

Christian Meditation  
An Independent Study by  
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“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.” Psalm 1:2 <sup>1</sup>

Meditation is the “Act of calling to mind some supposition, pondering upon it, and correlating it to one’s life.”<sup>2</sup> This is the definition that is given in Holman’s Illustrated Bible Dictionary. The Bible instructs us to meditate on God’s word and on His wonders. In my own personal journey in meditation, I like James Finley’s quote the best when he says “It is to be someone slowly awakening to the divine destination of our journey manifesting itself in the divinity of our own breathing, our own beating heart, our simply being who we are.”<sup>3</sup>

In this Independent Study, I purpose to provide a script of Christian Meditation. It is my hope that this script will be used as a guide to assist beginners of meditation in their own personal journey to awaken the divine within and establish a richer, deeper spiritual walk.

It is recommended that you read through the following script in entirety before beginning your meditation practice.

1. To begin, you really don’t need any elaborate set up. Simply find a comfortable space in your home. It could be in your favorite chair, in a cleared out closet or a quiet corner of your room. You don’t need to have props, but make your meditation space unique to your preferences. You may consider keeping a non-ticking timer or watch nearby so you are not tempted to “clock watch”. You can start with 15 minute segments and work up from there.
2. Other tools that you can use in your meditation space could include a cross, a bible, scriptures, an image of Jesus, a rosary to hold or just a candle. Design the space as simply or as elaborately as you desire. This is your “grounding place”. It is

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<sup>1</sup> Life Application Bible, New International Version, Wheaton: Tyndale House Publishers, 1991.

<sup>2</sup> Brand, Chad, Charles Draper and Archie England. Holman Illustrated Bible Dictionary. Nashville, TN: Holman Bible Publishers, 2003.

<sup>3</sup> Finley, James. Christian Meditation, Experiencing the Presence of God. San Francisco, CA: HarperCollins Publishers, 2004

a place that you can come to daily to meditate. With time and practice, it will open your heart to a meditative state of receptive openness to God as you walk to it.

3. Next, it is very important that you are comfortable. If you are not comfortable sitting cross legged on the floor, find a chair or sit with your back against a wall for support and your legs extended in front of you.

4. Take a moment to let go of any judgments, any stress and draw your attention to the present moment by focusing on your breathing as you inhale and exhale slowly through your nose. If you chose to have a candle in your place of meditation, light the candle and draw your gaze softly to the flame. Otherwise, draw your eyes to the image or cross or simply close your eyes, and continue to focus on your breath. It is a matter of personal preference as to whether you keep your eyes open or closed. Finley correlates the lowering of the eyes to the “narrowed gate through which we pass into a deeper place”. He also correlates closed eyes to the echoing pleas of the blind man in the gospels, “Lord, that I might see.” Inevitably, the choice is up to you.

5. Choose a scripture that speaks to your heart and create your own mantra. For the benefit of this study and for example, I will offer you a scripture to start.

*“Love the Lord Your God with all your heart, soul and mind”*

This scripture comes from Matthew 22:37. On the inhale breath recite “Love the Lord Your God” and on the exhale breath “With all your heart, soul and mind.” Continue the mantra as you sit with closed eyes or soft gaze. Draw your focus on the words as they move with your breath.

Feel free to draw from the Bible and create your own mantras from other scriptures that speak to your heart or ones that embody a spiritual fruit that you would like to cultivate in your life. Consider the following scripture:

*“The Fruit of the Spirit is Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control.”*

While this scripture is rather long for a mantra, consider creating a mantra from one of the words as in the following example:

*“A spiritual fruit is peace, I am peaceful.”*

The use of a mantra, helps to control the tendency of the mind to swing from thought to thought. Develop your own mantra and do not be surprised if your mind creates it’s very own mantra during a meditation session. Be open and receptive to any awakening of the heart that your time with God creates.

6. There are many things that can happen during your time of meditation. Your attention may be directed to the need of another. Your attention may be directed to a need within yourself. There is no “right” or “wrong” way to meditate as it is each person’s individual experience. “The lesson we are invited to ponder is that

meditation embodies a desire for God that brings us back full circle to a more clear-minded, Christ-like compassion for others and ourselves.” Be gentle with yourself. If at first you do not experience a significant difference in attitude or thought or feeling, it’s okay. Each time you come into a meditative practice, you are practicing “letting go” of emotional baggage, stress and the material “things” of the world we live in and allowing yourself to be opened to the infinite blessings of a closer walk with your Creator.

7. There is no specific way to close your meditation practice. Once again, it is a matter of personal preference. You may want to place your hands at heart center and bow in reverent honor of the time you have spent. You could choose to verbalize the mantra you used during the meditation as a way to carry forward the mantra in your daily routine. You could also simply choose to blow out the candle or just sit in silence for a moment longer and reflect or write down any prevalent thoughts that came out of the meditation.

It is my sincere hope that this Independent Study has provided you, the reader with some ideas on how to start your own Christian Meditation practice. Please take the liberty to expand upon this script and make it entirely your own so that your journey into Christian Meditation will be a deeply rewarding one.