

**Comforting & Encouraging Scripture
To Inspire Your Time Of
Meditation & Fellowship With God
For Peace & Hope With God**



“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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. .

Philippians 4:8-9

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Preface

Some Christians are wary of or reject meditation, on the grounds that the roots of meditation lie in non-Christian influences such as Buddhism.

While meditation has been widely used in eastern spirituality for centuries, there is nothing inherently non-Christian about the practice of meditation, and, it is increasingly being accepted as a mainstream practice in the promotion of well-being and mental health. Without knowing it, you have enjoyed many periods of sweet meditation. Think back to the last funeral you attended for a very close relative or friend. While the comforting music was played and the fond remembrances were shared, did you not slip into a place in your mind when you and the deceased were enjoying good times in the past? You were meditating. Maybe not voluntarily, but you were meditating. It was a time of meditation that promoted comfort and healing didn't it?

Christian meditation is nothing more than a time of peaceful focus on God, His Love, His Mercy, and His Grace. Christian meditation can focus on a single word, or as I prefer, a collection of verses from the Bible along with pictures and graphics that promote thanksgiving, devotion, and a desire to grow closer to God and to serve Him.

Introduction

Fellowship is the most important thing God wants from us. He wants us to come to know him – to be with him – to spend time with him. Jesus set an example for us when he slowed the pace of his life to spend time with the Father. He knew the importance of quiet moments. He often went into the mountains to pray. The more mature we become in our relationship with God, the more important this quiet time with God becomes. We look forward to being alone with him. We realize we need to listen to him for comfort and direction in our lives.

When we make fellowship with God a priority, all of the urgent issues in our lives seem to fall into place. When we focus on God he helps us understand the priorities of everything else. Jesus told us to seek the kingdom first, and that all of the other things in life would be taken care of (Matthew 6:33). We can all become so busy with activities that we neglect to spend time with God alone, in prayer, and to meet with others in fellowship with God. If you are stressed out, burning the proverbial candle at both ends, and you don't know how to accomplish all of the things you have to do in life, perhaps you should consider your spiritual diet.

Fellowship is a thing between just you and God. It is not a one way conversation only but a dialog between you and your Maker. It is not just God listening to you about your needs, desires, and wants but also you listening to God about His needs, desires, and wants. If you need to hear God speaking to you more clearly, the best way possible is to spend time in His Word.

When we fellowship with anyone – especially God – we need to draw as close to them as possible so we don't miss a word they say. In this booklet you will find inspiring scripture for when you want to meditate & fellowship at the start of day, middle of the day, end of the day and various times and reasons.

Why Christians Meditate

Christian meditation is the process of deliberately focusing on specific thoughts (such as the scripture and images in this booklet) and reflecting on their meaning in the context of the love of God. Christian meditation aims to heighten the personal relationship based on the love of God that marks Christian communion.

Here are a few very specific reasons why Christians meditate.

1. Meditation begins, but by no means ends, with thinking on Scripture.

To meditate properly our souls must reflect upon what our minds have ingested and our hearts must rejoice in what our souls have grasped. We have truly meditated when we slowly read, prayerfully imbibe and humbly rely upon what God has revealed to us in his Word. All of this, of course, in conscious dependence on the internal, energizing work of the Spirit.

2. Meditation, then, is being attentive to God.

It is one way we “keep seeking the things above where Christ is” (Col. 3:1). It is a conscious, continuous engagement of the mind with God. This renewing of the mind (Rom. 12:1-2) is part of the process by which the word of God penetrates the soul and spirit with the light of illumination and the power of transformation.

3. Meditation on Scripture is essential to Christian living.

Just consider a handful of texts that make this clear.

“This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful 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).

“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night” (Ps. 1:1-2).

“I have stored up your word in my heart, that I might not sin against you” (Ps. 119:11).

“I will meditate on your precepts, and fix my eyes on your ways” (Ps. 119:15).

In addition, consider numerous other exhortations and examples of meditation on God’s word from Psalm 119:23, 48, 78, 97, 99, 103, 148.

4. We should also train our souls to meditate on the glory and majesty of God as revealed in natural creation.

Jonathan Edwards describes the impact of one particular encounter with the power and wonder of creation:

"And as I walking there [in his father's pasture], and looked up on the sky and clouds; there came into my mind, a sweet sense of the glorious majesty and grace of God, that I know not how to express. . . . The appearance of

everything was altered: there seemed to be, as it were, a calm, sweet cast, or appearance of divine glory, in almost everything. God's excellency, his wisdom, his purity and love, seemed to appear in everything; in the sun, moon and stars; in the clouds, and blue sky; in the grass, flowers, trees; in the water, and all nature; which used greatly to fix my mind. I often used to sit and view the moon, for a long time; and so in the day time, spent much time in viewing the clouds and sky, to behold the sweet glory of God in these things: in the mean time, singing forth with a low voice, my contemplations of the Creator and Redeemer. And scarce any thing, among all the works of nature, was so sweet to me as thunder and lightning. Formerly, nothing had been so terrible to me. I used to be a person uncommonly terrified with thunder: and it used to strike me with terror, when I saw a thunder-storm rising. But now, on the contrary, it rejoiced me. I felt God at the first appearance of a thunder-storm. And used to take the opportunity at such times to fix myself to view the clouds, and see the lightnings play, and hear the majestic and awful voice of God's thunder: which often times was exceeding entertaining, leading me to sweet contemplations of my great and glorious God. And while I viewed, used to spend my time, as it always seemed natural to me, to sing or chant forth my meditations; to speak my thoughts in soliloquies, and speak with a singing voice" (Extractions from his Private Diary, 27-28).

5. We should also regularly reflect and meditate on God himself and his many works.

"One thing I have asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my

life, to gaze upon the beauty of the Lord and to inquire [meditate, NASB] in his temple” (Ps. 27:4).

“when I remember you upon my bed, and meditate on you in the watches of the night” (Ps. 63:6).

“I consider the days of old, the years long ago. I said, ‘Let me remember my song in the night; let me meditate in my heart. Then my spirit made a diligent search. . . . I will remember the deeds of the Lord; yes, I will remember your wonders of old. I will ponder [meditate] all your work, and meditate on your mighty deeds” (Ps. 77:5-6, 11-12; see also Psalm 111:2; 119:27; 143:5; 145:5).

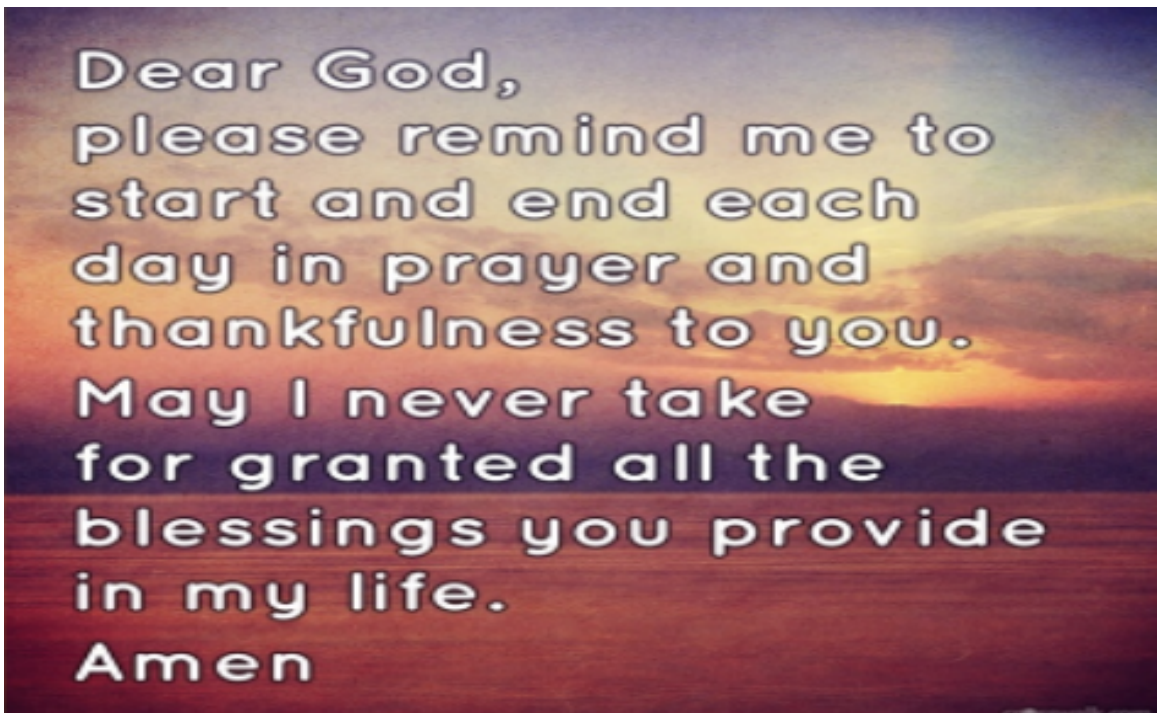
Meditation Scripture

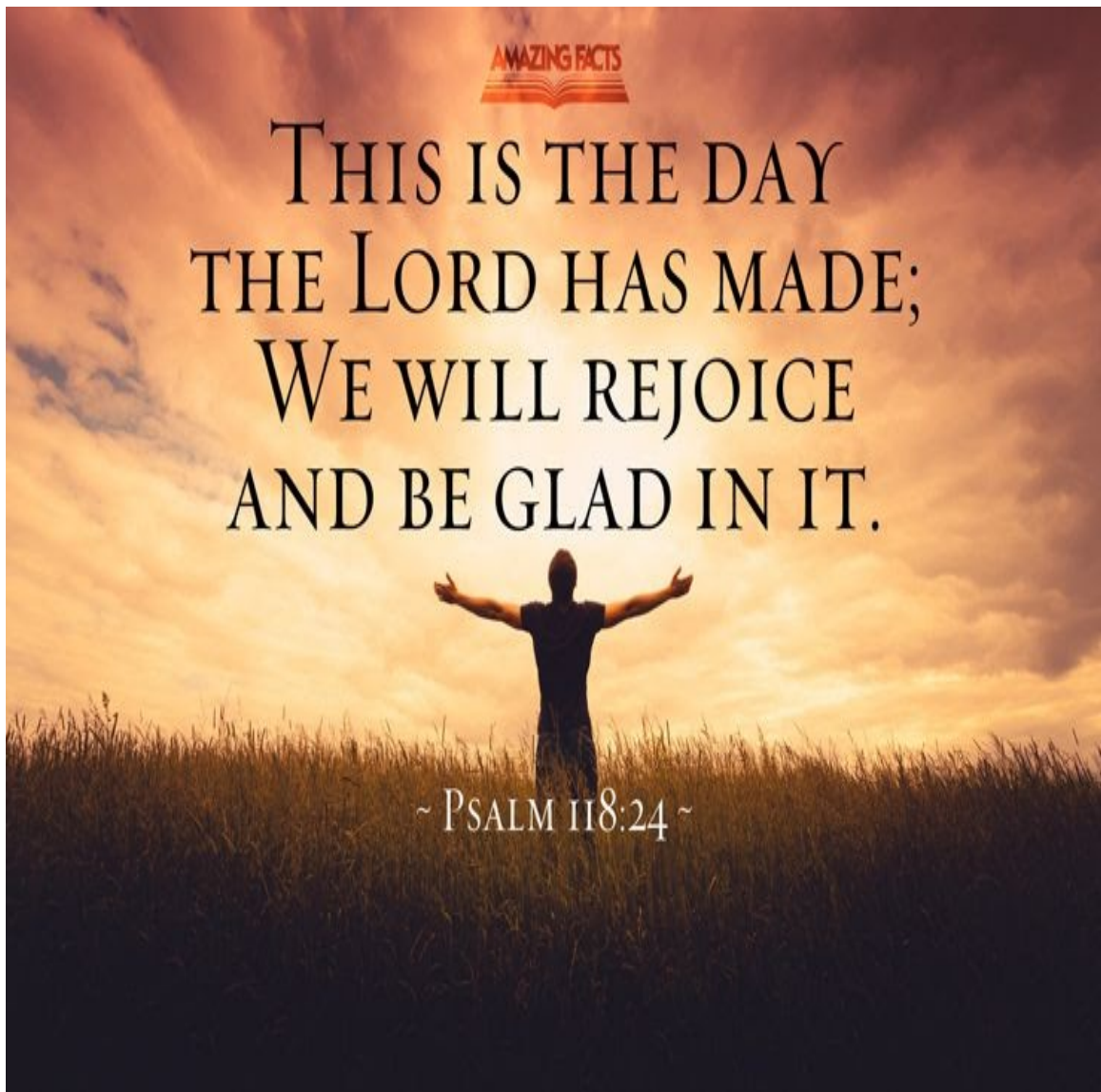
This Meditation Booklet is a combination of images and scripture to calm your spirit, put pleasant thoughts and images in your mind, and comfort you with God's Word for hope, optimism, and courage to face a sometimes very hard and cruel world.

You will find, just like I did, that even though you may read and view the same inspiring pictures and words every day, God will speak to you in many different ways about many different things.

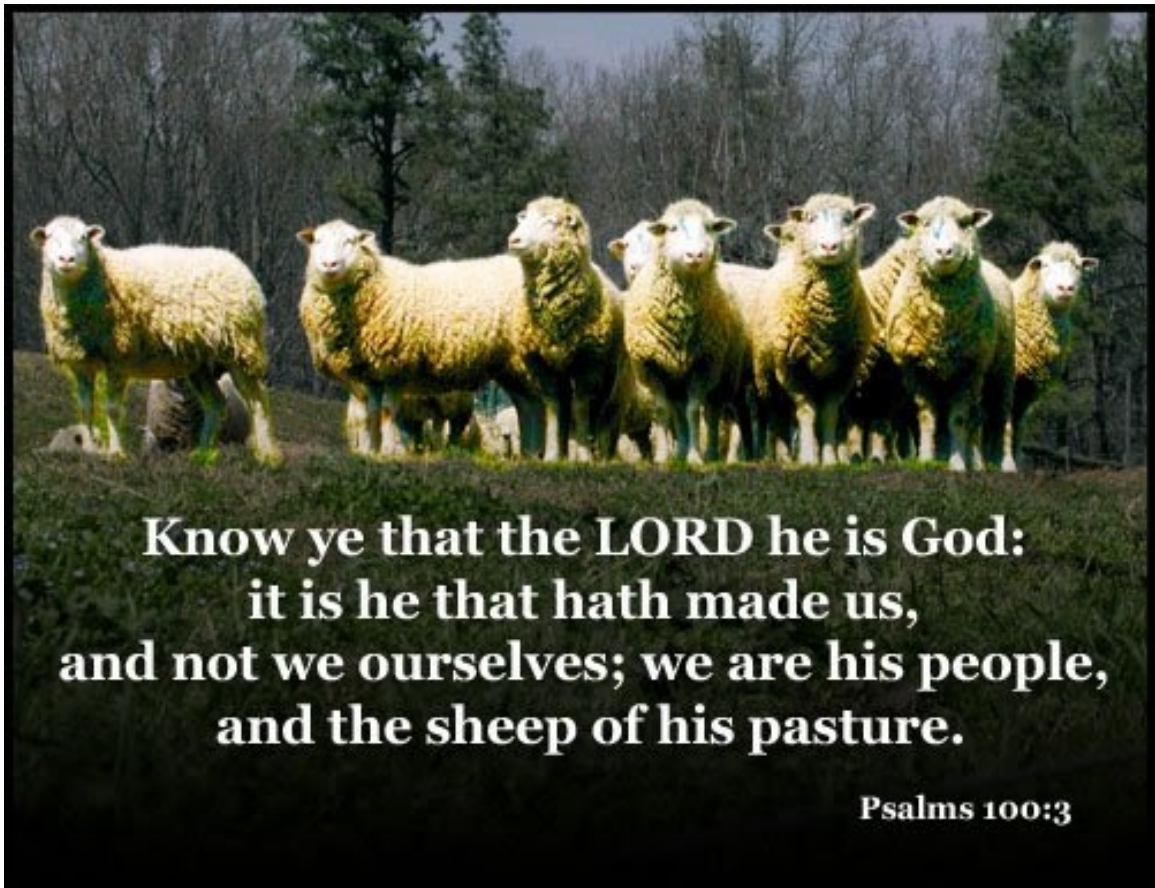
**Finally, brethren, whatever things are true,
whatever things are noble, whatever things are just,
whatever things are pure, whatever things are lovely,
whatever things are of good report,
if there is any virtue
and if there is anything praiseworthy,
meditate on these things.**

