

Meditating on Jesus



Would you
like to come and
enjoy a special time
with Me?

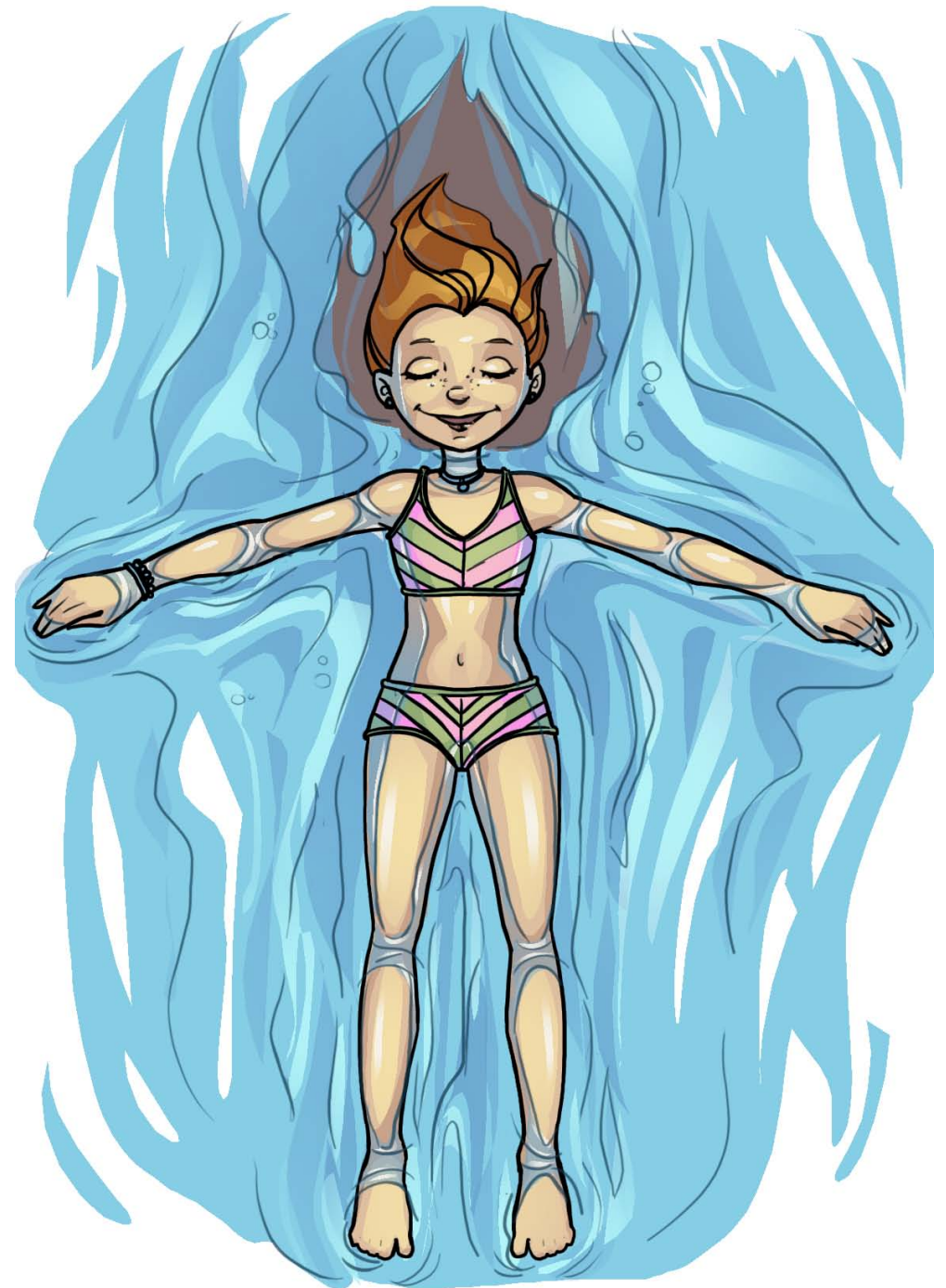
Start by praising Me and reflecting on My goodness to you. Now stop and rest awhile in My love. As you do this, I will draw close to you.

This special time of mediation is for you to let Me guide your thoughts. As you are thinking about Me, let My Spirit join with yours till we have a free flow of communication between us.



Think of this type of meditation as learning to float in water. If you struggle to see what's happening around you, the balance will be upset and you'll break the connection with Me.

Whereas if you just lie back and focus on relaxing, you'll find that the water holds you up perfectly, and it's such a wonderful feeling. The same is true of meditation—when you are calm and restful you can enter a state of full relaxation with your thoughts filled entirely with Me.





There are many times when you can meditate, such as...

- when you first wake up in the morning,
- just before going to bed,
- right after reading the Word,
- while on a walk or when you're outdoors, or
- during a break in your day.

I look forward to these times when I can fill you with happy thoughts, solutions, and godly perspective. I love to bring happiness to your heart, and give you visions of heavenly places.



I may even strike up a conversation with you during your times of meditation, which is something I love to do. We can chat about what you are interested in or need help in.

The key is to take that time with Me, so that you can be ushered into that special place where we can commune together, and you can feel My love and concern for you.



S&S link: [Christian Life and Faith: A Personal Connection with Jesus: Reflecting on Jesus and God's Word \(Meditation\)-2b](#)