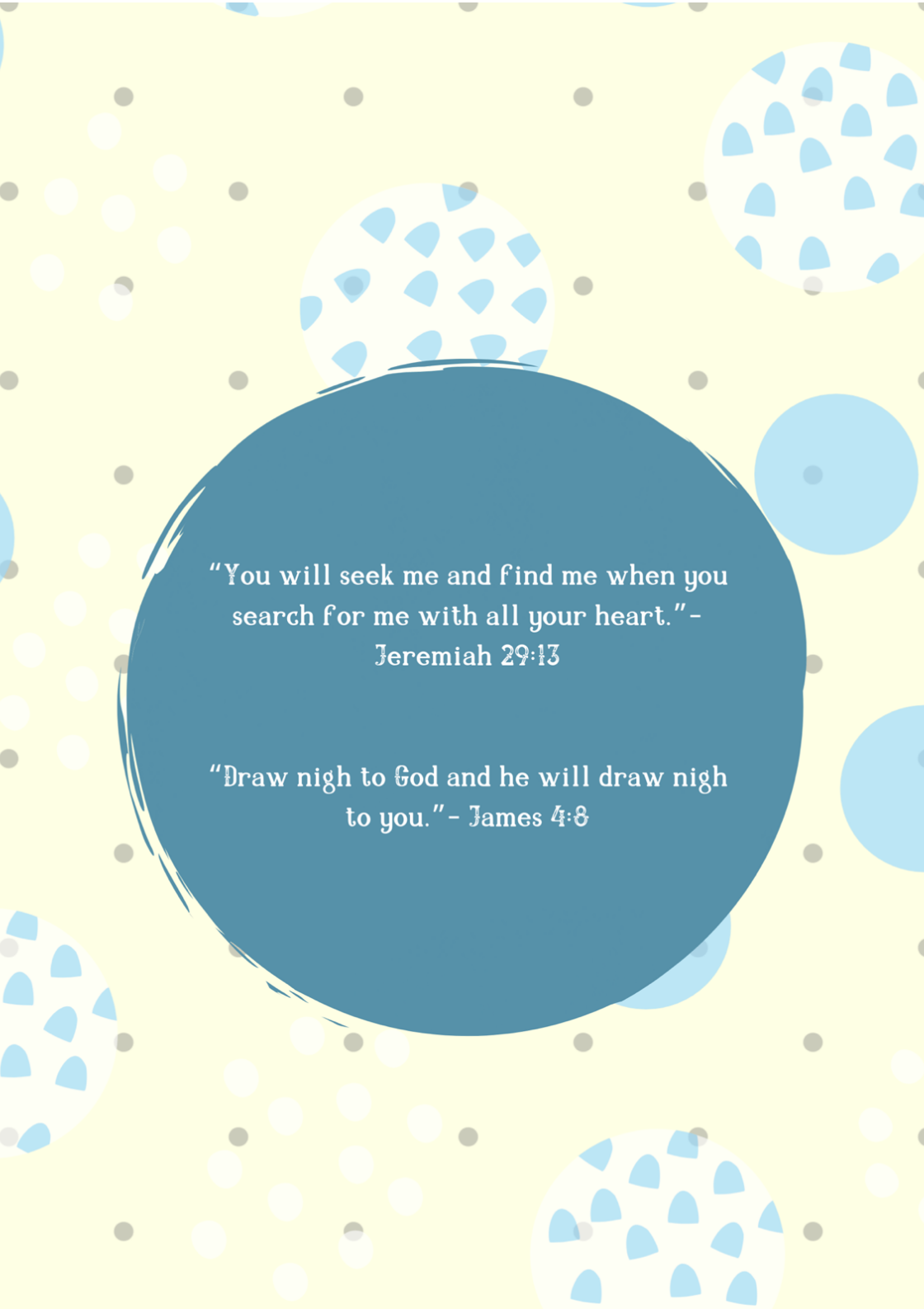


DRAW CLOSER TO GOD &
HE'LL DRAW CLOSER TO YOU

the christian meditation journal

Rhonda Jones
The Christian Mediator

Lessons & Prompts to Cultivate a
Daily Meditation Practice & Life
Changing Morning Routine!



