

# Filling Your Mind with Christ

*I have come that you may have life and have it to the full.*

*Christian Meditation involves both clearing and filling your mind. You spend time clearing and emptying your mind of the things that occupy, distract, and take away life. Then you fill your mind with thoughts, prayers, and images that bring life and life to the fullest.*

## **Morning One**

*Begin by sitting in a chair or on the floor. Some place quiet. It can be your office, a park, or your living room floor. Take your phone and set your alarm for 5 or 10 minutes. Whatever you feel comfortable with.*

*Start focusing on just your breath. Breathe in. Breathe out. Repeat this a few times until it becomes your focus. Begin to notice the thoughts you are having. As soon as we wake up in the morning, our mind begins to work. It is always working and processing. Maybe you started thinking about your to-do list. Maybe it was a frustrating conversation. Maybe it is something you are really looking forward to. This is fine. It is what your mind does. Simply acknowledge your thoughts and feelings. Take a deep breath, and as you breathe out, release those thoughts and return to your breath. Those things can wait. You aren't dealing with it now. Right now, you are simply here...in the presence of Christ, filled with the Holy Spirit.*

*At this point in your day, you may not have even spoken a word. Begin with an invitation to God.*

## **Opening Words**

Come to me, Oh God, for the day is just beginning. Dwell within me, oh light of the world. When you are near, the night is but day.

## **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be. Amen.

*Repeat these two opening reflections. These begin to center your mind, heart, and spirit on God instead of your life.*

*Continue by saying a Psalm and then the Lord's Prayer. Feel free to personalize it.*

## **Psalm 23**

You are my shepherd and I shall not want.

You make me lie down in green pastures.

You lead me beside quiet waters.

You restore my soul.

You guide me along paths of righteousness, for your name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil for you are with me.

Your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil and my cup overflows.

Surely goodness and mercy will follow me all the days of my life and I will dwell in the house of the Lord forever.

### **The Lord's Prayer**

Our Father, who art in heaven. Hallowed be thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day, our daily bread. And forgive us our debts, as we forgive our debtors. Lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory forever. Amen.

*Now would be a time to say a personal prayer. Pray for God's presence. Pray for your family. It can be a short prayer. Here is an example even though it is a little formal.*

Lord God, you have brought me in safety to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do, direct me to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.

Guide me, Oh God, by your Word and Spirit. That in your light, I may see light, and in your truth find freedom, and in your will discover peace, through Jesus Christ our Lord. Amen.

*This part will be the culmination of your meditation. You end with the Gospel from 1 Peter 1:3-4, 8-9. Memorize this. Say it out loud. Personalize it.*

<sup>3</sup>Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, <sup>4</sup>and into an inheritance that can never perish, spoil or fade. <sup>8</sup>Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, <sup>9</sup>for you are receiving the end result of your faith, the salvation of your souls.

*Now you can end where you begin by saying the opening lines again. There is a different element here because you are going to use the lines from the end of the day. This reminds us that the day is short and already completed in God's eyes.*

Stay with me, Oh Lord, for the day is almost over. Stay within me, oh light of the world. When you are near, the night is but day.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be. Amen.