



## *What Is Christian Meditation?*

*Psalms 1*

*January 4, 2026*

Christian meditation means \_\_\_\_\_ about

\_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.

The goal is to \_\_\_\_\_,

and \_\_\_\_\_. With your mind you \_\_\_\_\_.

With your heart you \_\_\_\_\_.

Christian meditation is different from Bible study and prayer.

When you read the Bible, \_\_\_\_\_. When you

pray, \_\_\_\_\_. When you meditate, you \_\_\_\_\_

\_\_\_\_\_.

### **How to Practice Christian Meditation**

**1.**

**2.**

Four Sources:

1)

2)

3)

4)

**3.**

**4.**

1)

2)

3)

4)

### **Questions to ponder and discuss:**

1. Have you ever tried Christian meditation? If so, describe your experience.
2. Will you give it a try? If so, when and where? What will be your focus?