"You will seek me and find me when you
search for me with all your heart." -
Jeremiah 29:13

"Draw nigh to God and he will draw nigh
to you." - James 4:8

CONTENTS

Preface

Table of Contents

Acknowledgments

Introduction

Section # 1- Building a Foundation

- Who's Doing the Work?
- Are You Ready to Make an Appointment?
- Seeking Creation vs. the Creator?
- Getting Centered in the Son
- Manna for Today
- But Why One Hour? Let's Look at Scripture!
- Pursuing God
- Pursuing God - #4- Preparing for Jesus's Return
- Put on the Full Armor of God
- What Can I Expect from Pursuing God?
- Why Meditate?
- Living in Alignment with God & Your Purpose # 1
- 13 Steps to Living in Alignment with God & Your Purpose # 2

Section # 2- The Basics

Day 1: Getting Started

Day 2: Set an Appointment with God

Day 3: Preparing to Meditate

Day 4: Invite God into Your Meditation Practice

Day 5: Let's Meditate

Day 6: Observing Your Thoughts

Day 7: Am I Meditating Correctly?

Day 8: What You Can Feel You Can Heal

Day 9: Where is God in All this Meditating?

Day 10: Scripture and Passage Meditation

Day 11: Daily Self-Care Routine

Day 12: Checking In & Taking Inventory

Day 13: Set an Intention

Day 14: Closing Prayer



Section # 3 - Beyond the Basics

Day 15: Praise and Worship

Day 16: Daily Devotional Reading

Day 17: Meditate on God's Word

Day 18: Prayer & Intercession

Day 19: Express Gratitude

Day 20: Movement or Exercise

Day 21: Inspired Reading

Day 22: Topical Bible Study

Day 23: Daily Declarations and Affirmations (Part 1)

Day 24: Daily Declarations and Affirmations (Part 2)

Day 25: Visualization

Day 26: Reflection and Do-Overs

Day 27: Spiritual Journaling

Day 28: Faith It Forward Story

Day 29: Discovering Silence

Section # 4 - Inner Healing

Day 30: Negative Self Talk

Day 31: What You Can Feel You Can Heal #2

Day 32: Putting Off Prayer

Day 33: Welcoming Prayer

Section # 5 - Passing on the Baton

Day 34: Follow Your Heart- Let the Spirit Guide Your Routine

Day 35: On Your Own with God

Appendix

More Daily Declarations

Blank Christian Meditation Journal Entries

About the Author

Copyright ©2019 by Serenity Enterprises. All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including recording, or by any information storage and retrieval system, without written permission from the publisher. The only exception is brief quotations in printed reviews.

ISBN-13: 9780964100800

ISBN-10:

Paperback:

Product Dimensions: 5.5 x 8.5 x 0.3 inches

Serenity Enterprises Publications

5881 Gloria Drive # 6

Sacramento, CA 95822

Websites

<https://thechristianmeditator.com>

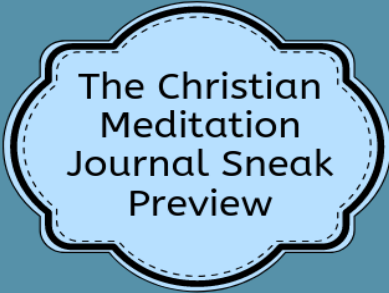

<https://christianmeditationjournal.com>

<https://www.godgetaways.com>

Disclaimer

The information in this guide should be considered as general information only and should not be used to diagnose medical conditions. This guide is sold with the understanding that neither the publisher nor author is engaged in rendering medical advice. The author and publisher shall in no event be held liable for any loss or damages, including but not limited to special, incidental, consequential, or other damages. On any spiritual, mental, nutrition, detox, or exercise plan, individual weight loss results will vary. Your results will vary based on many factors.

Please see your health care provider for diagnosis and treatment of any medical concerns, and before implementing any nutrition, exercise or other lifestyle changes.



The Christian Meditation Journal Sneak Preview

Preface

Are You Missing Out on the Greatest Relationships of Your Life!

