

This week's Discipline



Meditation

Christians have been meditating for thousands of years. We don't meditate to empty our minds, but to fill them with God's word, works, deeds, laws, and more. Try this:

1. Find a quiet place.
2. Find a short bible verse or paraphrase a longer one. For example: Psalm 119:114 (NIV) – "You are my refuge and my shield; I have put my hope in your word."
3. Paraphrase the verse and/or make it personal such as: "You are my refuge and shield. My hope is in your word."
4. Breathe in through your nose slowly and out through your mouth slowly. Once you have a good rhythm, inhale the first phrase: "You are my refuge and shield", exhale the second phrase: "My hope is in your word."*
5. Continue to slowly inhale and exhale the verse for at least 2 minutes (5 minutes is also a great goal!).

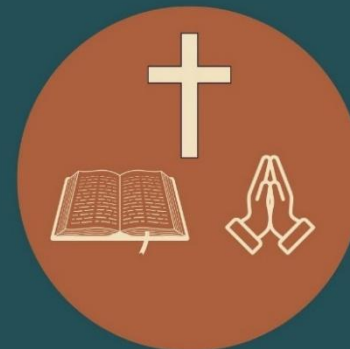
Want more information about Meditation? Attend this week's Spiritual Discipline class on 9/24/25 from 7-8:30p in the Chapel.

*Adapted from *Breath as Prayer* by Jennifer Tucker

Scan for more info on the class!



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