. Once your mind is free and calm, then begin to meditate on a specific verse of scripture that speaks to your situation. 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!