Philippians 4:8



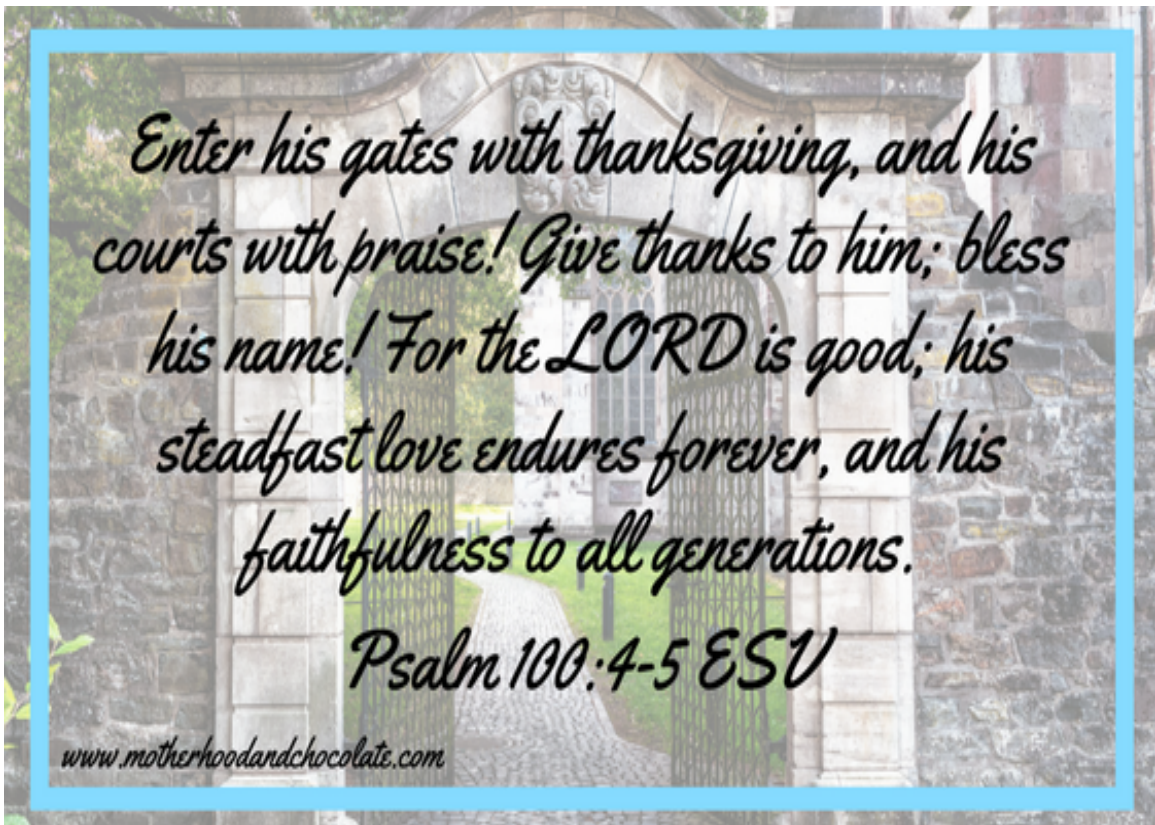






**Know ye that the LORD he is God:
it is he that hath made us,
and not we ourselves; we are his people,
and the sheep of his pasture.**

Psalms 100:3



*Enter his gates with thanksgiving, and his
courts with praise! Give thanks to him; bless
his name! For the LORD is good; his
steadfast love endures forever, and his
faithfulness to all generations.*

Psalms 100:4-5 ESV

www.motherhoodandchocolate.com

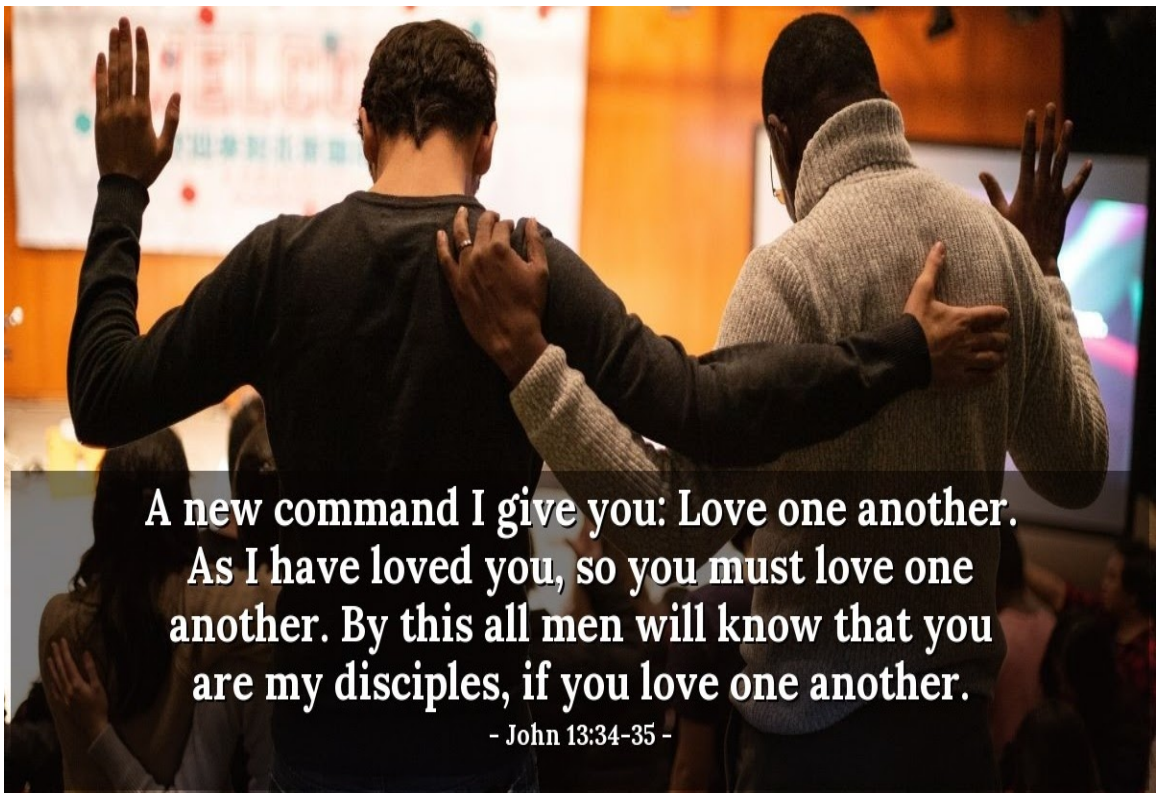
*Come close to
God and He will
come close to
you.*

(James 4:8A)

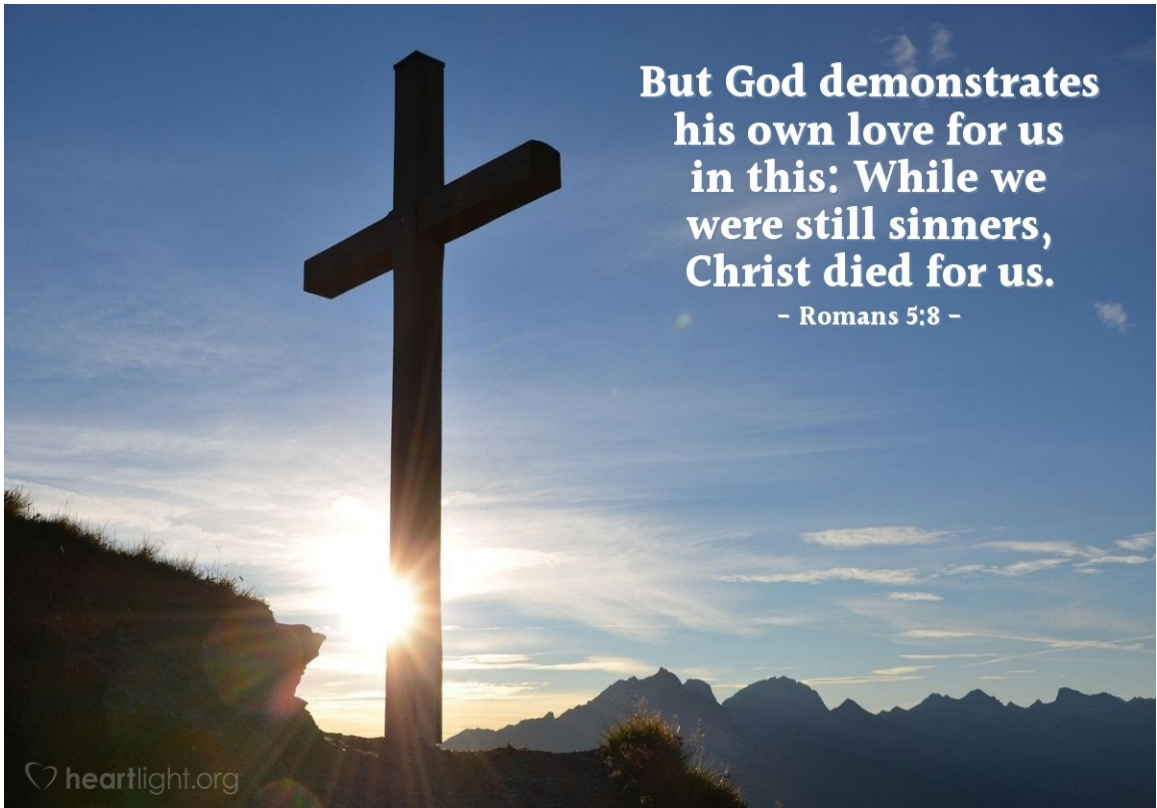








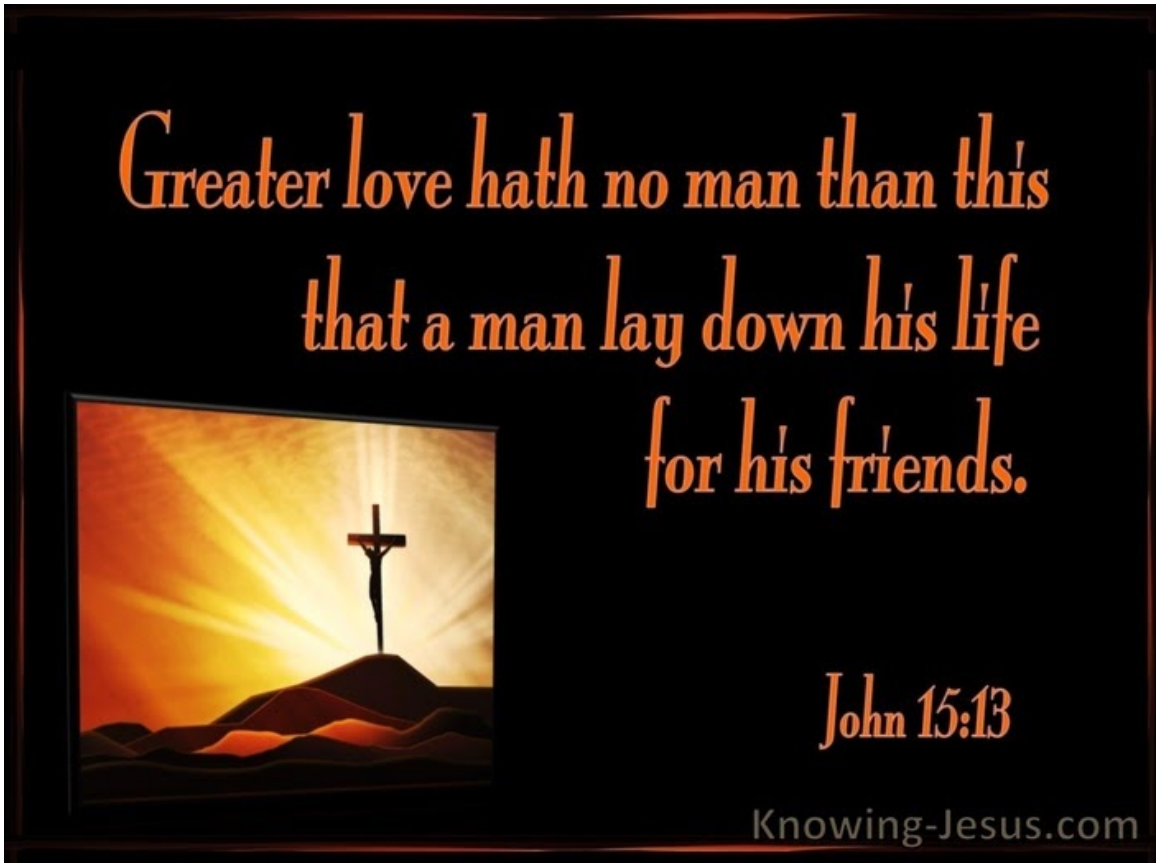
Meditation For Peace & Hope With God



**But God demonstrates
his own love for us
in this: While we
were still sinners,
Christ died for us.**

- Romans 5:8 -

heartlight.org



*Greater love hath no man than this
that a man lay down his life
for his friends.*

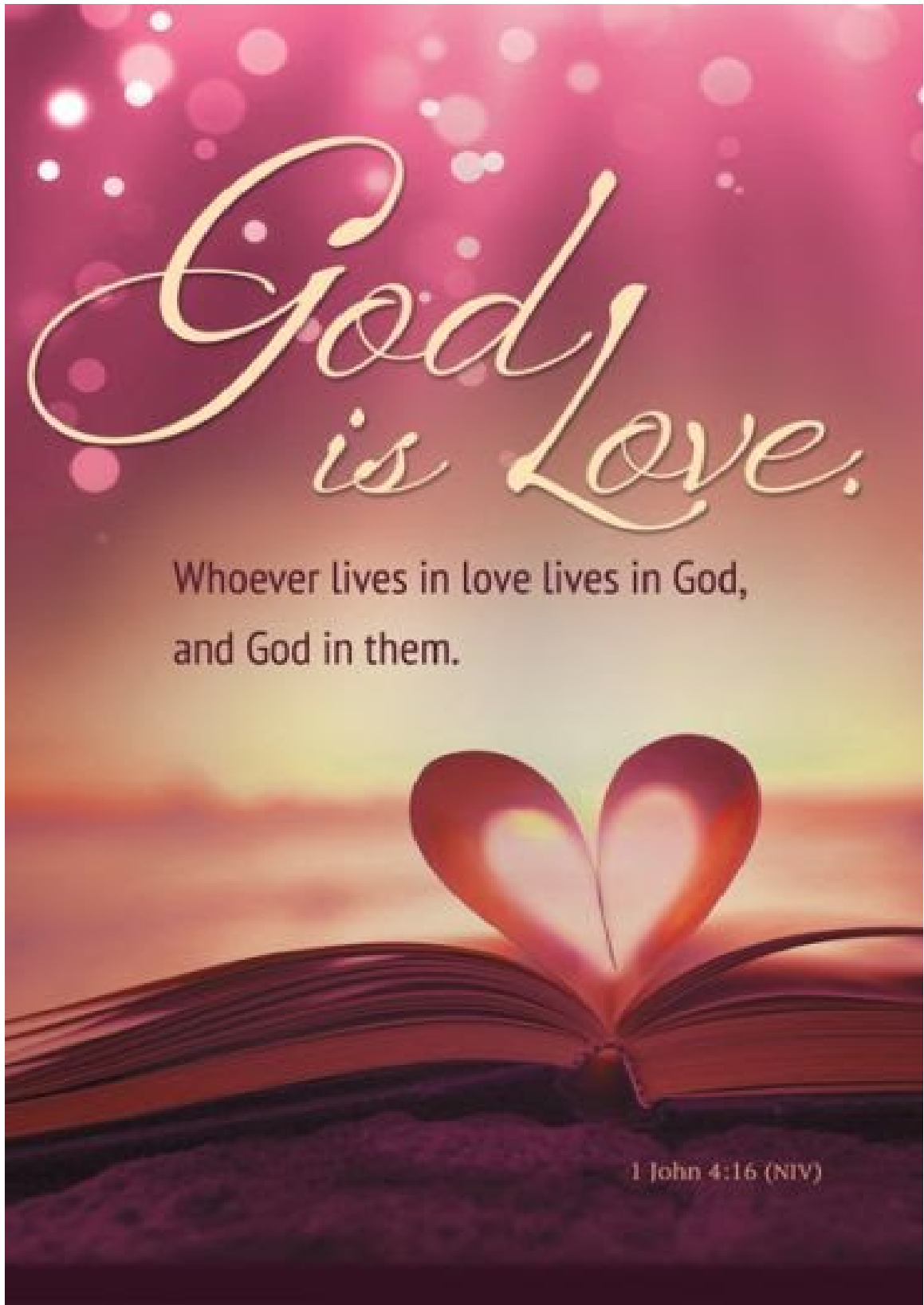
John 15:13

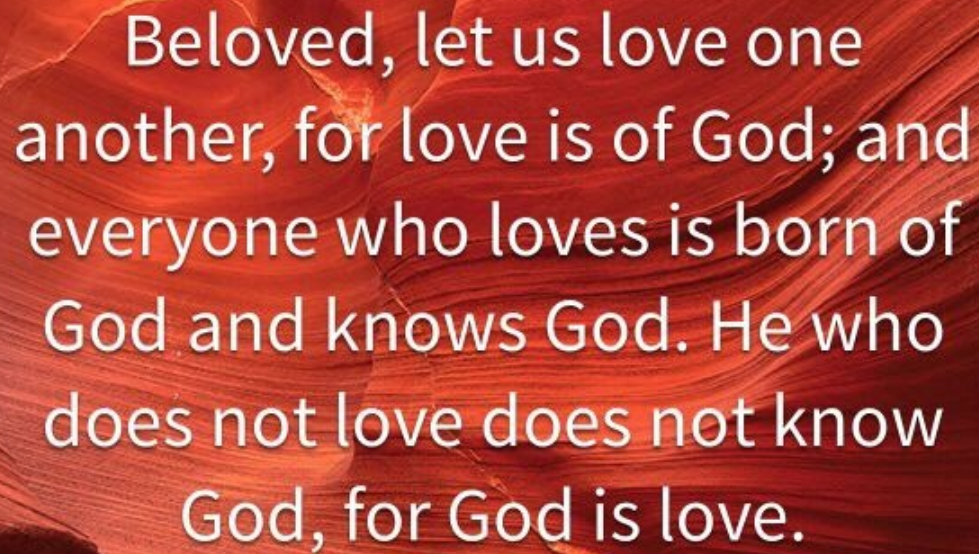
Knowing-Jesus.com

LET ALL
THAT YOU DO
BE DONE WITH

Love.

~ I Corinthians 16:14 ~





Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love.

I John 4:7-8



"ABOVE ALL THINGS
have fervent love for one another,
FOR "LOVE WILL COVER A
MULTITUDE OF SINS."