If you've loved daily devotional like ***Jesus Calling***, contemplative teachings of Father Richard Rohr, or lectures by Dr. Caroline Leaf who shares the science behind negative thoughts and how it relates to God and scripture, you'll love ***The Christian Meditation Journal*** that will provide you with effective tools and spiritual disciplines to not only recognize your destructive thoughts, inner hurts, and pains, but more importantly, how to root them out so you can live daily with more love, peace, joy, and contentment.

Many Christians go to church, read their Bibles, and even pray, but did you know that most believers come up short when it comes to living their best lives! By that, I mean a life filled with more peace, joy, and freedom! Most are going through the motions of being a Christian, but many never experience the transformative nature of God that can change them through and through. Instead, they struggle to be good enough or try to work their way into pleasing God. However, the good news is a free gift to all, you need only receive it!

In Job 42: 5, Job declared after much suffering, “I had only heard about you before, but now I have seen you with my own eyes.” Like Job, are you ready to see God with “your own eyes?”

No one is immune to tragedy or pain, but suffering is an option. We suffer when we carry our pain instead of releasing it and wholeheartedly putting our trust and faith in God.

If you are ready to stop playing church and become the church, your life must go through a transformation, and that transformation starts from within. It’s not external, something that you seek outside of yourself. According to Luke 17:20,” The kingdom of God is within you.” If you want to have a flourishing and life-changing relationship with God, and yourself, the only place to go is within.

Now you might be thinking, how does that work? How do I go within? Is this some new age mumbo jumbo? Absolutely not. Even the scriptures say that “God is a Spirit and they that worship Him must worship Him in Spirit and in truth. We go within by quieting our minds, stilling our bodies, opening our hearts, and dwelling in God’s divine presence. In simplest terms, this is Christian meditation.

If you are not spending regular quiet time with God to release your burdens, restore your peace of mind, heal your pain and past memories, squash your limiting beliefs or connecting with God as well as yourself, you truly are missing out on the greatest relationships of your life, a deeper and thriving relationship with God and You!

Not only that, God desires fellowship with his children. God says in Jeremiah 29:13, “You will seek me and find me when you search for me with all your heart.” I created The Christian Meditation Journal for this very purpose. To help believers seek God with their hearts and not just their minds.

The Christian Meditation Journal guides you step by step to creating a daily Christian meditation practice and a life-changing morning routine. The Bible says, “Draw close to God and He will draw closer to you. Right now, you are as close to God as you desire to be, but is that close enough for you? Are you ready for a new journey of self-discovery that only a daily meditation practice can bring? If so, the

lessons, tools and spiritual disciplines you will learn in this journal will help you to:

- Renew your mind & overcome negative thinking
- Live with more peace, joy, and freedom
- Free yourself from toxic emotions
- Draw closer to God than you thought possible
- Heal inner wounds and let go of the past
- Develop a better relationship with yourself
- Grow deeper in your spiritual walk and journey

The Christian Meditation Journal is divided into five sections. These include:

Section # 1- Building a Foundation

In this section, you will learn the importance of spending personal time with God and dwelling in his presence through Biblical meditation. You'll also discover why spending time with God is so important in building your faith and keeping you strong in the Lord.

Section # 2- The Basics

In section 2, you will learn four spiritual practices that you must do every day to restore and maintain your overall health and well-being. This section also contains a series of guided Christian meditations audios that you can access to support you in building an effective practice.

Section # 3- Beyond the Basics

In section 3, Beyond the Basics, you'll learn 15 additional spiritual disciplines and how to use them to further enhance your life and help you grow on even deeper levels- mental, emotionally, and spiritually.

Section # 4- Inner Healing

In section 4, you'll be provided with tools to help you overcome negative self-talk, heal your pain, release the past, and let go of toxic thoughts and emotions that may be subconsciously crippling your life.

Section # 5- Passing the Baton

Now that you've completed the lessons of the first 4 sections, it's time for you to use the lessons and tools to create your own personal morning routine. This also includes additional blank journal entries for you to continue with your morning routine on your own.

