

THE KING IS COMING

Meditation & Contemplation

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Encountering God in Silence

[Hero Section with peaceful, contemplative imagery]

A Comprehensive Guide to Deepening Your Spiritual Practice

"In an age of constant distraction and overstimulation, meditation represents a counter-cultural choice to slow down, to listen, and to make space for divine encounter."

What Christian Meditation Is (and Isn't)

The Distinction

Christian meditation is NOT:

- Emptying your mind
- Achieving altered states
- Seeking enlightenment through personal achievement
- Escape from reality

Christian meditation IS:

- Drawing near to God through focused attention
- Receptive silence and intentional presence
- Deepening relationship with the living God
- Creating space for listening

The Key Difference: While prayer involves speaking to God, meditation is about creating space for listening—for God to speak to our hearts, for the Holy Spirit to minister in the silence.

Biblical Foundation

Scripture Is Clear

Old Testament:

"But his delight is in the law of the Lord; and in his law doth he meditate day and night." — Psalm 1:2 (KJV)

"I have more understanding than all my teachers: for thy testimonies are my meditation." — Psalm 119:99 (KJV)

New Testament:

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." — Philippians 4:8 (KJV)

Jesus modeled meditation:

- Withdrew to solitary places to pray (Luke 5:16)
- Night of prayer on the mountain (Luke 6:12)
- Time in the wilderness (Matthew 4)

Benefits of Meditation

Physical Benefits

- Reduced stress hormones
- Lower blood pressure
- Improved immune function
- Decreased chronic pain
- Enhanced overall health

Emotional Benefits

- Increased emotional resilience
- Greater emotional regulation
- Reduced anxiety and depression
- Enhanced capacity for joy and gratitude
- Freedom from reactive patterns

Spiritual Benefits

- Direct pathways for encounter with God
- Greater sensitivity to the Holy Spirit
- Increased capacity for discernment
- Deepening faith
- Transformation into Christ's image

Relational Benefits

- Experiencing God's unconditional love
 - Extending love to others
 - More present with people
 - Deep listening capacity
 - Authentic relationships
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The Five Meditation Types

1. Scripture Meditation

What It Is: Slowly reading and pondering a biblical passage, allowing God's word to work on your mind, heart, and spirit.

How to Practice:

1. Choose a brief passage (3-10 verses)
2. Read slowly, multiple times
3. Notice which words stand out
4. Ponder and repeat key phrases

5. Allow contemplation

6. Close with response

Sample Practice: Meditate on Psalm 23:4

- Read slowly: "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me"
 - Focus on: "thou art with me"
 - Repeat: "You are with me... in darkness, You are with me... in uncertainty, You are with me"
 - Rest in God's accompanying presence
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2. Breath Prayer

What It Is: Coordinating a simple prayer phrase with your breathing, allowing the rhythm of breath to anchor attention to God's presence.

Historical Roots: The Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me, a sinner"

How to Practice:

1. Choose your breath prayer (8-12 syllables)
2. Establish breath pattern
3. Inhale on first half, exhale on second half
4. Continue for 10-20 minutes
5. Let prayer and breath become unified

Sample Breath Prayers:

- "Jesus Christ, / I receive Your love"
 - "Holy Spirit, / guide my steps"
 - "Father, / I trust in Your goodness"
 - "Lord Jesus Christ, / have mercy on me"
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3. Lectio Divina (Sacred Reading)

What It Is: Ancient monastic practice of reading Scripture meditatively through four movements.

The Four Movements:

1. Lectio (Reading)

- Careful, reverent reading

- Listen for words that stand out
- Read multiple times

2. **Meditatio (Meditation)**

- Repeat standing-out words
- Turn them over in your mind
- Ask: What does this mean? Why did it stand out?

3. **Oratio (Prayer)**

- Speak to God in response
- Honest, personal response
- Dialogue with God

4. **Contemplatio (Contemplation)**

- Release prayer and words
- Rest in silence
- Open to God's presence

Time: 20-30 minutes typically

4. **Contemplative Silence**

What It Is: Meditation in its most stripped-down form—releasing words, images, and concepts to rest in wordless communion with God.

How to Practice:

Stage 1: External quieting (remove distractions) **Stage 2:** Mental stilling (note and release thoughts) **Stage 3:** Releasing words (let concepts dissolve) **Stage 4:** Receptive waiting (alert and open) **Stage 5:** Wordless communion (presence without words)

What Happens:

- Profound peace
- Dissolution of self-concern
- Sense of God's presence
- Healing and transformation
- Emptying and filling

Scripture:

"Be still, and know that I am God." — Psalm 46:10 (KJV)

5. Walking Meditation

What It Is: Integrating spiritual practice with physical movement.