I PETER 4:8

Meditation For Peace & Hope With God



**THERE IS NOTHING YOU CAN DO
TO MAKE GOD LOVE YOU MORE!
THERE IS NOTHING YOU CAN DO
TO MAKE GOD LOVE YOU LESS!
HIS LOVE IS UNCONDITIONAL,
IMPARTIAL, EVERLASTING,
INFINITE, PERFECT!**

RICHARD HALVERSON



WALKSWITHMYFATHER



Love is patient, love is kind.

It does not envy,
it does not boast,
it is not proud.

It does not dishonor others,
it is not self-seeking,
it is not easily angered,
it keeps no record of wrongs.

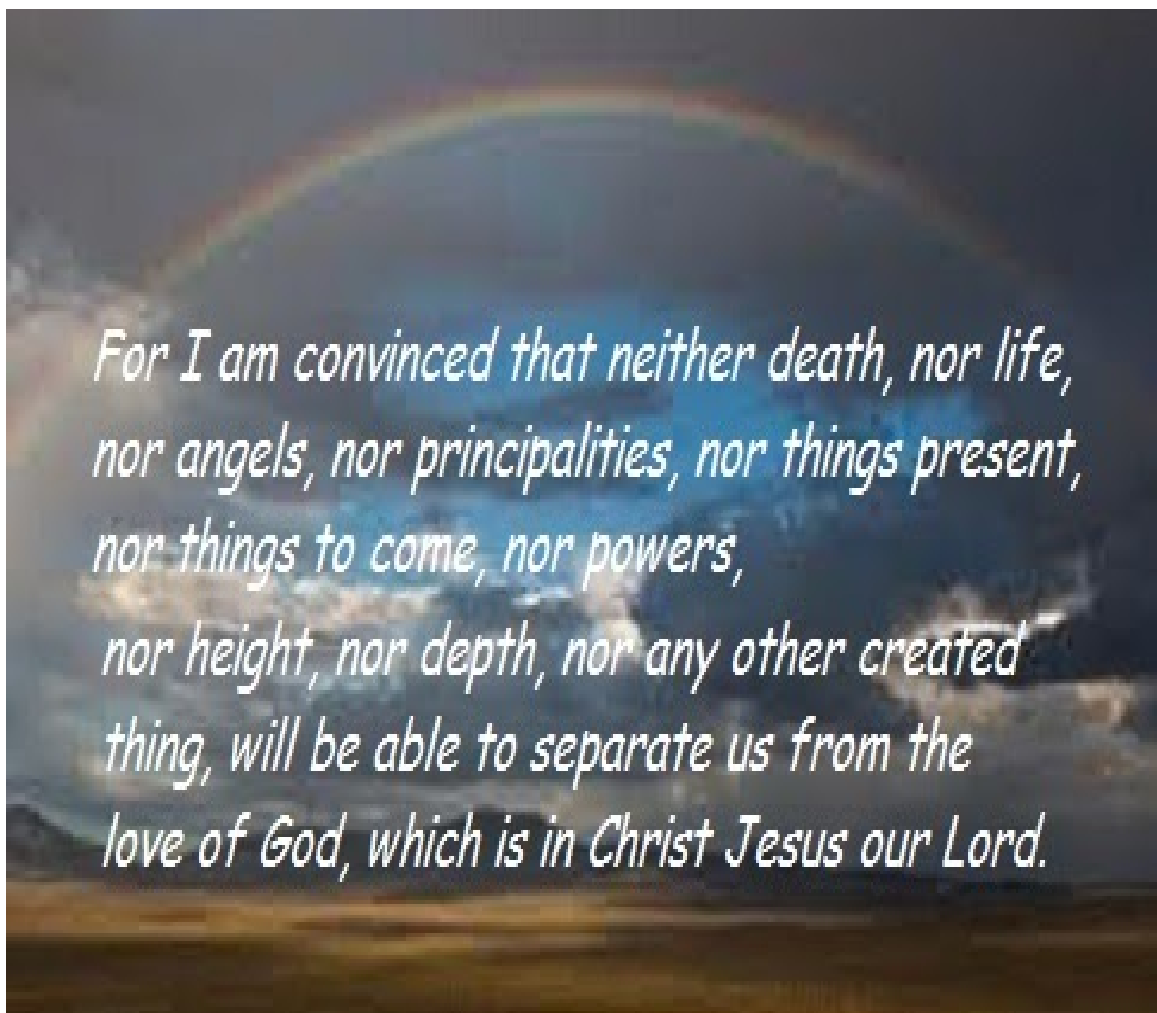
Love does not delight in evil
but rejoices with the truth.

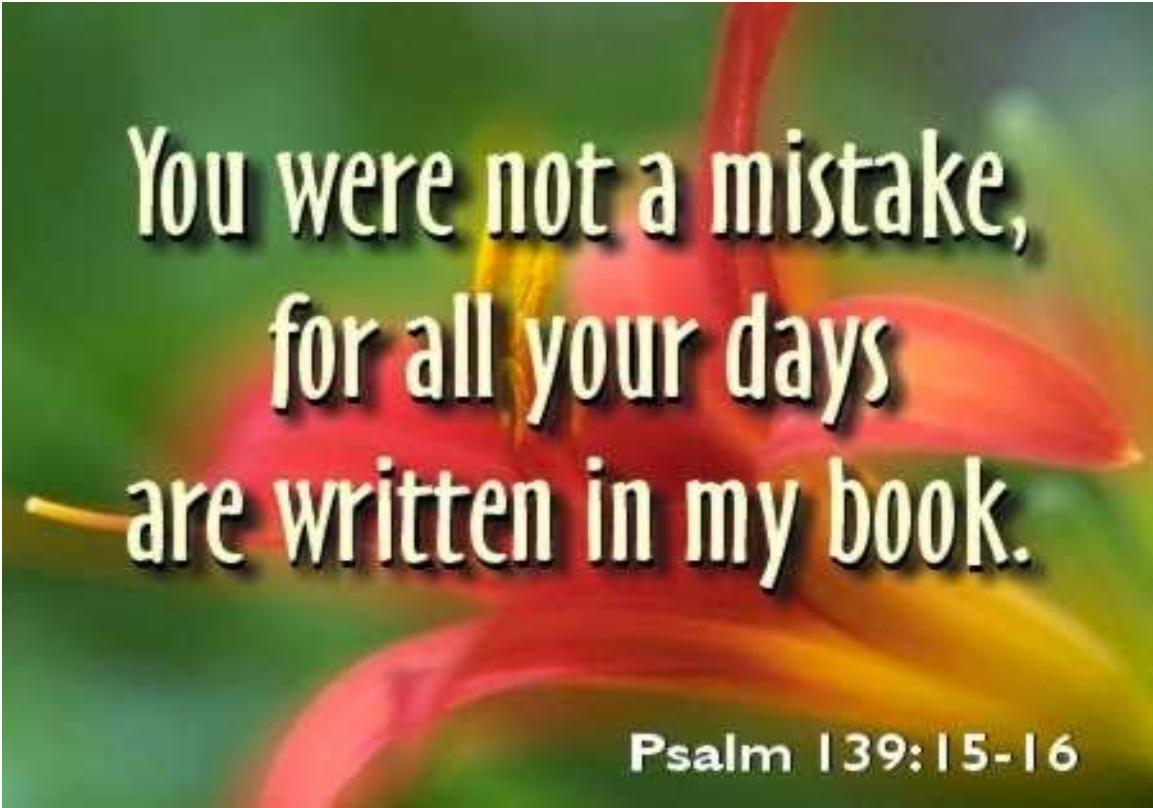
It always protects,
always trusts,
always hopes,
always perseveres.

Love never fails.

-1 Corinthians 13:4-8

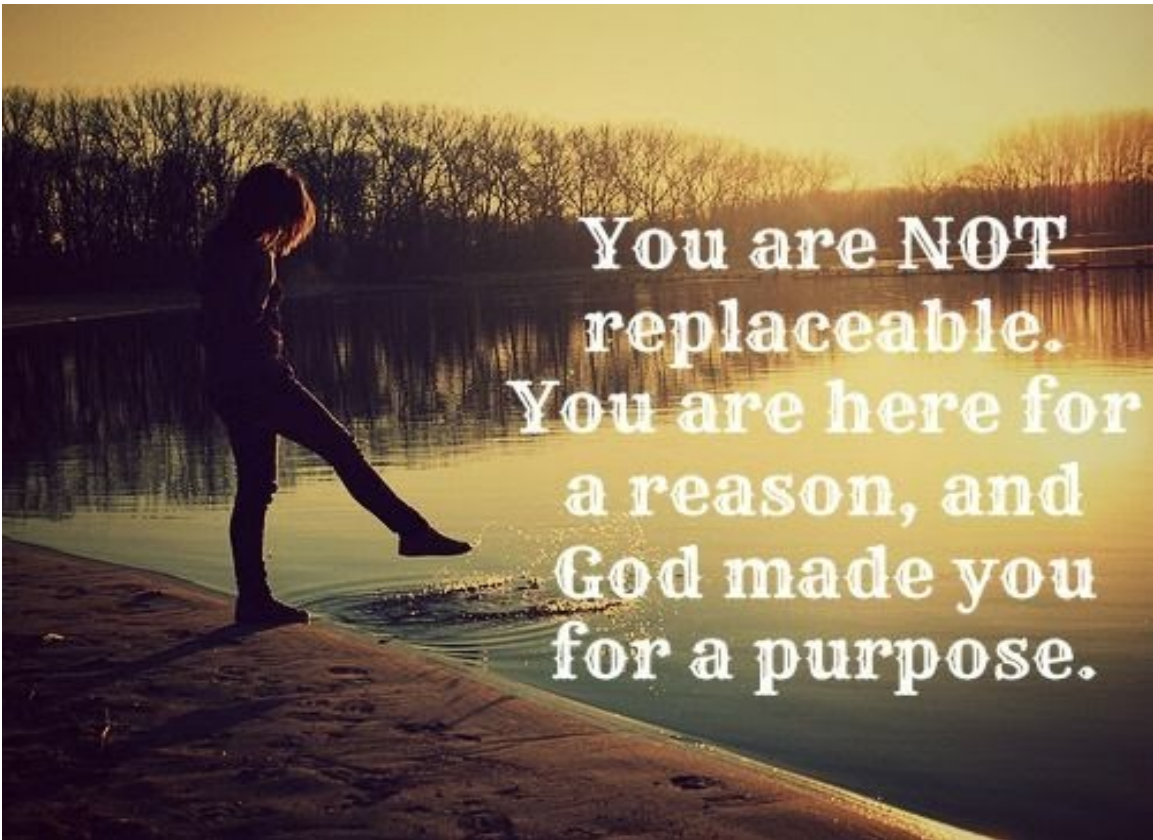
BibleVerseImages.com





You were not a mistake,
for all your days
are written in my book.

Psalm 139:15-16



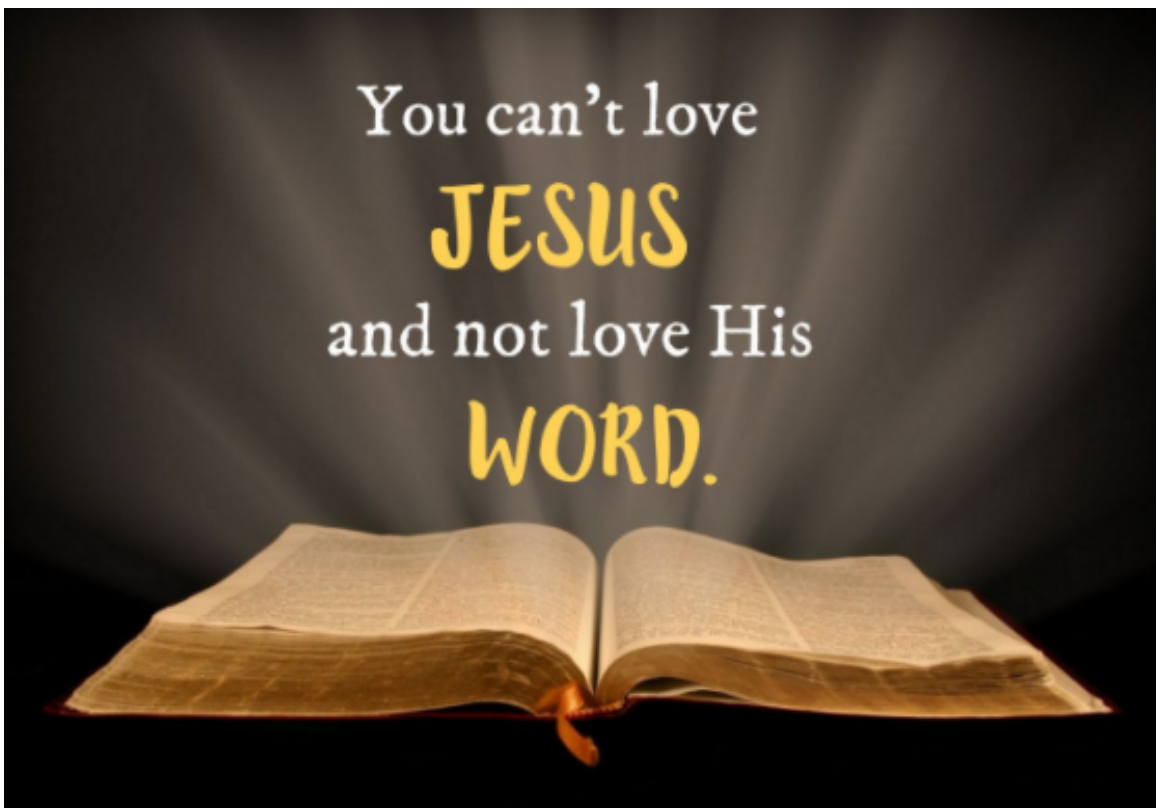
You are **NOT**
replaceable.
You are here for
a reason, and
God made you
for a purpose.



**EVERY GOOD GIFT
AND
EVERY PERFECT GIFT
IS FROM ABOVE**

JAMES 1:17

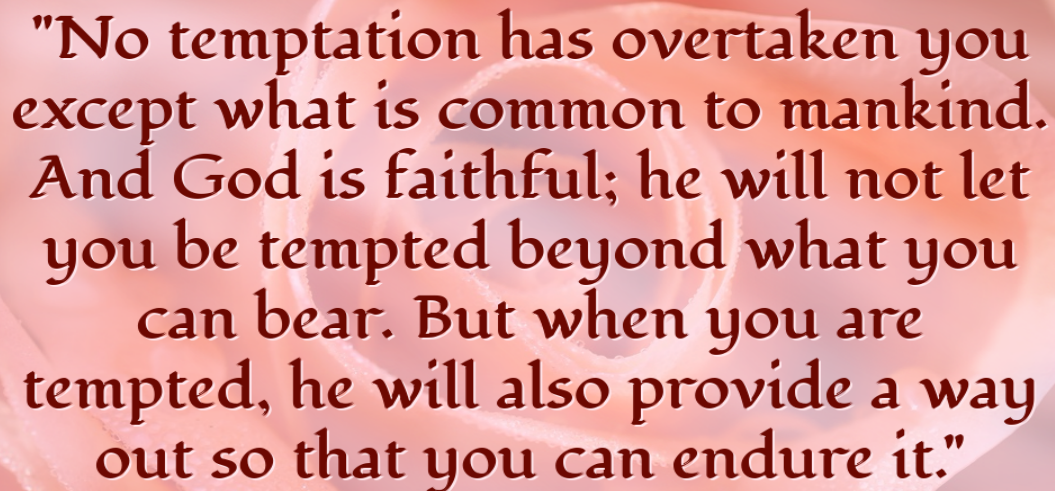
GloBIBLE



You can't love
JESUS
and not love His
WORD.



Give us this day
Our daily bread



"No temptation has overtaken you
except what is common to mankind.
And God is faithful; he will not let
you be tempted beyond what you
can bear. But when you are
tempted, he will also provide a way
out so that you can endure it."

1 Corinthians 10:13



CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU.

1 PETER 5:7



Through the Lord's mercies we are not consumed,
Because His compassions fail not.
They are new every morning;
Great is Your faithfulness!

Lamentations 3:22-23



AMAZING FACTS

In everything
give thanks; for this
is the will of God in
Christ Jesus for you.

