



An introduction

TO CHRISTIAN MEDITATION AND CONTEMPLATIVE PRAYER

Meditation has always been an integral part of Christian prayer. There are two main types of Christian meditation. The first is active meditation where we use our minds to actively ponder a Scripture or an aspect of who God is. The second type of Christian meditation is stillness meditation where we quiet our thoughts and allow God's presence to move in our hearts and souls.

Many Eastern and new age meditation practices have the goal of emptying the mind. Christian meditation is an attempt to empty the mind of unhelpful things in order to fill it with what is right and true; God himself, his Word and his promises.

Christian meditation involves becoming detached from the controlling and wearying influences of the world and attached to the living God through Christ. Such a 'coming away' better enables us to live for God and with God each and every day. Indeed, there are some simple practices we can all practice daily, even when in the midst of stressful situations.



An introduction

TO CHRISTIAN MEDITATION AND CONTEMPLATIVE PRAYER

Meditation has always been an integral part of Christian prayer. There are two main types of Christian meditation. The first is active meditation where we use our minds to actively ponder a Scripture or an aspect of who God is. The second type of Christian meditation is stillness meditation where we quiet our thoughts and allow God's presence to move in our hearts and souls.

Many Eastern and new age meditation practices have the goal of emptying the mind. Christian meditation is an attempt to empty the mind of unhelpful things in order to fill it with what is right and true; God himself, his Word and his promises.

Christian meditation involves becoming detached from the controlling and wearying influences of the world and attached to the living God through Christ. Such a 'coming away' better enables us to live for God and with God each and every day. Indeed, there are some simple practices we can all practice daily, even when in the midst of stressful situations.

The Breath prayer is a simple way of stilling yourself as you seek God. It can be practiced for a short period of time or for a much longer period. Many people find it helpful as a way to begin times of prayer, bible reading and other spiritual disciplines

For example; Maranatha (Aramaic for 'Come Lord Jesus') works as follows:

In Breath—**Ma**

Out breath—**ra**

In Breath—**na**

Out breath—**tha**

or

Based on John 10: 10

In Breath—**I have**

Out breath—**come to**

In Breath—**bring you**

Out breath—**life**

or

One of the oldest known Christian prayers uses this same breathing pattern. This is an ancient Eastern Orthodox prayer simply called

The Jesus Prayer

In Breath—**Lord Jesus Christ**

Out breath—**Son of God**

In Breath—**have mercy on me**

Out breath— **a sinner**



The Breath prayer is a simple way of stilling yourself as you seek God. It can be practiced for a short period of time or for a much longer period. Many people find it helpful as a way to begin times of prayer, bible reading and other spiritual disciplines

For example; Maranatha (Aramaic for 'Come Lord Jesus') works as follows:

In Breath—**Ma**

Out breath—**ra**

In Breath—**na**

Out breath—**tha**

or

Based on John 10: 10

In Breath—**I have**

Out breath—**come to**

In Breath—**bring you**

Out breath—**life**

or

One of the oldest known Christian prayers uses this same breathing pattern. This is an ancient Eastern Orthodox prayer simply called

The Jesus Prayer

In Breath—**Lord Jesus Christ**

Out breath—**Son of God**

In Breath—**have mercy on me**

Out breath— **a sinner**