After completing ***The Christian Meditation Journal***, you'll literally feel renewed, cleansed, and closer to the Lord. This daily time with God will transform your life and your relationship with God forever.

Don't allow busyness and the things of this world to squeeze out the time you spend with God. Jesus told us to watch and pray, abide in Him, and to cast all of our cares upon him. If we want to thrive and not just survive, we need all the power of the Holy Spirit we can get. We must decrease so that God can increase in us and that comes from spending time with God and in his presence. ***The Christian Meditation Journal*** will guide you through this process easily and effortlessly, one day at a time. All you need to do is show up!

If you've been looking for a deeper and more fulfilling relationship with the Lord or even just to enhance your quiet time with Him, you'll want to give a ***The Christian Meditation Journal*** a try.

You Are Only as Healthy as the Thoughts You Think!

"As a man thinks in his heart, so is he." – Proverbs 23:7

Many people approach health and wellness from many different factors. In general, we think that eating the right foods, living in a chemical free environment, or even having a consistent exercise routine contribute greatly to how we feel, and to some extent this is true. However, according to the CDC and the World Health Organization, 80-85% of all disease has an emotional root! In reality, it is our dis-ease that is creating our bad health and most of our chronic illnesses.

Our thoughts are intricately connected to our emotions. We think and then we feel. This happens so instantaneously that we hardly recognize it. Have a bad thought and within moments, our emotions will

follow suit. You may feel a rush of anger, a dark cloud of depression hovering overhead, the tingling of anxiety, and many other bodily sensations.

Becoming aware of your thought life and then bringing every thought captive to the love, light, and principles of Christ, is the only way to true mental, emotional, and physical well-being. Food, exercise, and living a chemical free life are important, but if your thoughts are dark or chronically negative or you are filled with anxiety or fear, you may be subconsciously sabotaging your very own health and well-being.

Matthew 6:22 declares, “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.” Your eyes are the filters from which we see and experience the world. If your eyes are covered with all types of debris (emotional hurt, pain, anger, worry, limiting beliefs, and more), you’ll obscure the very love and light that you desperately seek. True healing is more about removing the smudges from your minds and hearts that will then naturally allow the love and light of God to flow freely within us and around us.

In addition, 2 Corinthians 7: 1 declares, “Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.” Notice that God puts the onus on us to purify our hearts and minds? Unfortunately, many Christians still live with the mental and emotional toxins of anger, fear, grieve, guilt and have never been internally cleansed. Our conscious, as well as sub-conscious mindsets, continue to rob us of the abundant life that Christ came to give us. Just like a daily shower to cleanse the body, we must consistently wash out the toxins that have taken residence in our minds.


Christian meditations bring awareness to what’s going on inside of our heads, so we can begin to challenge the thoughts and beliefs that may be keeping us stuck. How do you know you are stuck? You feel it in your body. It’s the difference between feeling happy and content or depressed and sad. These are the signals that God has given us to let us know if we have sound mental health.

The Christian Meditation Journal is a step by step guide into learning how to meditate as a Christian. You'll also be introduced to spiritual disciplines that promote spiritual growth and healing. You'll be guided easily and effortlessly through developing a meditation practice that can literally transform your life and relationship with God. If you've ever wanted to learn how to meditate but didn't know where to start, wondered if meditation was for Christians, or wanted a structured program to get you started, this journal is for you.

As someone who has been teaching Christian meditation for over 10 years through my online courses, books, retreats, classes, and groups, I have seen and experienced first-hand the life-altering effects of dwelling in God's presence in the form of meditation. In fact, it was meditation integrated with scriptures that helped me overcome over 4-years of a deep depression when nothing else helped.

When you have the right tools, healing can take place. The best part is that you can learn and do it yourself! You don't have to remain a victim to your thoughts and emotions. By learning and following a few simple techniques that I will teach you in the journal, you can literally get your life back and have the tools necessary to heal yourself each and every time life happens.

Blessings, Rhonda Jones



Introduction

How to Use this Journal

How to use this journal? The Christian Meditation Journal is broken down into 5 components. These include building a foundation, the basics, beyond the basics, inner healing, and then lastly, passing the baton.