~1 Thessalonians 5:18~

**AND GOD IS ABLE TO MAKE
ALL GRACE ABOUND TO YOU,
SO THAT IN ALL THINGS AT ALL TIMES,
HAVING ALL THAT YOU NEED,
YOU WILL ABOUND IN
EVERY GOOD WORK.**

2 CORINTHIANS 9:8

Philippians 4:19

**And my God shall supply
all your need according to
His riches in glory by
Christ Jesus.**

PHILIPPIANS 4:8

whatsoever things are

TRUE

whatsoever things are

HONEST

whatsoever things are

JUST

whatsoever things are

PURE

whatsoever things are

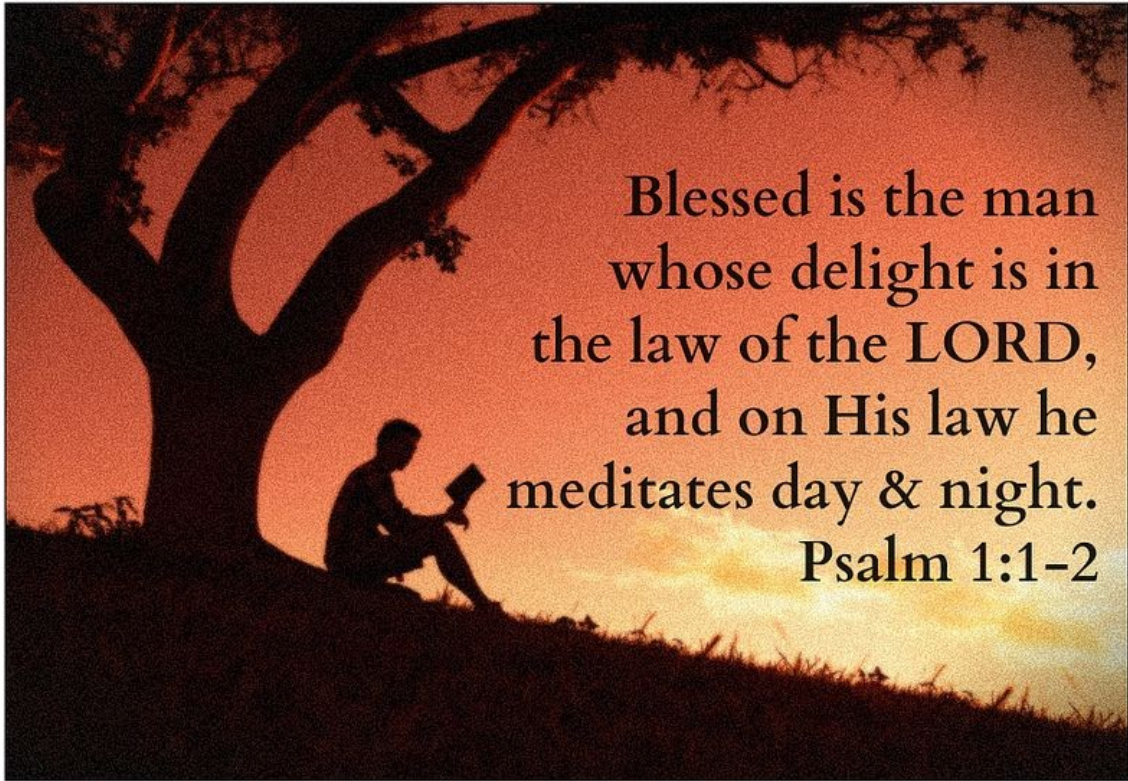
LOVELY

whatsoever things are

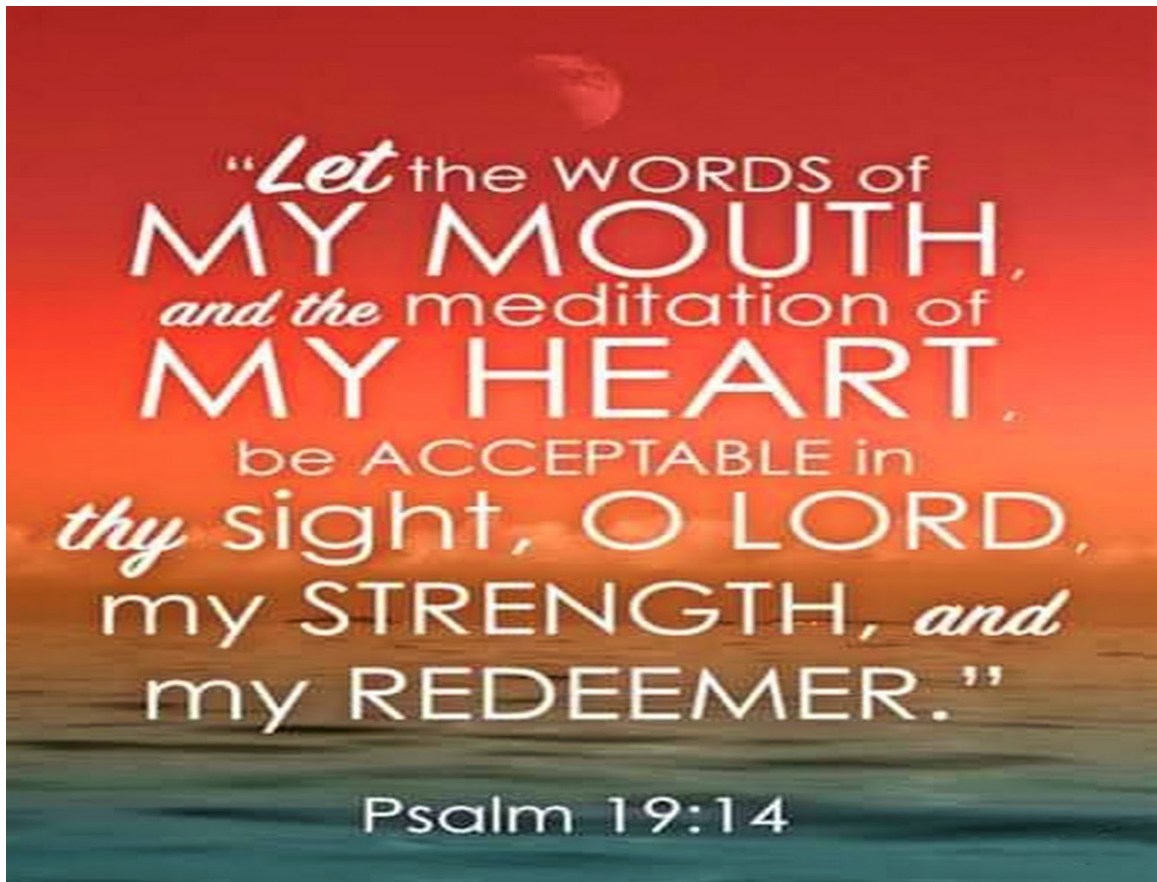
OF GOOD REPORT

if there be any virtue, if there be any praise

THINK ON THESE THINGS




Blessed is the man
whose delight is in
the law of the LORD,
and on His law he
meditates day & night.
Psalm 1:1-2



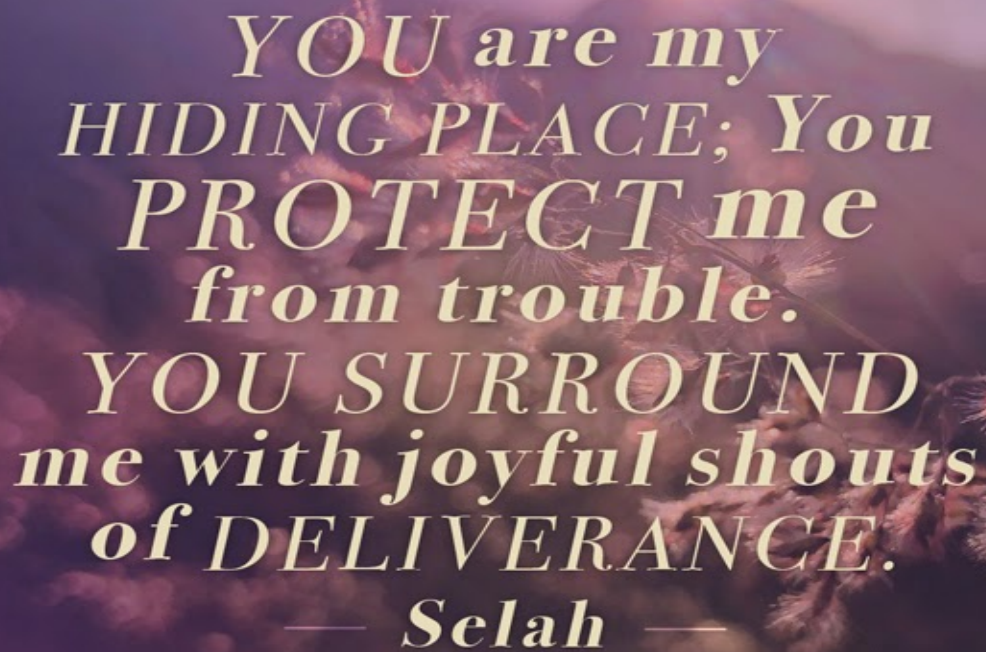
“Let the WORDS of
MY MOUTH,
and the meditation of
MY HEART,
be ACCEPTABLE in
thy sight, O LORD,
my STRENGTH, *and*
my REDEEMER.”

Psalm 19:14



**Do not worry about tomorrow,
for tomorrow will take care of itself.
Each day has enough trouble of its own.**

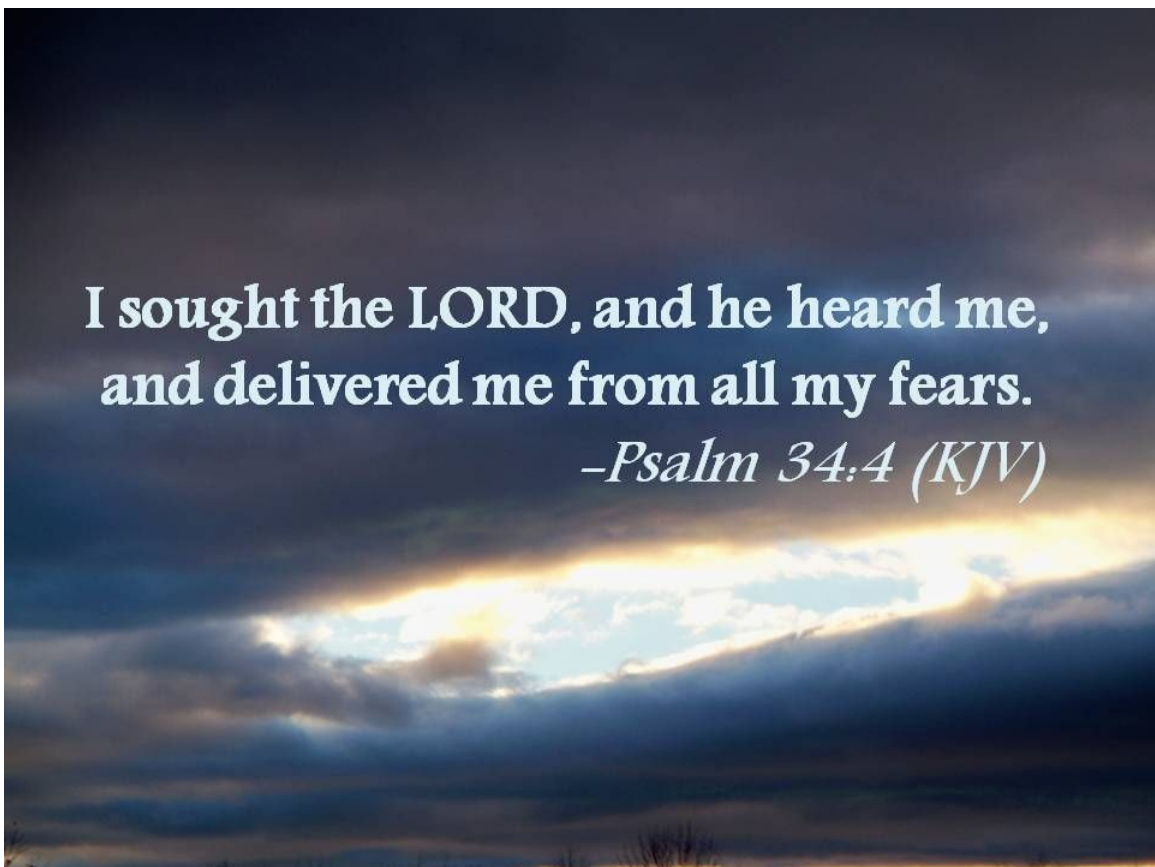
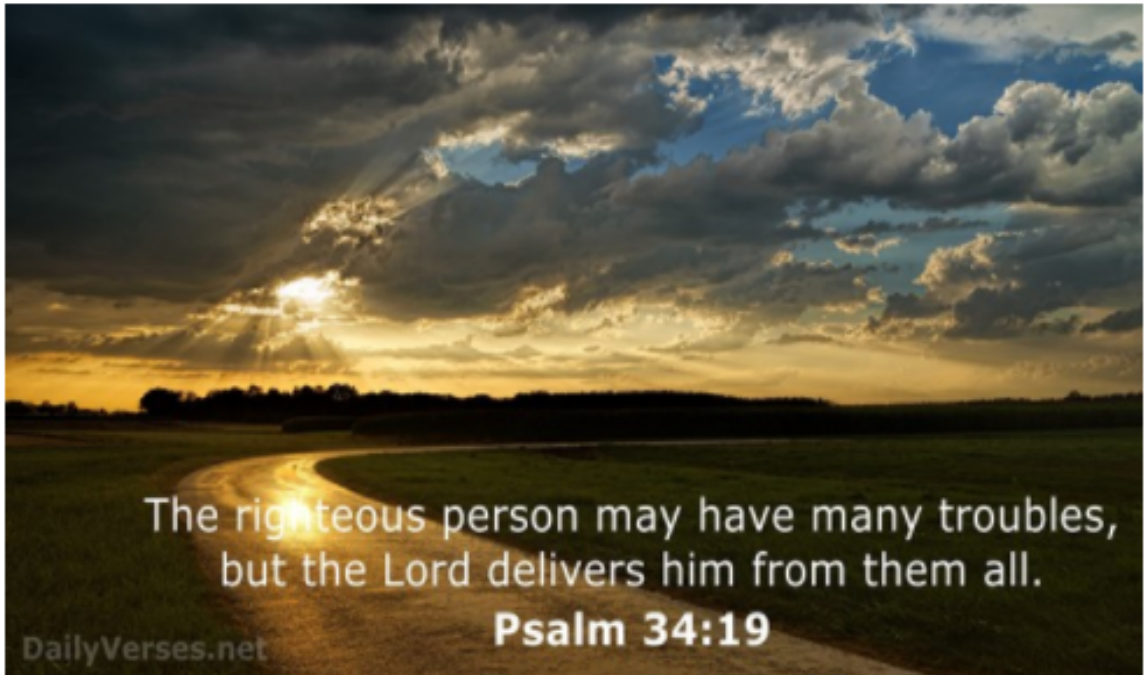
Matthew 6:34

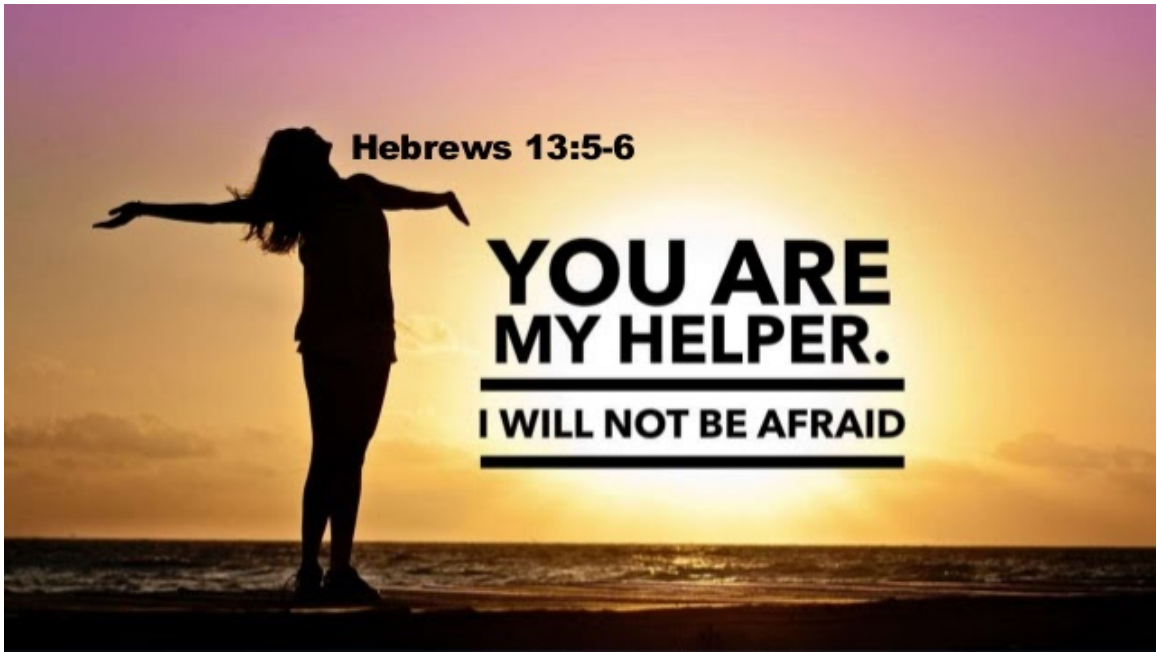


***YOU are my
HIDING PLACE; You
PROTECT me
from trouble.
YOU SURROUND
me with joyful shouts
of DELIVERANCE.
— Selah —***

Psalm 32:7 | CSB

 BLB.ORG





PUT YOUR HOPE IN GOD'S PROMISES



**“And God shall wipe away all tears
from their eyes; and there shall be no
more death, neither sorrow, nor crying,
neither shall there be any more pain:
for the former things are passed away.”**

