

Christian Meditation

# Christian Meditation

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Christian Meditation

# I. Opening Chant

*1 Corinthians 13 - New International Version*

Íf I speak in the tongues of men  
or of angels,  
but do NOT háve love,

Í am only a resounding gong  
or a clanging cýmbal.

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Íf I have the gift of prophecy  
and can fathom all mysteries  
and all knówledge,

ánd if I have a faith  
that can move mountains,  
but do NOT have love, I am nóthing.

Íf I give all I possess to the poor  
and give over my body to hárdship  
thát I may boast,  
but do NOT have love, I gain nóthing.

Lóve is patient, love is kind.  
It does NOT envy, it does NOT boast,  
it is NÓT proud.

Ít does NOT dishonor others,  
it is NOT self-séeking,  
ít is NOT easily angered,  
it keeps NO record óf wrongs.

Lóve does NOT delight in evil  
but rejoices with thé truth.

Ít always protects, always trusts,  
always hopes, always perséveres.

Lóve never fails.  
But where there are prophecies,  
they wíll cease;  
  
whére there are tongues,  
they will bé stilled;  
whére there is knowledge,  
it will pass áway.



Fór we know in part  
and we prophesy ín part,  
bút when completeness comes,  
what is in part disáppears.

Whén I was a child,  
I talked like a chíd,  
Í thought like a child,  
I reasoned like a chíd.

Whén I became a man,  
I put the ways of childhood  
behínd me.

Fór now we see only a reflection  
as in a mirror;  
then we shall see face tó face.

Nów I know in part;  
then I shall know fully,  
even as I am fullý known.

Ánd now these three remain:  
faith, hope and love.  
But the greatest of these ís love.

## II. Heart-oriented Centering

*Ephesians 3:16-17 - New International Version*



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Í pray that out of his glorious riches  
he may strengthen you  
wíth power through his Spirit  
in your innér being,

só that Christ may dwell  
in your hearts through faith.

Ánd I pray that you, being rooted  
and established ín love...

# III. Passive Mindfulness and Meditation

Notice this...  
relaxing!

## IV. Circumstance-oriented Contemplation





How could lot...  
be stressful?

May all lots...  
be wealthy!

How let go...  
and let God?

Notice this...  
relaxing!

## V. Physical-oriented Contemplation



How could form...  
be stressful?

May all forms...  
be healthy!

How let go...  
and let God?



Notice this...  
relaxing!

## VI. Relationship-oriented Contemplation



How could speech...  
be stressful?

May all speech...  
be loving!

How let go...  
and let God?

Notice this...  
relaxing!

## VII. Mind-oriented Contemplation



How could mind...  
be stressful?



May all minds...  
be quite wise!

How let go...  
and let God?

Notice this...  
relaxing!

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# VIII. Closing Chant

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