Each component builds upon the one before it. If possible, work through each lesson per day. Some of the lessons are longer than others, especially in the beginning. If you don't have time to complete a lesson in one setting, find a good place to stop and then return to it the next day.

The journal is designed to help you establish an ongoing daily Christian meditation practice by introducing you to different activities and spiritual disciplines that you can put into practice to create an empowering and life-changing morning routine. After completing the foundational section and the basics, feel free to move around to topics that you feel you need to explore, even out of order. It's all about listening to your spirit. Then go back to where you left off.

This journal is a complete revision of my previous book, "A Date with God" with a new format and lots of new content to help you design a meditation and journaling practice that can last for years to come. By the time you reach the end of this journal, you will have a daily practice and a plethora of tools to cultivate a life of more peace, joy, and purpose. – Rhonda Jones

Building a Foundation



Who's Doing the Work? (Lesson # 1)

Has your walk with God become stagnant? Do you desire to do God's will but you're not really sure what it is? Are you desiring a closer, more intimate walk with God but can't figure out the steps to get you there? Or maybe you desperately desire to be used of God, to see his miracles work in your life, but instead, you often feel powerless and weak in your faith.

The God we read about in the Bible is the God of miracles, power, healing, and revelation. Everywhere that Jesus trekked there was a demonstration of his power. Yet, why aren't we seeing more of God's supernatural demonstrations in our own lives as well as the churches we attend? What are we missing? What do we need in order to really do the works of Jesus?

Mark 6: 17-18 states, *"And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well."*

Could it be that the reason we are missing a real manifestation of God is our failure to be "one" with God in mind, body, and spirit?" Jesus said in John 10:30 that *"I and the Father are one."* Then in John 14:10, Jesus declares, *"Don't you believe that I am in the Father and that*

*the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, **living in me, who is doing his work.***"

Maybe we need to ask ourselves, "Who's doing the work in us?" Is it God through the power of the Holy Spirit or have we pretty much set out to do it all on our own? Experiencing God's power in our lives isn't about mustering up a lot of emotion or even increasing our faith. Unleashing God's anointing with signs following is in direct proportion to how much space God takes up within us, literally. If there is less of us, then there is more of God, and if more of us, then less of God. Too often we put God in these scheduled compartments like an activity on our to-do list. We may attend church regularly or participate in many ministry activities, yet in all honesty, what type of relationship are we really building with God? Jesus in Matthew 15: 18, *"These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught."*

I think we often forget that God is a spiritual being operating beyond the realm of our human understanding. Because spiritualism has been associated with the occult and demonic practices, we're afraid to truly embrace the spiritual nature of God. However, the Bible is filled with supernatural occurrences of God that we can't dismiss, but that are rarely seen today. Since the fault cannot lie with God, then it must lie with us. Jesus said, the harvest is ready, but the labors are few. Instead of being about God's business, we are rapidly pursuing our own. We are often immune or deaf to the spirit of God wanting to manifest himself through us and are guilty of quenching the spirit to our own demise.

"But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers." (John 4:24) I believe it's time for God's people to wake up and get busy, not for building their own kingdom, but the kingdom of God! And the first place we must start is in His Presence, surrendered and bearing all before Him and making ourselves available for his use.

If we truly want to be that light that draws the unsaved to Christ, people need to see God in us. When Moses came down from the Mt. of Olives, his body glistened so much with the presence of God that the people couldn't even look at him.

Just like Moses, the way we open ourselves to the indwelling presence of God's Spirit and His likeness is to spend intimate time with him. Sunday worship service and bible study just aren't enough. God wants to fellowship with us. Jesus tells us in Revelations 3:20, *"Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come into him and will dine with him, and he with Me."* Has God been knocking at the door of your heart, but you've been too busy or too self-absorbed to listen or let him in? Doesn't your heart desire to dine with the Master, sit at his feet, and learn from Him, but you think you just can't spare the time?