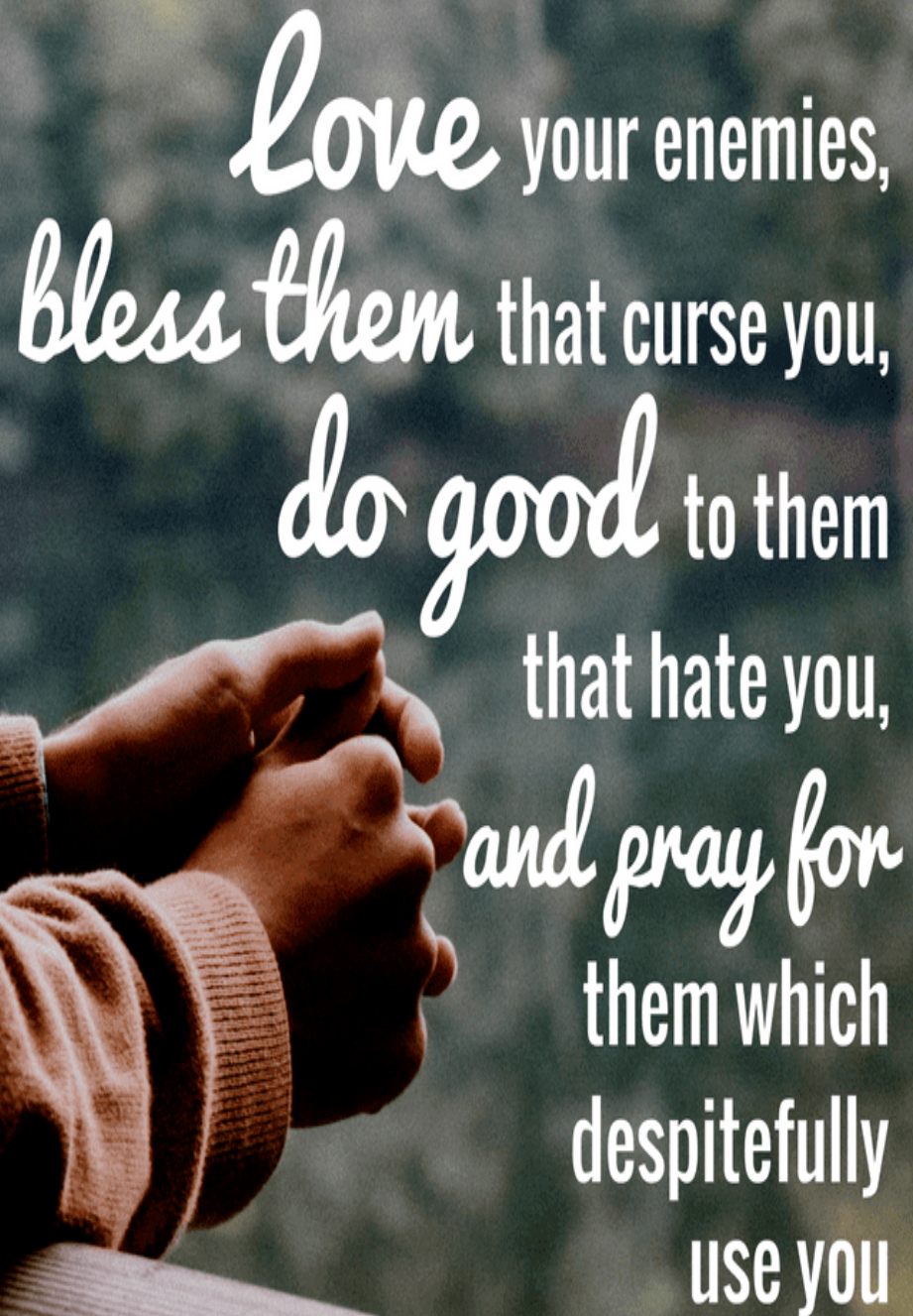
Revelation 21:4 (KJV)

King James Bible Online.org



**Oh, give thanks to the LORD!
Call upon His name;
Make known His deeds among the peoples!
Sing to Him, sing psalms to Him;
Talk of all His wondrous works!
Glory in His holy name;
Let the hearts of those rejoice
who seek the LORD!
Seek the LORD and His strength;
Seek His face evermore!**

Psalm 105:1-4



Love your enemies,
bless them that curse you,
do good to them
that hate you,
and pray for
them which
despitefully
use you

MATTHEW 5:44

LDS SCRIPTURE
OF THE DAY

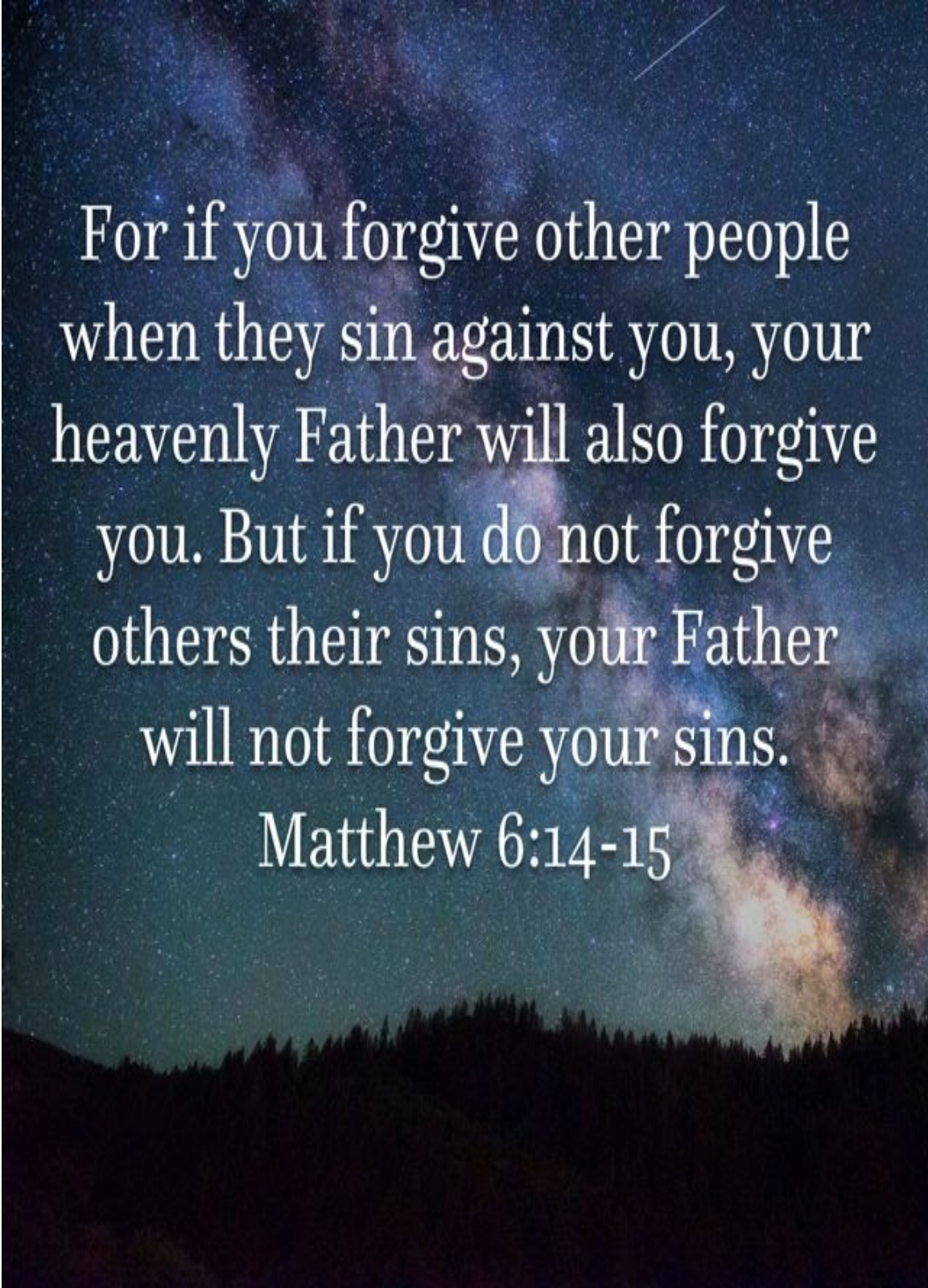
Don't pay back evil for evil.
Don't retaliate with insults
when people insult you.

Instead,

pay them back with a
blessing. That is what God
has called you to do, and
He will bless you for it.



1 Peter 3:9

A night sky with the Milky Way galaxy visible, set against a dark background with a silhouette of a forest at the bottom.

For if you forgive other people
when they sin against you, your
heavenly Father will also forgive
you. But if you do not forgive
others their sins, your Father
will not forgive your sins.

Matthew 6:14-15

Peace with God

Romans 5:1

"Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ:"

The LORD gives
STRENGTH
to his people;
the LORD blesses
his people with
PEACE.

-Psalm 29:11

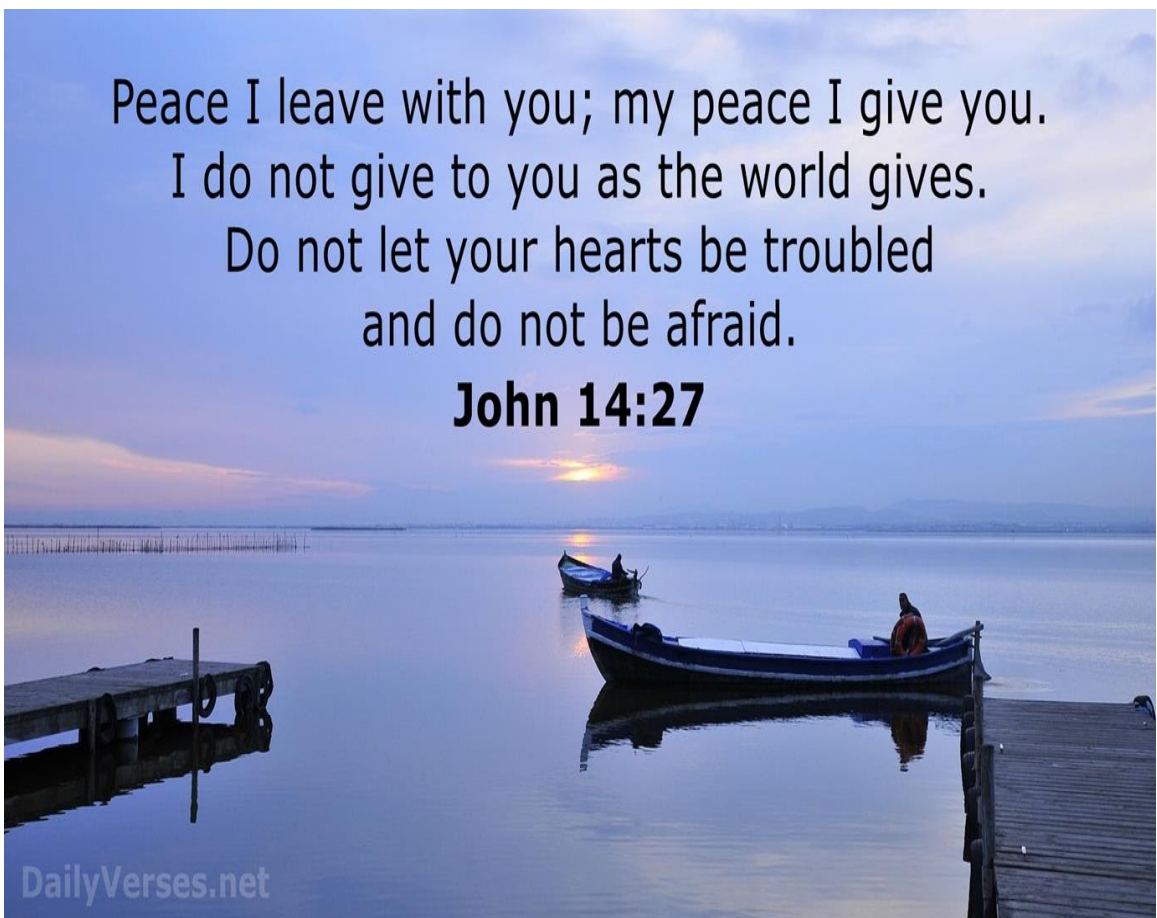
PsalmsQuotes.com



*You will keep in perfect peace him whose
mind is steadfast, because he trusts in you.*

- Isaiah 26:3 -

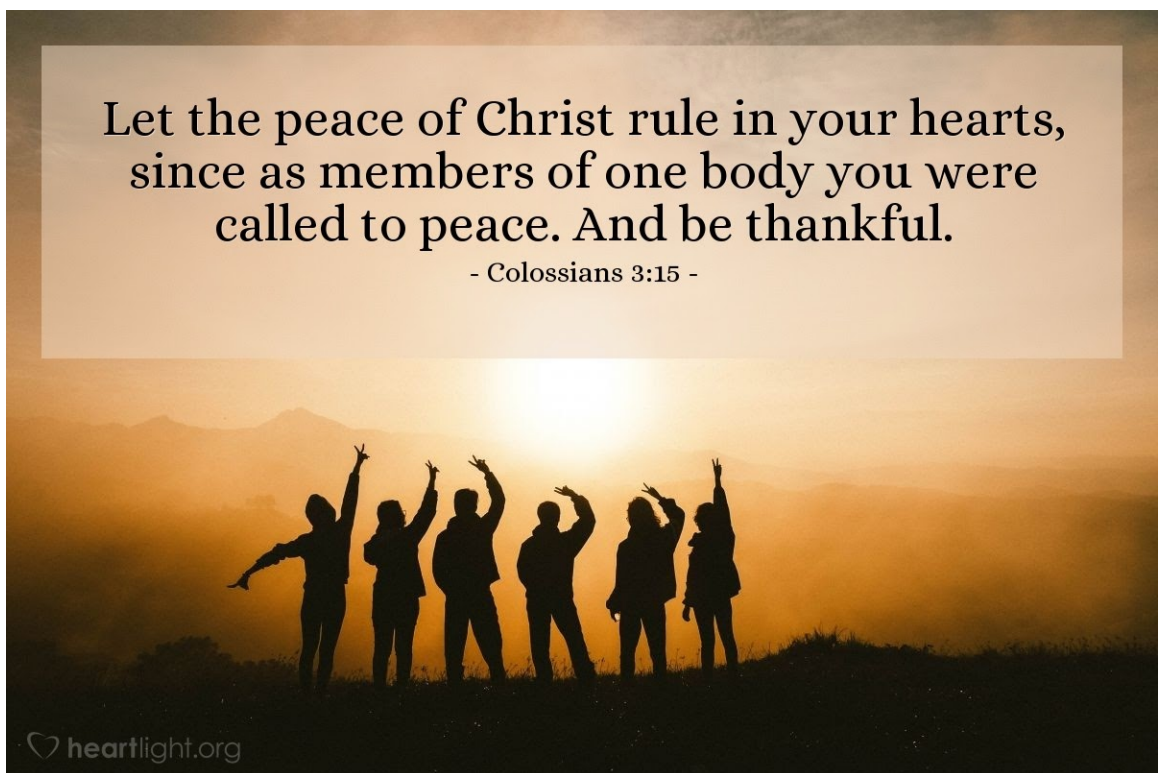
heartlight.org



Peace I leave with you; my peace I give you.
I do not give to you as the world gives.
Do not let your hearts be troubled
and do not be afraid.

John 14:27

DailyVerses.net



**WHEN A MAN'S WAYS PLEASE
THE LORD, HE MAKES EVEN
HIS ENEMIES TO BE AT
PEACE WITH HIM.**



Proverbs 16:7

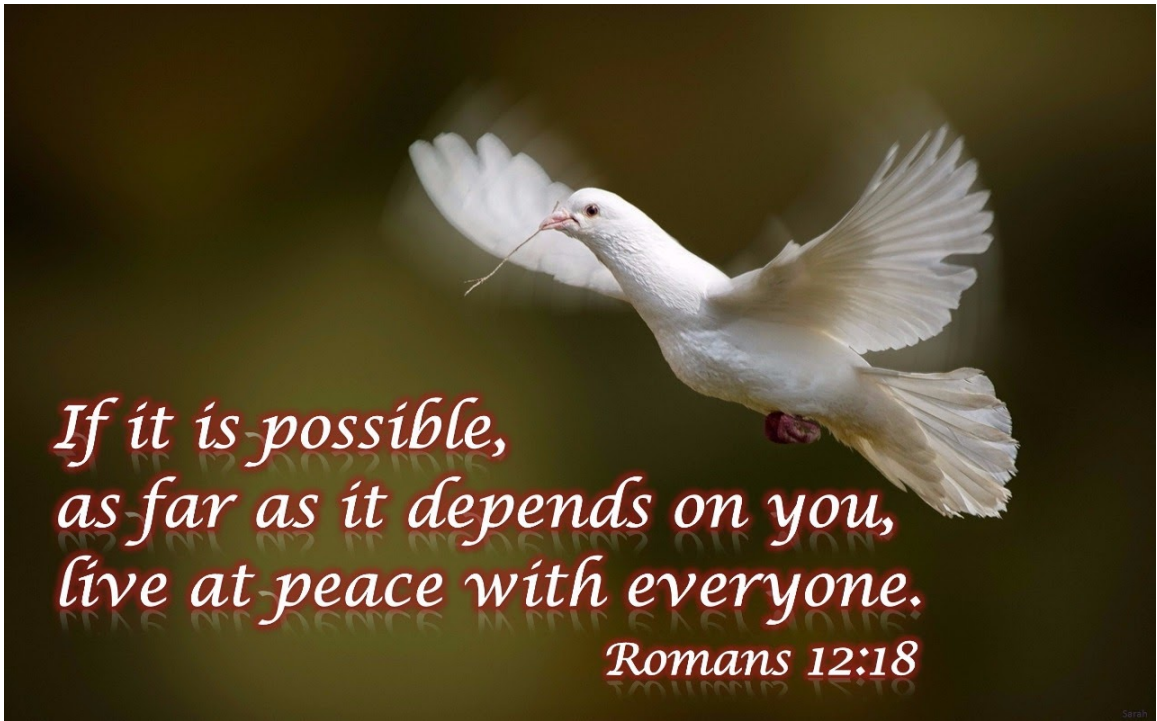
I have told you these things,
so that in me you may have peace.
In this world you will have trouble.
But take heart!
I have overcome the world.

John 16:33



DailyVerses.net

Meditation For Peace & Hope With God



*If it is possible,
as far as it depends on you,
live at peace with everyone.*

Romans 12:18



And the fruit
of righteousness is sown
in peace of them that
make peace.

