

A photograph of a person meditating in a lotus position. Their hands are pressed together in a prayer position (Anjali Mudra) resting on 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 overall mood is peaceful and contemplative. The word "Meditation" is written in a white, cursive script across the center of the image, underlined.

Meditation

Meditation Introduction

Joshua 1:8

Psalms 1:1-6

**Meditation is the activity of
calling to mind, and thinking
over, and dwelling on , and
applying to oneself, the
various things that one knows
about the works and ways
and purposes and promises
of God.**

- C.S. Lewis Institute

⁸This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Joshua 1:8 (NKJV)

**¹Blessed is the man
Who walks not in the counsel of the
ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful;
²But his delight is in the law of the
LORD,
And in His law he meditates day and
night.
³He shall be like a tree
Planted by the rivers of water,**

**That brings forth its fruit in its
season,
Whose leaf also shall not wither;
And whatever he does shall prosper.**

**⁴The ungodly are not so,
But are like the chaff which the wind
drives away.**

**⁵Therefore the ungodly shall not
stand in the judgment,
Nor sinners in the congregation of
the righteous.**

**‘For the LORD knows the way of the
righteous,
But the way of the ungodly shall
perish.**

Psalms 1:1-6 (NKJV)