

Christian Meditation

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Christian Meditation

I. Opening Chant

1 Corinthians 13 - New International Version

Christian Meditation

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.

Christian Meditation

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.

Christian Meditation

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.

Christian Meditation

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.

Christian Meditation

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

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

Christian Meditation

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 chÍld,
Í thought like a child,
I reasoned like a chÍld.

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 fully 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



Christian Meditation

Í pray that out of his glorious riches
he may strengthén 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?

Christian Meditation

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?

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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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