



BE STILL

The Transforming and Healing Power of Christian Meditation

How do we move from knowing God's promises to allowing them to shape our thoughts, emotions, and daily lives?

This six-week journey explores Christian meditation as a biblical pathway to deeper communion with God, renewal of the mind, and healing of the heart. Through Scripture, teaching, guided meditation, and personal reflection, you will learn to become still in God's presence and develop practices that carry his truth and love into everyday life.

Our rhythm together

We will meet for **three classes, every other week over six weeks**, with **1.5 hours of instruction and practical training in each session**. Between classes, you will follow **30 days of morning praxis**: guided daily spiritual practice to accompany you as a pilgrim through Scripture reading and meditation. This rhythm gives you time to reflect, practice what you are learning, and build habits you can continue beyond the course.

What we will explore

The biblical foundations of Christian meditation: Pondering Scripture, contemplating God's character, and setting your heart and mind on Christ.

Basic practices: How to meditate and be still in a busy, distracted world.

Neuroplasticity: Understanding the brain's capacity to learn and change, and exploring how repeated patterns of attention and thought relate to mind renewal.

Neurotheology: An introduction to the study of relationships between brain activity and spiritual experiences, including prayer, meditation, and the disciplines.

Be still. Receive God's love. Grow in Christ.

What we will explore, continued

Recognizing and changing patterns of thought: Becoming aware of worry, rumination, and beliefs that influence your emotions and sense of identity.

Enlisting God's help to overcome: Bringing fear, grief, and disappointment into prayer while learning to receive biblical truth and comfort.

Working through difficulties: Responding to distractions, restlessness, uncomfortable emotions, and times when God feels distant.

Healing and wholeness: Exploring restoration as an ongoing journey that includes emotional and spiritual honesty, and openness to receiving love and peace in a troubled world.

Living what you receive: Developing a rhythm of connection and contemplation that shapes daily choices, relationships, forgiveness, and obedience to Christ.

Your journey through the three sessions

Each 90-minute teaching and training session is supported by a guided morning practice, five days a week, to deepen your meditation and connection with the Father.

Be Still and Know God

Learn the foundations of Christian meditation and practice becoming attentive to God through stillness, relaxed breathing, Scripture, and prayerful listening.

Be Still and Be Renewed

Recognize recurring patterns of thought and explore how Scripture, focused attention, and consistent practice can help shape new responses rooted in God's truth and love.

Be Still and Be Healed

Bring burdens and emotional pain honestly into God's presence through lament and contemplative prayer. Explore how receiving comfort and seeking support can become part of a continuing journey toward wholeness.

What you can take away

Each session includes guided practice and reflection, supported by the morning praxis and simple journal prompts between classes. By the end of the six weeks, you will have tools for establishing a sustainable meditation practice, responding more thoughtfully to troubling thoughts, and applying Scripture to daily challenges. With continued practice, these habits can support greater peace, resilience, and a deeper relationship with God.

Whether you are beginning or seeking to deepen an existing practice, you are welcome to join us as we learn to be still, receive God's love, and grow in Christ.