James 3:18

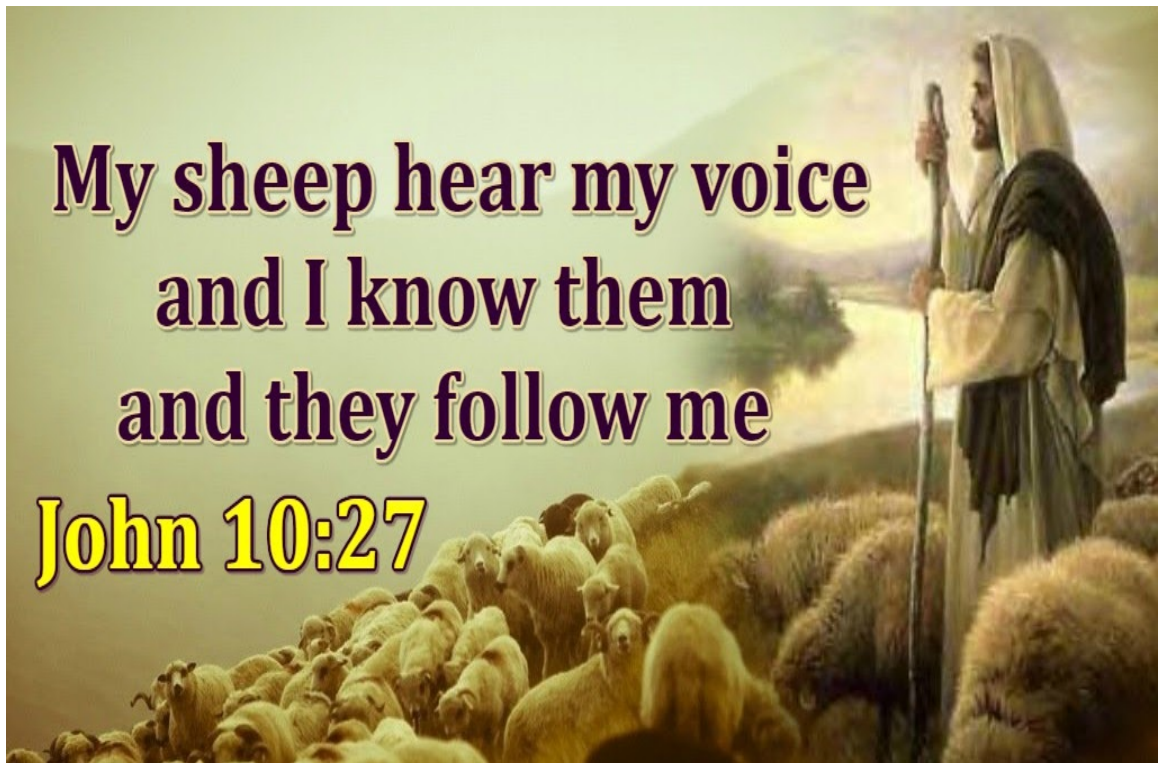
DailyVerses.net



Psalms 23:1-4 (NKJV)

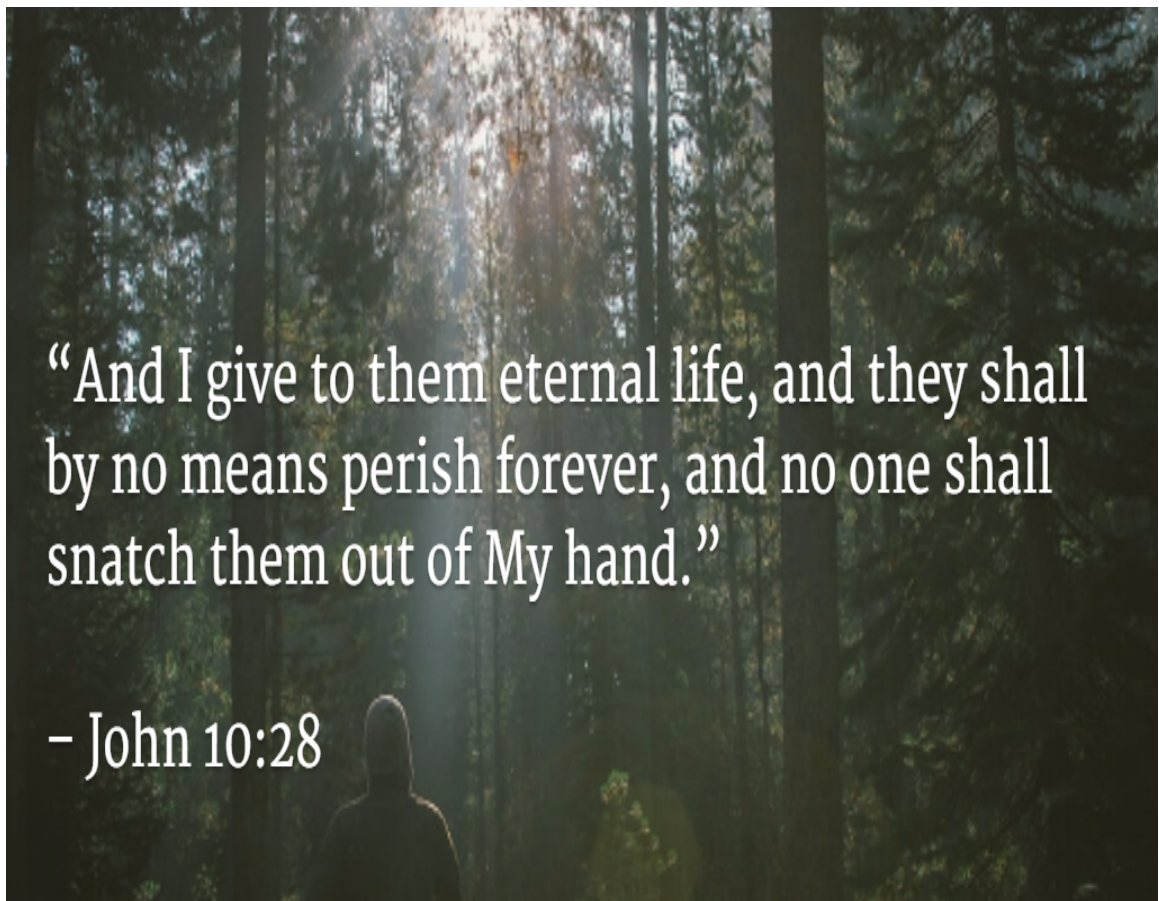
1 The Lord is my shepherd; I shall not want. 2 He makes me to lie down in green pastures; He leads me beside the still waters. 3 He restores my soul; He leads me in the paths of righteousness for His name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me;
Your rod and Your staff, they comfort me.




**My sheep hear my voice
and I know them
and they follow me**

John 10:27



“And I give to them eternal life, and they shall
by no means perish forever, and no one shall
snatch them out of My hand.”

– John 10:28

A white lamb is lying in a field of green grass, looking towards the camera. The background is a soft-focus green field.

**"The Good Shepherd
sees His sheep,
knows His sheep
and cares for each and
every one of His sheep—
including you!"**

~ Pam Farrel

**"He makes me
lie down in green pastures."
(Psalm 23:2)**

UpgradeWithDawn.com

A group of sheep is shown in a field. One sheep in the foreground is in focus, looking towards the camera, while others are blurred in the background.

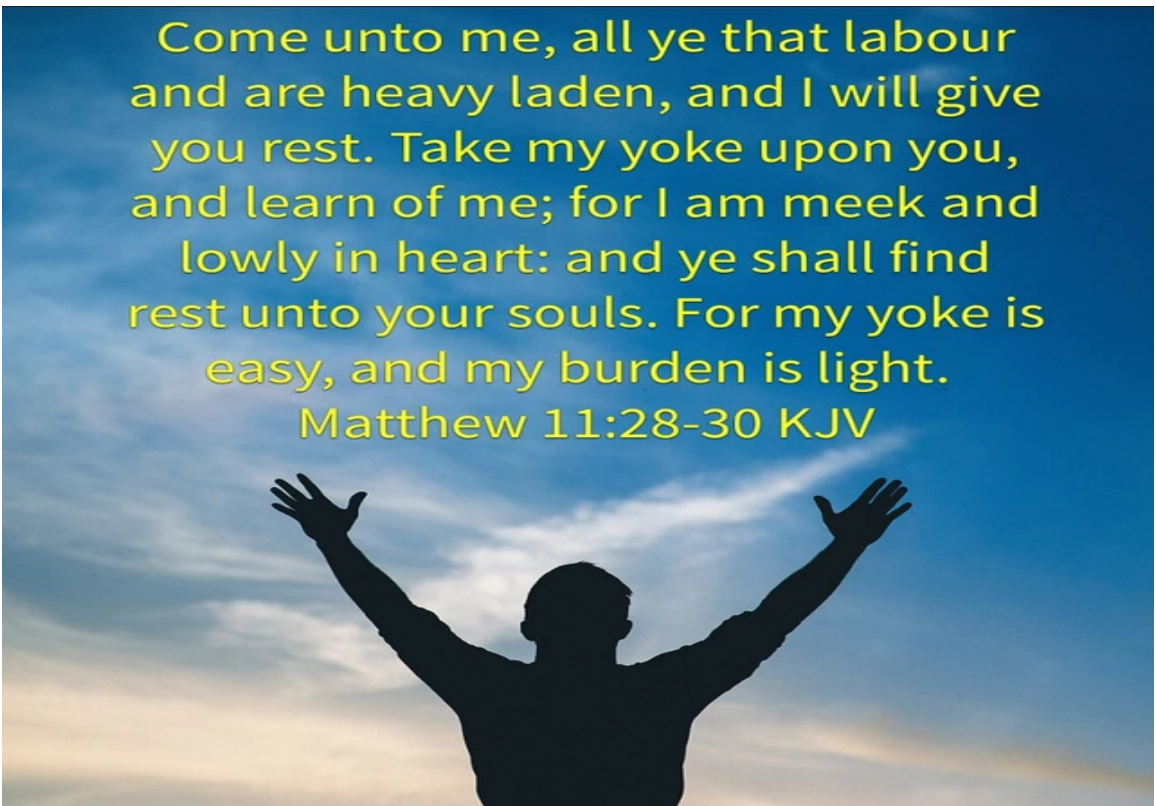
*Not Losing
Even One*

Matthew 18:12-20

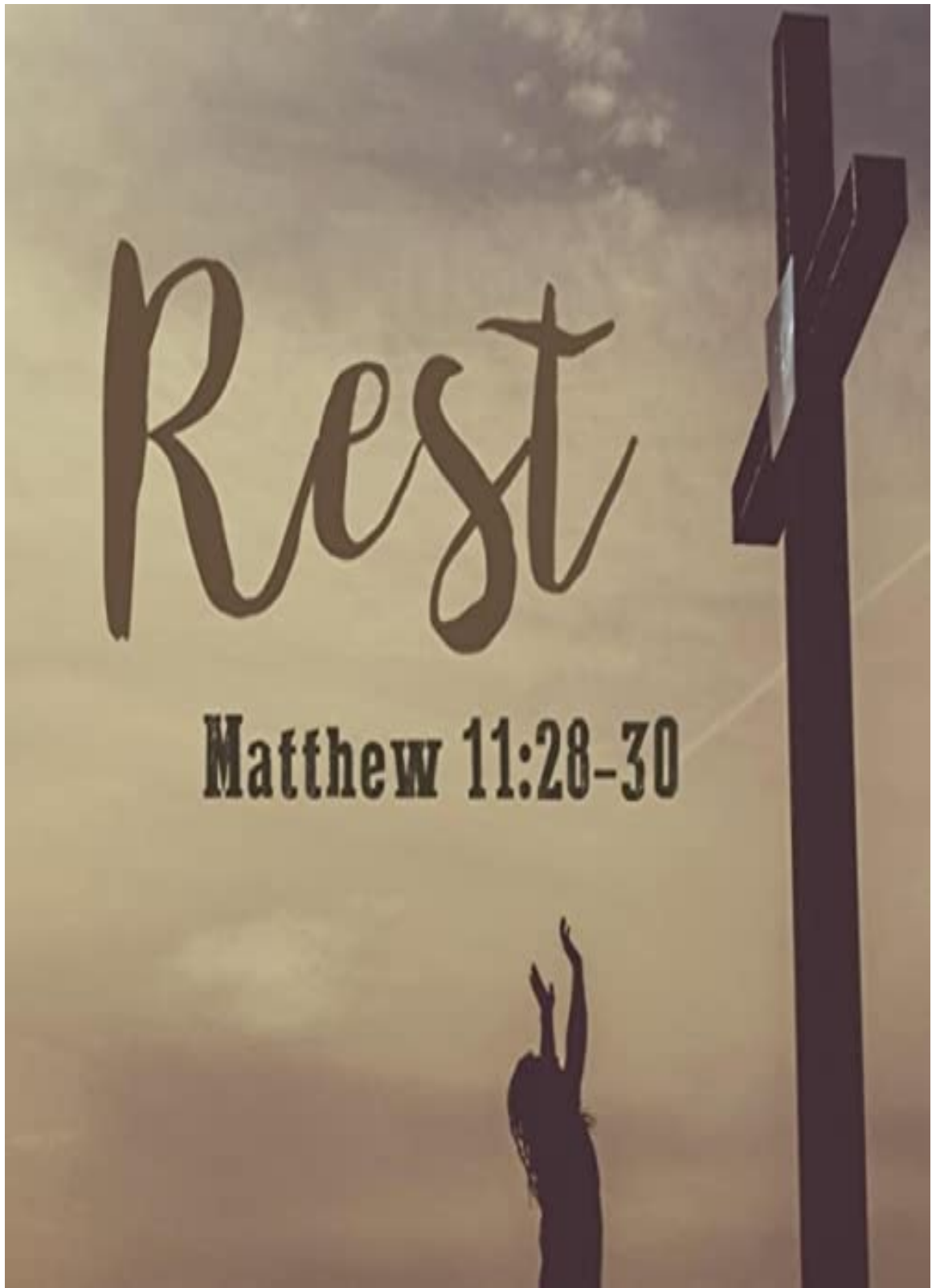


Come unto me, all ye that labour
and are heavy laden, and I will give
you rest. Take my yoke upon you,
and learn of me; for I am meek and
lowly in heart: and ye shall find
rest unto your souls. For my yoke is
easy, and my burden is light.

Matthew 11:28-30 KJV



Meditation For Peace & Hope With God



Meditation For Peace & Hope With God

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

1 Corinthians 10:13

DailyVerses.net



So I say, walk by the Spirit,
and you will not gratify the desires of the flesh.

Galatians 5:16

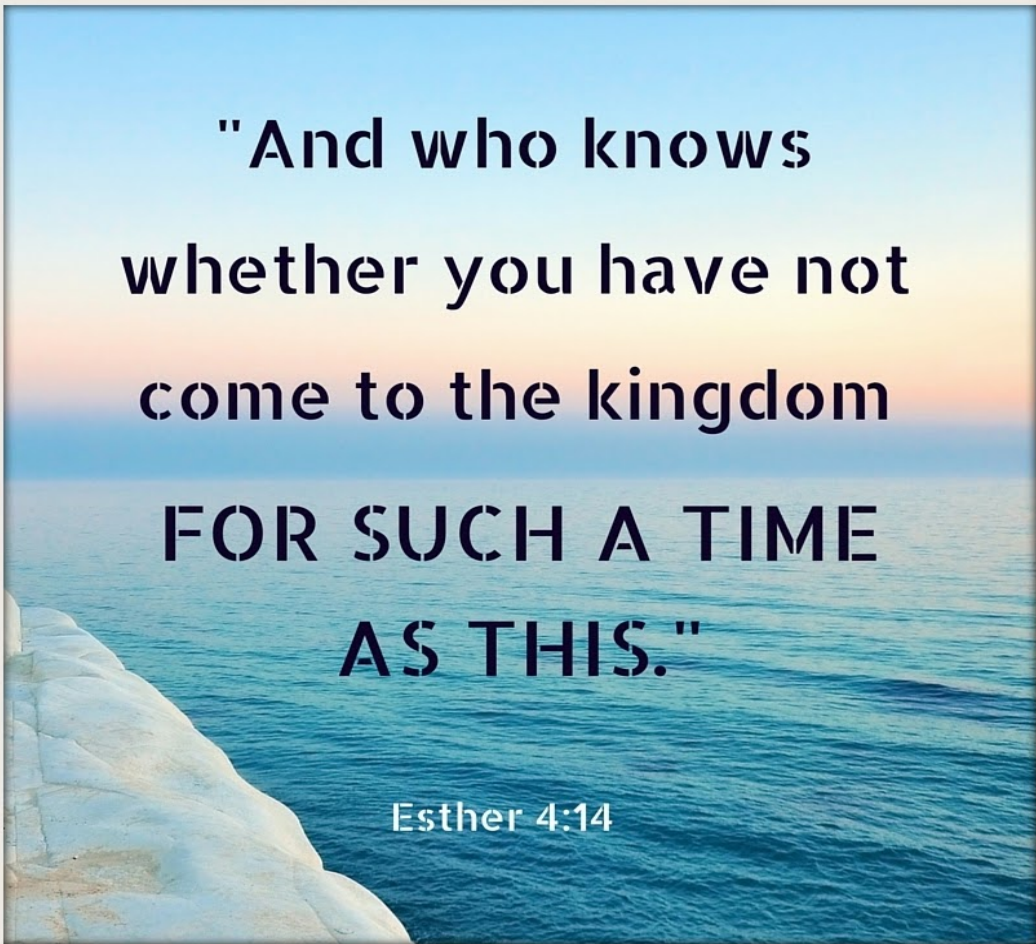


SOMETIMES

WHEN YOU'RE IN A DARK PLACE
YOU THINK YOU'VE BEEN BURIED,
BUT ACTUALLY YOU'VE BEEN PLANTED.

