

Christians? Have you ever been told that meditation is not Christian, or that it has no biblical basis? Do you long for a deeper and more personal relationship with God? Today's Christians have too often misunderstood meditation and its place in their faith tradition. Many of us have heard that meditation belongs only to Buddhism or other Eastern spiritual practices. In this short volume, William E. DeWitt outlines the scriptural basis for meditation and how it allows us to find the Holy Spirit within ourselves. We spend most of our time in our busy minds, but meditation leads us from our minds to our hearts, where Christ lives. Unlike basic meditation, which is often centered on the self, Christian meditation helps us make Christ the center of our lives. It is not a technique, DeWitt emphasizes, but a spiritual discipline. A lifelong Christian, DeWitt discovered later in life that regular meditation adds a rich dimension to his faith, enhancing his understanding of the Bible and deepening his relationship not only with God but with those around him. In simple, straightforward language, he demystifies meditation practice, the greatest experience of God's grace he has ever known besides salvation itself. If you are seeking a more peaceful heart and greater spiritual fulfillment, learn more about what DeWitt calls this gift from God.

Plot 37: Building an Effective Allotment for Beginners, A Social Laboratory for Modern France: The Musee Social and the Rise of the Welfare State, Agnotology: The Making and Unmaking of Ignorance, Identifying And Breaking Curses, The Christmas Kitten, Odd and Even (Wonder Readers: Mathematics), T&T Clark Companion to Reformation Theology (Bloomsbury Companions), Torpedo Leader, Four lectures on subjects connected with diplomacy,

Unlike basic meditation, which is often centered on the self, Christian meditation helps us make Christ the center of our lives. It is not a technique, DeWitt. Christian meditation is the only proper way to meditate. There are many .. many Eastern teachings, man is of the same essence as nature, simply a part of the. In essence, Christian meditation involves sitting still, in silence, saying in your mind a single prayer word. Many meditators use the word. Sadly, the result of this uncertainty often means that many Christians Meditation, in essence, requires 'thinking with the mind in the heart.

The essence of meditation is simplicity. Stay with the same word during the whole meditation and in each meditation day to day. Don't visualise but listen to the.

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