

Basics of: How to meditate

Begin with being in the word of God.

This may be a few scriptures, or listening to a Bible-based study.

Then devote some quiet time to be with God, and choose an intentional place.

Worship Him with your heart, and mind.

Smile over what He has already done for you.

Adore the work of Jesus.

Then consider and cycle in your mind what you read, or a Bible-based lesson that you listened to.

Ask the Lord to speak to your heart of what He wants you to learn from Him.

Speak to the Lord from your most inner being.

Breathe with focus and calm, find comfort in silence (shoulders relaxed, in through your nose, out your mouth).

Take in more of Him and His will, release yourself, your ways and your desires.

Turn it all over to Him, with full gratitude He is available to love on you and listen.

Give Him thanks and rejoice in the things around you of Creation, and His presence in your life.

Enjoy God, because He enjoys you!

Rest in the truth, that He is the finisher of faith, and as we approach *“the throne of grace, that we obtain mercy and find grace to help in time of need,”* (Hebrews 4:16).

God Bless,

Mika J

www.MikaJ.org