Christine Caine

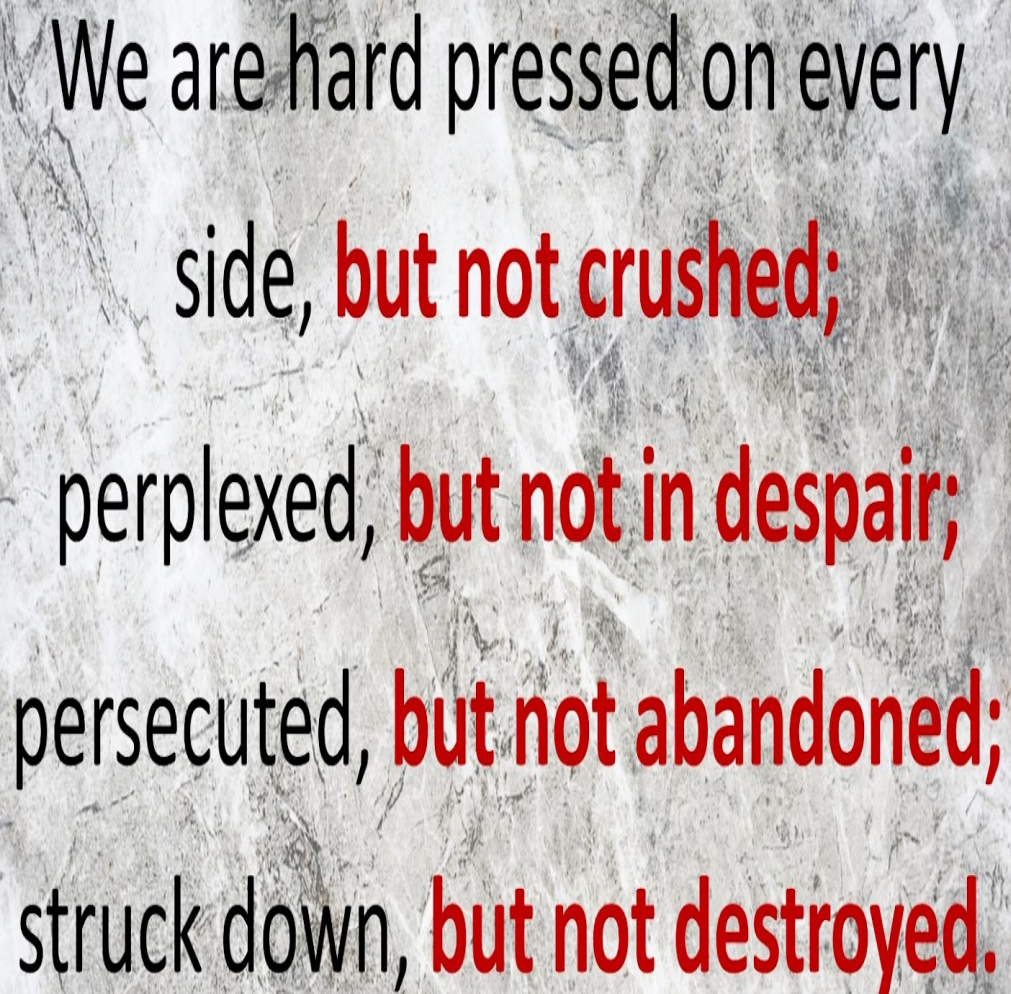
KEEPINSPIRING.ME



**"And who knows
whether you have not
come to the kingdom
FOR SUCH A TIME
AS THIS."**

Esther 4:14

www.in-due-time.com

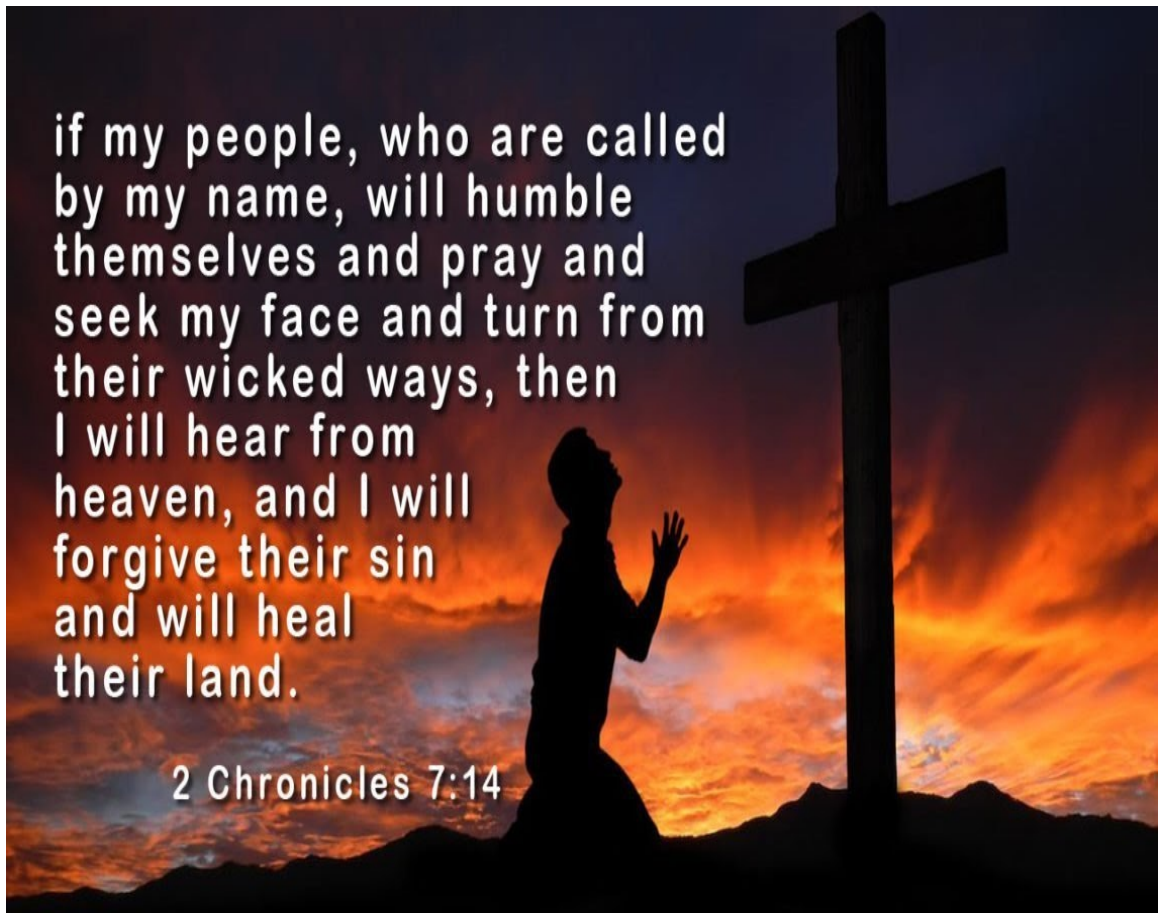
The background of the image is a light-colored, marbled texture, possibly representing stone or marble, with various shades of grey, white, and beige. The text is centered and reads:

We are hard pressed on every
side, **but not crushed;**
perplexed, **but not in despair;**
persecuted, **but not abandoned;**
struck down, **but not destroyed.**

2 Corinthians 4:8-9

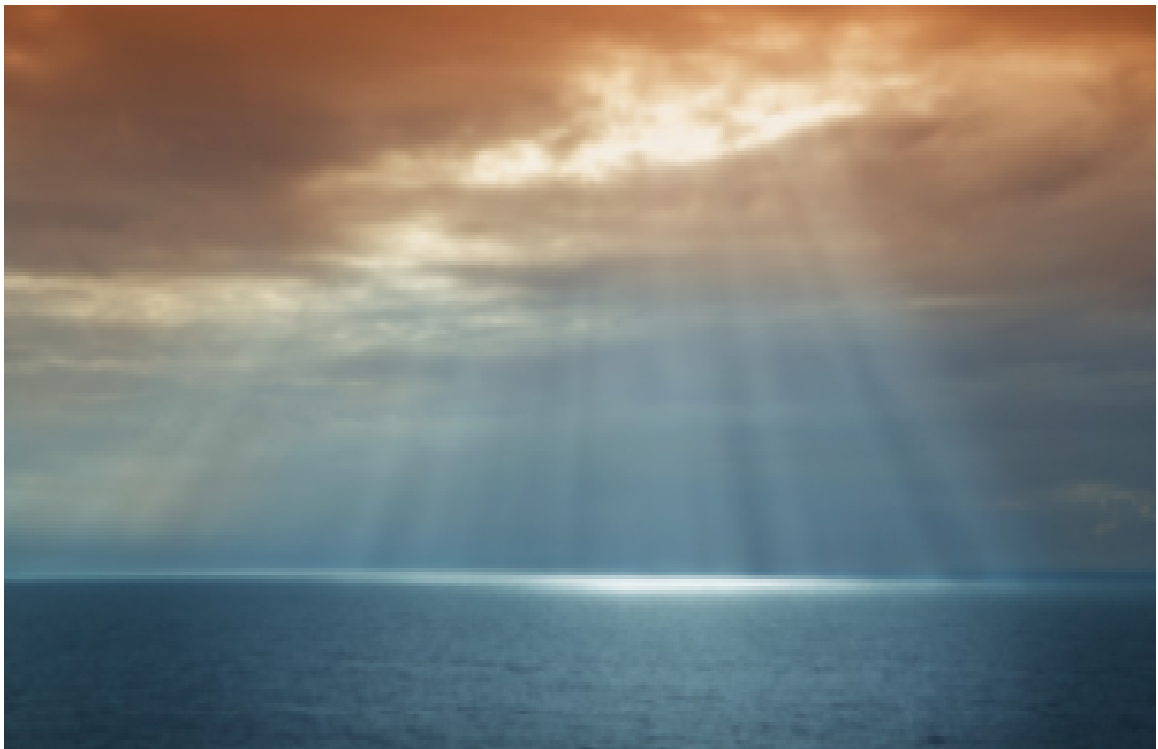
TheConsecratedWoman.com





if my people, who are called
by my name, will humble
themselves and pray and
seek my face and turn from
their wicked ways, then
I will hear from
heaven, and I will
forgive their sin
and will heal
their land.

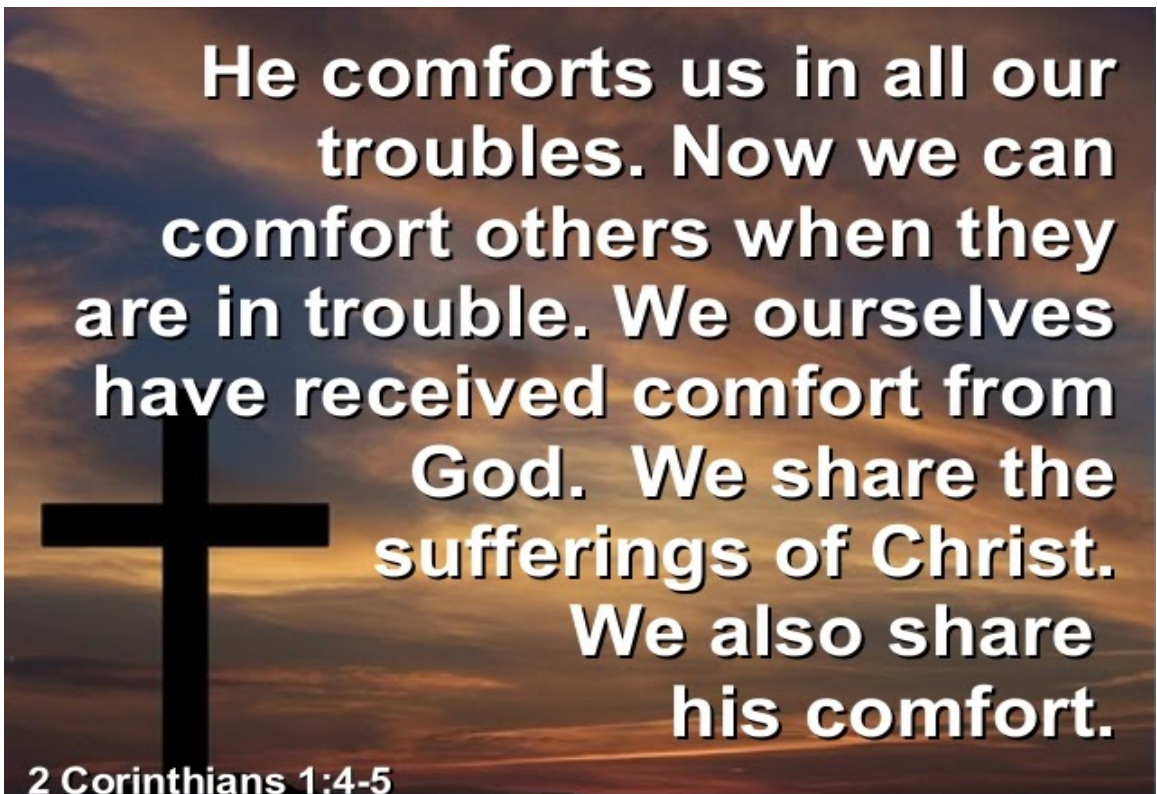
2 Chronicles 7:14



Meditation For Peace & Hope With God



God is waiting
to forgive,
cleanse, and
restore you.



He comforts us in all our
troubles. Now we can
comfort others when they
are in trouble. We ourselves
have received comfort from
God. We share the
sufferings of Christ.
We also share
his comfort.

2 Corinthians 1:4-5



Now 1 TIMOTHY 6:6
godliness
WITH CONTENTMENT
is **great gain.**



FOR I HAVE LEARNED
IN WHATEVER STATE I
AM, TO BE
Content
PHILIPPIANS 4:11



Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

Hebrews 12:2

DailyVerses.net

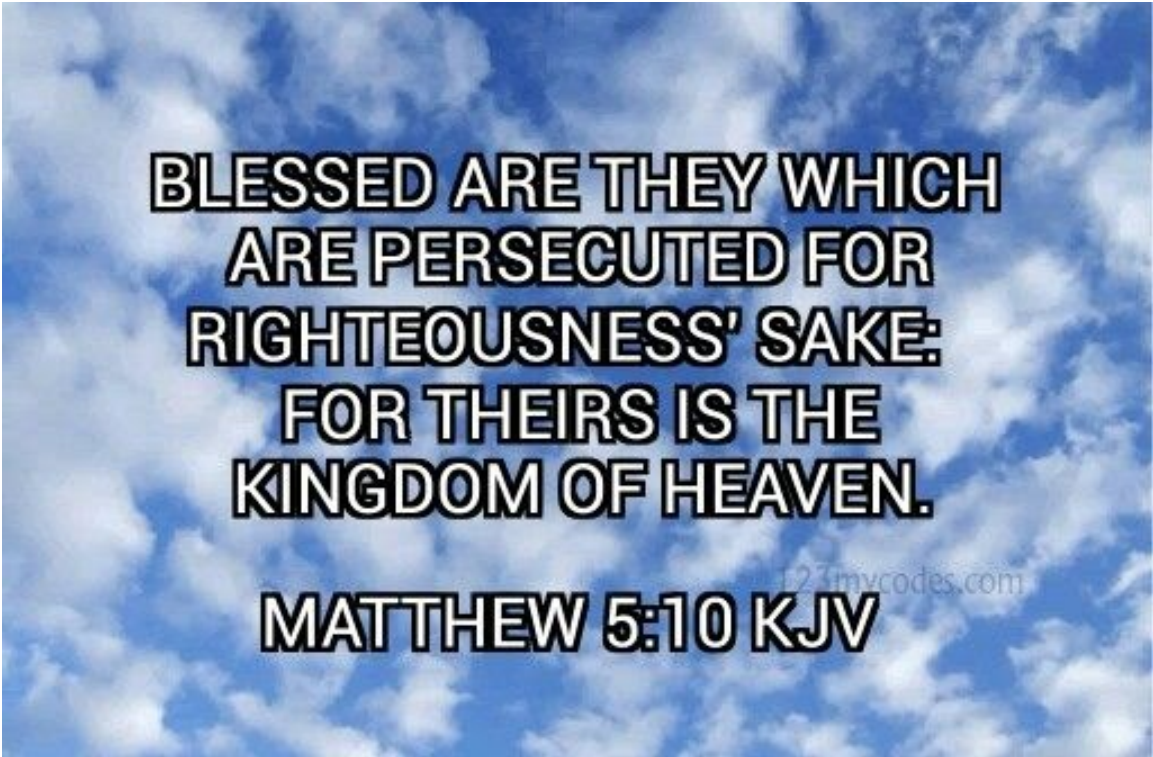




JOHN 14:1-3

"Let not your heart be troubled; you believe in God, believe also in Me. ² "In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. ³ "And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.






