

A photograph of a person meditating in a lotus position. Their hands are pressed together in a prayer position (Anjali Mudra) above an open book. The scene is dimly lit, with a warm, golden light source from the left creating a soft glow. A glass of water is visible on the left. The entire image has a dark red overlay on the right side.

# Meditation

# *Meditation*

**Isaiah 26:3**

**Philippians 4:8**

**<sup>3</sup>You will keep him in perfect peace,  
Whose mind is stayed on You,  
Because he trusts in You.**

**Isaiah 26:3 (NKJV)**

**<sup>8</sup>Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.**

**Philippians 4:8 (NKJV)**