Types:

Slow, Focused Walking:

- Walk at very slow pace
- Focus on physical sensations
- Each step becomes focus object

Nature Walking:

- Walk in natural settings
- Maintain contemplative awareness
- Allow beauty to draw awareness

Walking Prayer:

- Walk while reciting breath prayer
- Coordinate prayer with step rhythm
- Unified movement of body and spirit

Benefits:

- Easier than sitting for some
 - Prevents sleepiness
 - Integrates contemplation with activity
 - Access to nature's spiritual power
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Getting Started

The 5-Minute Starter Practice

Setup:

- Find quiet location
- Set gentle timer for 5 minutes
- Close door, mute phone

Process:

Minute 1 - Settling (0:00-1:00):

- Sit comfortably, spine upright
- Take 3-4 deep breaths
- Notice: "I'm letting go, making space for God"

Minutes 2-3 - Focus (1:00-3:00):

- Choose your focus (breath, word, phrase, Scripture)
- When mind wanders, gently return
- Don't judge wandering—just return

Minutes 4-5 - Deepening (3:00-5:00):

- Release active technique
- Rest in open awareness
- Remain receptive

Closing:

- Take 2-3 conscious breaths
- Gradually open eyes
- Notice how you feel

The 10-Minute Foundation Practice

Structure:

Minutes 1-2: Arrival and preparation

- Settle into position
- Acknowledge God's presence
- Invite the Holy Spirit

Minutes 3-7: Core meditation

- Engage chosen practice

- Practice gentle attention
- Return when mind wanders

Minutes 8-10: Transition to deepening

- Release active technique
- Rest in open awareness
- Prepare to conclude

Key: Consistency matters more than length. Daily practice of 10 minutes proves more transformative than sporadic 40-minute sessions.

| Common Obstacles and Solutions

"My mind won't stop"

Solution: Mental activity is normal. Each time you notice wandering and return, you're succeeding at meditation.

"I fall asleep"

Solution: Sit more upright, meditate at different time, keep eyes slightly open, try walking meditation.

"Nothing is happening"

Solution: Absence of dramatic experience isn't failure. Focus on fruit (peace, wisdom, love), not feelings.

"I can't find quiet"

Solution: Use earplugs, white noise, or early morning hours. Accept some background noise.

"I don't feel God's presence"

Solution: Meditation isn't about feeling. Presence is often real even without emotional experience. Continue practice.

Meditation for Specific Needs

For Peace and Anxiety

- Slow, deep breathing
- Repeat "Peace be still"
- Hold Psalm 23 in consciousness
- Body scan relaxation

For Guidance and Decisions

- Bring decision into meditation
- Ask: "Lord, what's Your guidance?"
- Rest in openness to receive
- Notice what arises
- Seek confirmation

For Healing (Emotional, Spiritual)

- Acknowledge the wound
- Invite Jesus into the memory
- "Jesus, I'm opening this to You"
- Allow new understanding to emerge

For Worship

- "Lord, I worship You"
- Rest in gratitude and love
- Adoration of God
- Strengthens relationship

Creating Your Sacred Space

Ideal Meditation Space

Characteristics:

- Quiet (minimal noise)
- Comfortable (not luxurious)
- Visually simple (minimal clutter)
- Personal significance (meaningful elements)
- Consistent (same location)

Elements to Include:

- Comfortable seating or cushion
- Candle (optional)
- Bible or Scripture
- Simple art or cross
- Plant or natural element

Adaptations:

- Outdoor meditation (nature)
 - Work environment (quiet corner)
 - Home without dedicated space (early morning)
 - Walking meditation (any location)
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Building Sustainable Consistency

First 30 Days Strategy

Strategies:

- ✓ Anchor to existing habit (after coffee, before bed)
- ✓ Track visually (mark calendar daily)
- ✓ Start small (10 minutes consistently)
- ✓ Find accountability (tell someone)
- ✓ Expect early resistance (normal, will pass)
- ✓ Adjust as needed (find sustainable time)

What to Track:

- Days practiced
- Duration and type

- Notable experiences
 - Effects on mood/peace
 - Sense of God's presence
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Progression Timeline

First Session

Mixed results normal—some calm, some distraction. Just show up.

First Week

Easier mental transition, somewhat quieter mind, occasional peace.

First Month

Noticeable effects on stress, greater God-sensitivity, increasing desire for practice.

First Three Months

- Significant mood/emotional regulation improvement
 - Greater sensitivity to God's presence
 - Growing integration into daily life
 - Some breakthrough moments
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Suggested Scripture Passages

Trust and Confidence

- Psalm 23 (The Lord is my Shepherd)
- Psalm 27 (The Lord is my light)
- Proverbs 3:5-6 (Trust in the Lord)
- Isaiah 26:3 (Perfect peace)

Love and Acceptance

- 1 John 3:1 (What kind of love)

- John 15:9-12 (Jesus's love)
- Romans 8:31-39 (Nothing can separate)
- 1 Corinthians 13 (Love passage)

Rest and Peace

- Matthew 11:28 (Come to me)
- Philippians 4:6-7 (Peace that passes understanding)
- Psalm 42:5-6 (Hope in God)
- Matthew 6:25-34 (Anxiety passage)

Healing and Wholeness

- Psalm 103 (Healing passage)
 - Jeremiah 30:17 (I will restore)
 - 2 Corinthians 1:3-4 (God of all comfort)
 - Psalm 147:3 (Heals the brokenhearted)
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Your Next Steps

This Week: ✓ Try the 5-minute starter practice ✓ Choose one meditation type to explore ✓ Create your sacred space ✓ Practice daily for 7 days

This Month: ✓ Extend to 10-minute practice ✓ Experiment with different types ✓ Establish consistent time ✓ Notice effects in your life

This Quarter: ✓ Deepen to 20-minute practice ✓ Integrate meditation into life rhythm ✓ Explore advanced practices ✓ Experience transformation

Final Encouragement

"God's desire for relationship is not passive or distant. It is active, pursuing, transformative. Meditation is the practice of opening ourselves to this divine pursuit, of making space for God to draw near and transform us through His love."

In silence, we encounter the God who speaks. In stillness, we know Him.

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