**BLESSED ARE THEY WHICH
ARE PERSECUTED FOR
RIGHTEOUSNESS' SAKE:
FOR THEIRS IS THE
KINGDOM OF HEAVEN.**

MATTHEW 5:10 KJV

123mycodes.com



*But as it is written,
Eye hath not seen,
nor ear heard,
neither have entered
into the heart of man,
the things which
God hath prepared
for them that love him.*

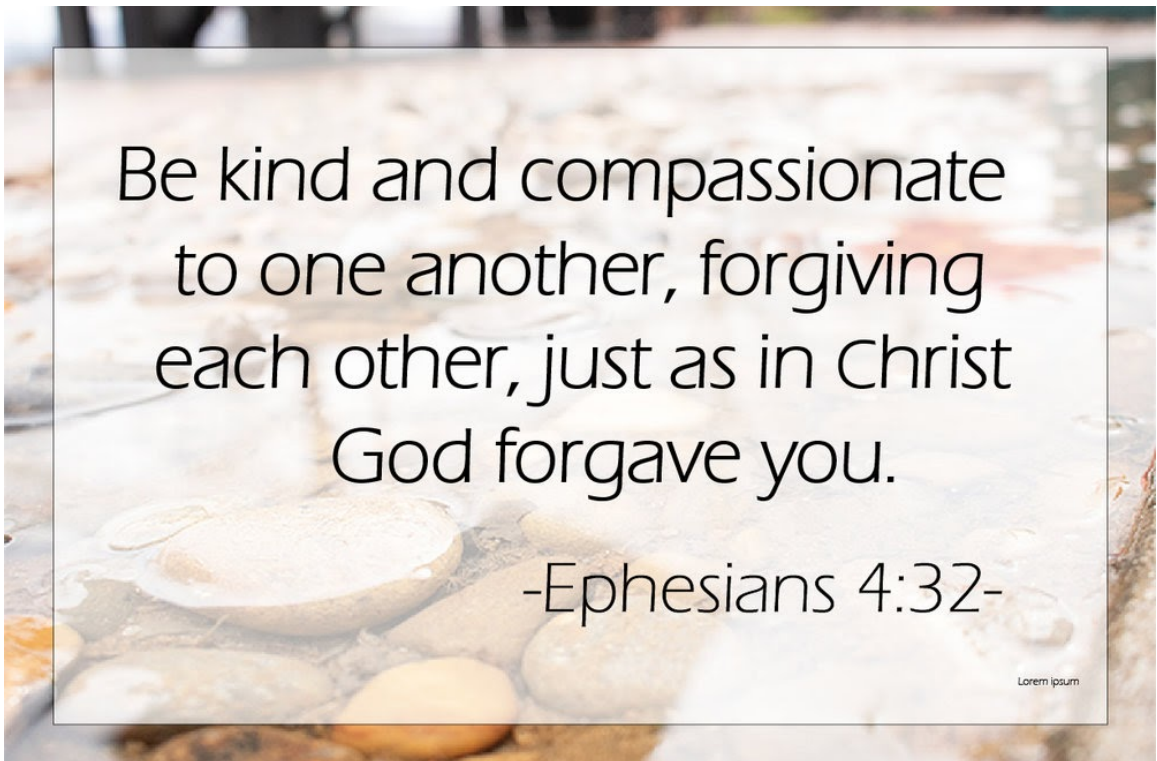
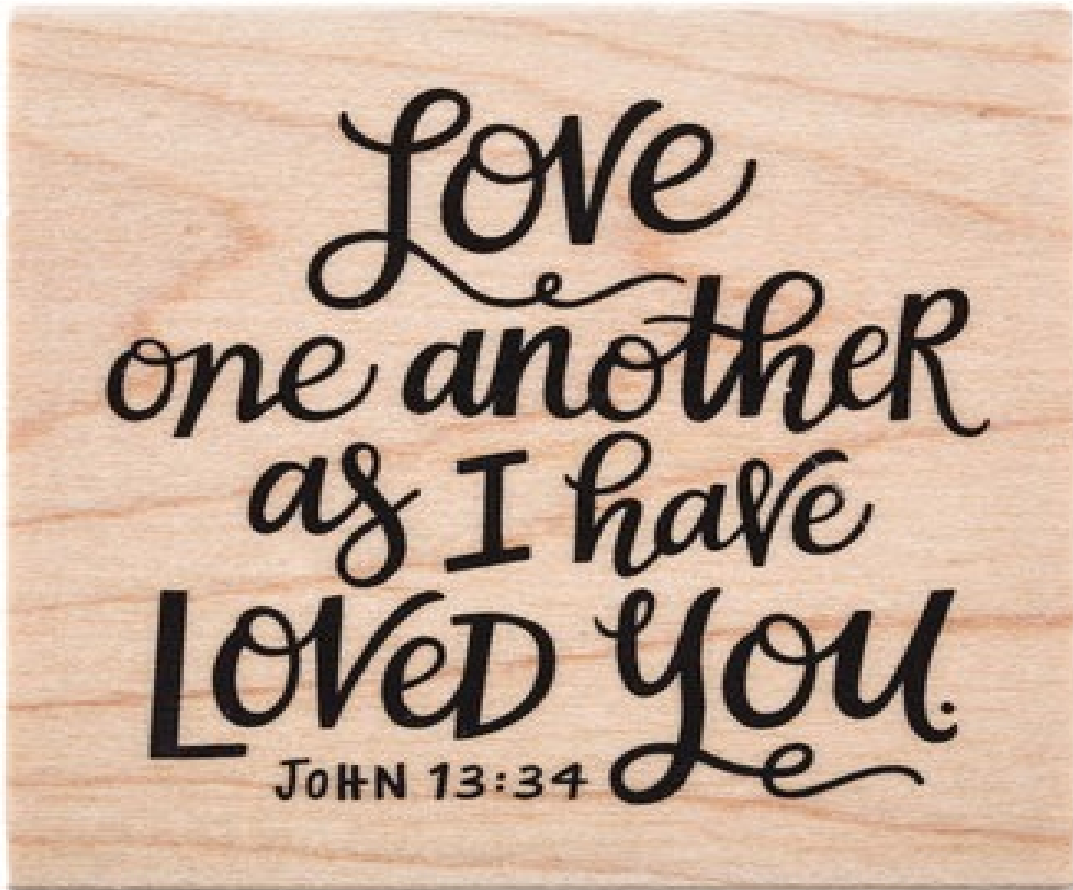
1 Corinthians 2:9 KJV

WisdomAndInstruction.org



For the Lord Himself shall descend from heaven
with a shout, with the voice of the archangel,
and with the trump of God;
and the dead in Christ shall rise first;
Then we who are alive and remain shall be
caught up together with them in the clouds,
to meet the Lord in the air;
and so shall we ever be with the Lord.

1 Thes. 4:16-17



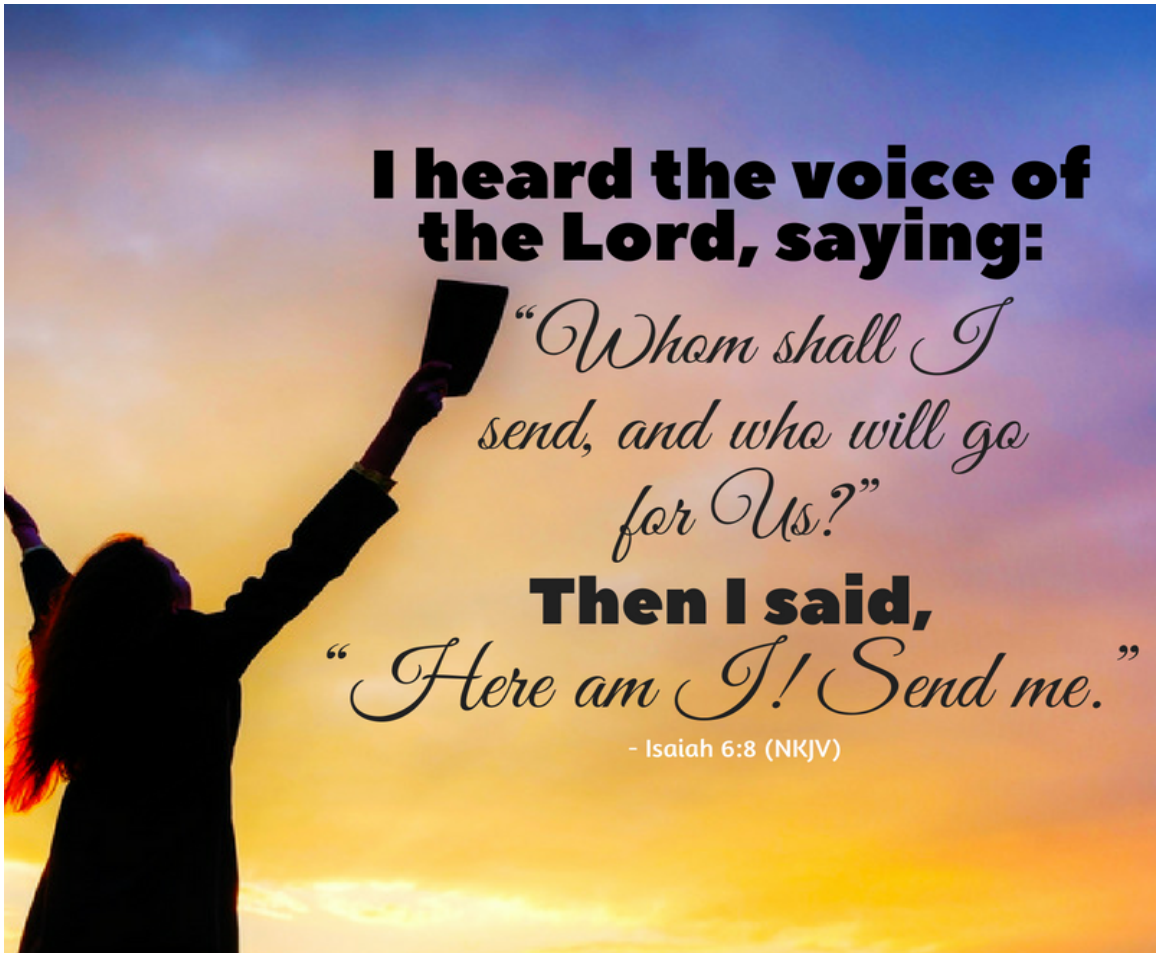


**“Commit thy works unto
the LORD, and thy thoughts
shall be established.”**

Proverbs 16:3 (KJV)

King James Bible Online .org

Meditation For Peace & Hope With God



**I heard the voice of
the Lord, saying:**

*“Whom shall I
send, and who will go
for Us?”*

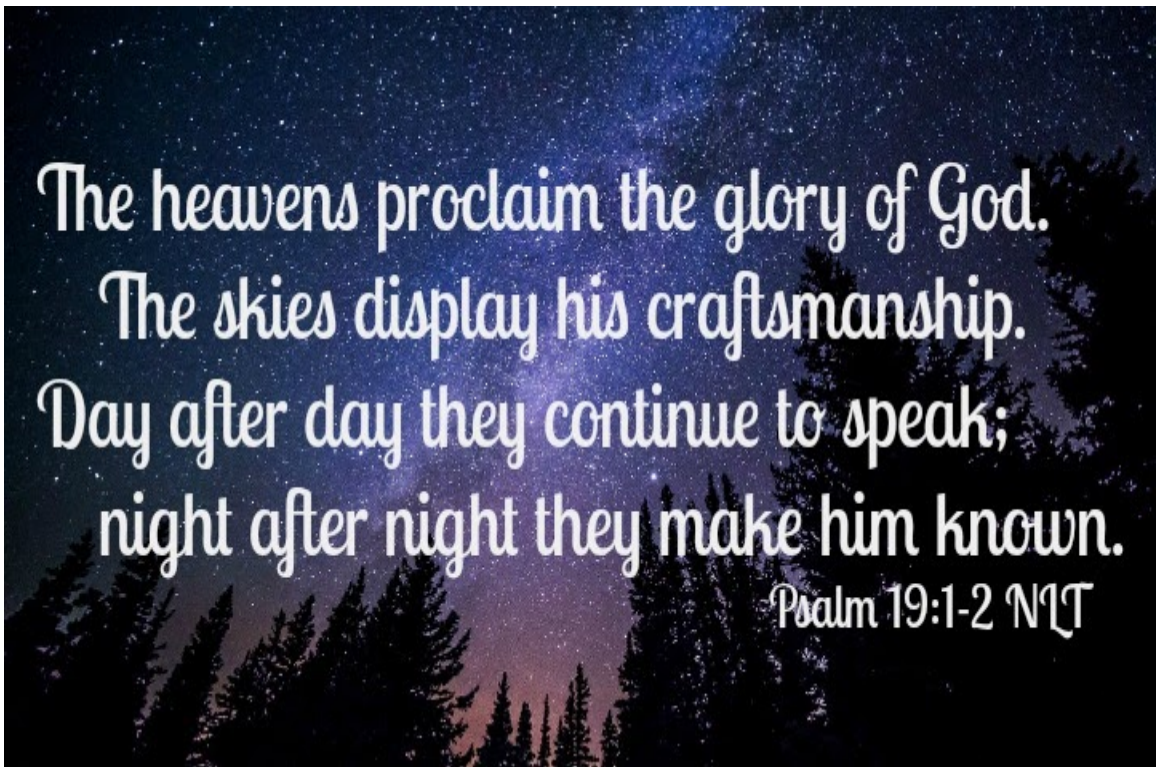
Then I said,
“Here am I! Send me.”

- Isaiah 6:8 (NKJV)



Proverbs 3:5-6

**Trust in the Lord with all your
heart, And lean not on your own
understanding; In all your ways
acknowledge Him, and He shall
direct your paths.**




The heavens proclaim the glory of God.
The skies display his craftsmanship.
Day after day they continue to speak;
night after night they make him known.
Psalm 19:1-2 NLT







Meditation For Peace & Hope With God



From the rising of
the sun unto the
going down of the
same the Lord's
name is to be praised.

Psalm 113:3 KJV



As I lie in bed,
I remember you;
all night long I think of you,
because you have always been
my help.
Psalm 63:6-7 Good News

www.AnointedMessages.com



Behold, I am with you always,
even to the end of the age.
Amen.

Matthew 28:20
talktotheword.com

Meditation For Peace & Hope With God

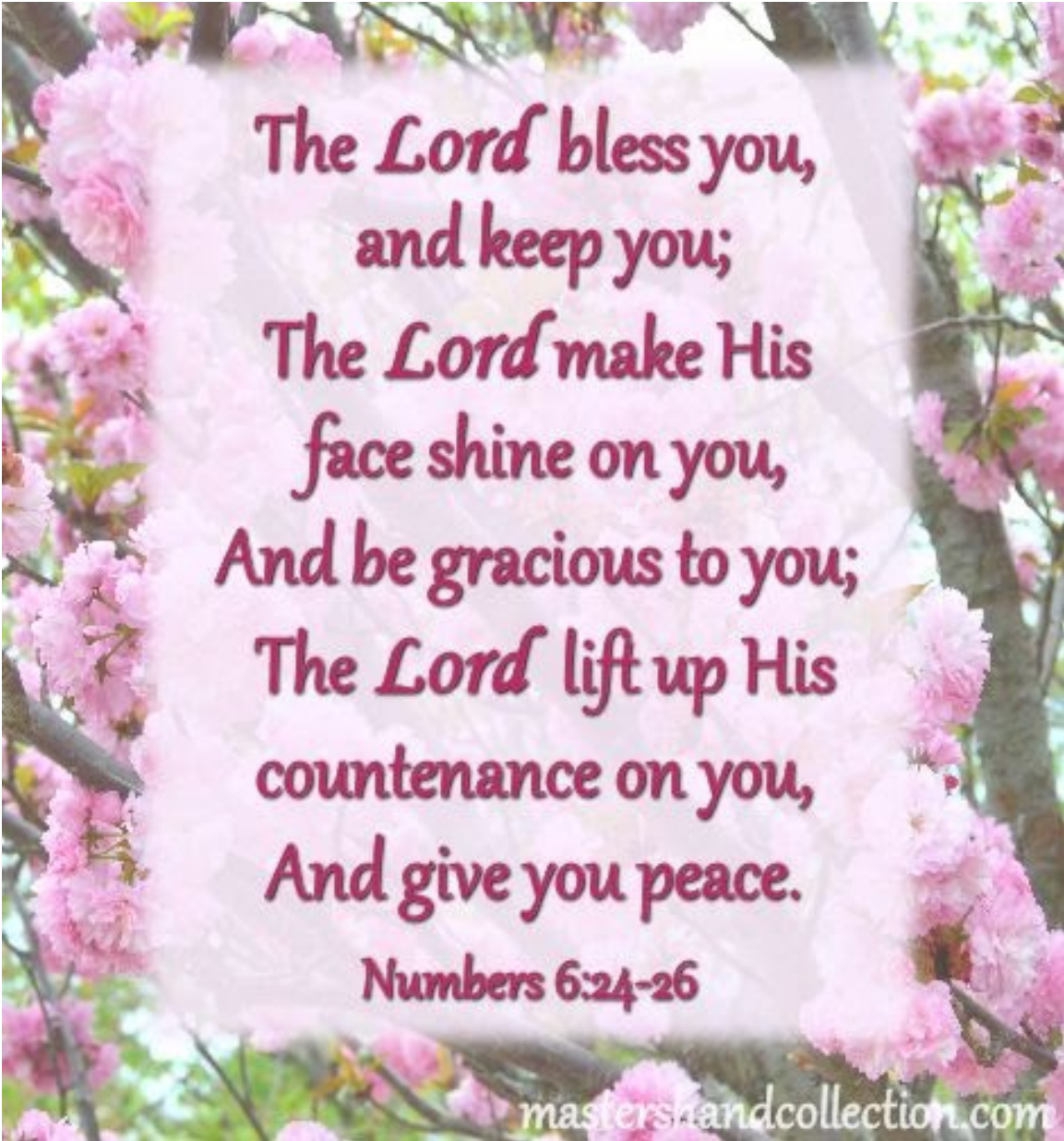


And Jesus said unto
them, I am the bread of
life: he that cometh to me
shall never hunger; and
he that believeth on me
shall never thirst.

John 6:35



A Prayer for God's Blessings



The *Lord* bless you,
and keep you;
The *Lord* make His
face shine on you,
And be gracious to you;
The *Lord* lift up His
countenance on you,
And give you peace.

Numbers 6:24-26

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