

A photograph of a person meditating with their hands in a prayer position (Anjali Mudra) on a wooden table. The person is wearing a white long-sleeved shirt. The scene is dimly lit, with a warm, golden light source from the left. A glass of water is visible on the table to the left. The word "Meditation" is written in a white, cursive font across the center of the image, underlined.

Meditation

Meditation

Isaiah 26:3

Philippians 4:8

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

Isaiah 26:3 (NKJV)

⁸Finally, 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)