Journaling- Write it Out:

1. Who is doing most of the work in your life? You or God?

2. Has it been difficult relinquishing control? If so, why?

3. Why do you want to spend more time with God?

4. How do you think establishing a daily meditation time with God will change your life?

5. What has been standing in the way of you scheduling this time into your day?

Prayer:

Heavenly Father help me to relinquish control of my life to you. This walkthrough life should not be burdensome or a constant struggle, but filled with your love, peace, joy, as I live in alignment with you. Father teach me how to decrease so that your Spirit can have greater influence and authority in my life. I desire that you do the work and I simply join in and follow. Amen.



The Basics

Day 1: Getting Started

In this section, you will learn how to turn your quiet time into a daily hour of power one step and day at a time. Each day you will be introduced to spiritual disciplines that will help you to build the right quiet time for you according to your needs, desires, interests, and time. You will not only learn how to meditate, but how to create a quiet time that will draw you closer to God, help you make your dreams become a reality, and live with more peace and joy by working through your limiting beliefs, negative thoughts, and toxic emotions.

My time with God can last anywhere from 15 minutes to 2 hours if I have the extra time and really need to work through some emotional blocks, but it's well worth it to me. I always try to leave my date with God feeling free, refreshed, and at peace. Presently, I do my date with God first thing in the morning or just before I retire.

By spending time in the morning, you're most receptive to the Holy Spirit and can start your day centered in the Lord. However, if you just can't find the time in the morning due to work and other obligations, spending time with God in the evening can be just as rewarding.

For years, when my children were younger and lived at home, I spent time with God in the evenings. After dinner and once everyone was settled in for the evening, I would make my way to my bedroom, lock the door, and just dwell in God's presence, sometimes for hours. I

actually craved this time and looked forward to it, and I was never disappointed. It was as if God was there waiting for me as his sweet and loving Spirit permeated my room, body, and spirit.

I believe that once you get started, you will discover just how powerful these spiritual disciplines, tools, and activities can be to your spiritual, mental, and emotional health. I love spending time with God and working through many of the disciplines and activities you will learn because I always finish feeling lighter and more enthusiastic about my day. It is like a shower of the mind and my chance to begin my day, or end my day, without any of the residue of yesterday, last week, or even last year. Every day, I get to wipe the slate clean and start again feeling refreshed and renewed. Isn't that worth it? Is this the dying daily that Paul was talking about?

Isaiah 26:3 declares, "You [God] will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

If your heart is filled with worry and anxiety, it is a clear indication that your mind is not on the Lord. Instead of meditating on God and his promises, your eyes are on the news, the economy, or even your circumstances.

Whatever we meditate on becomes bigger in our focus. Therefore, stop dwelling on the problem and begin to put your attention on the solution (Jesus). By continually spending time with God and meditating on His promises, you quell the fears of your thoughts, overshadow negative reports, and rise above your circumstances. Your Date with God can strengthen and fortify your faith in Christ and build you up for when real disaster strikes.

One last reminder, this is YOUR time and you need to make it your way. These ***spiritual disciplines*** and schedules are only guidelines. You may want to switch things around a bit as you get deeper into the program, and that's okay; however, before you do, progress in the order presented to give yourself a chance to experience all the activities.

Also, you will notice that with each daily quiet time and activities I may list a time frame. Use this to help guide your time with God if you are under a crunch. If you ONLY have 15 minutes available, that's better than having no time at all. If you have more time, then just go with the flow of the Holy Spirit. You might also be wondering how you are supposed to fit this extra time in your already compacted schedule. You may just have to let something else go, maybe the television or some other activity. I also recommend going to bed an hour or two earlier so you can wake up earlier to get in your time with God. In the meantime, start to look for a **journal or notebook** that you love. You will be spending a lot of time writing your inspirations, God's messages to you, and more.

Journaling- Write it Out:

1. How much time do you have to devote to your time with God each day?

2. Will you spend that time in the morning or the evenings?

3. How will you help yourself to be consistent?

A few tips on being consistent:

Set a specific time each day and keep it. Add it to your day planner and see it as a valuable appointment with your spiritual CEO to help you begin your day with peace, guidance, and clarity.

Chunk routines together. For example, if you have a routine of drinking tea, exercising, or anything else, whether in the morning or evening, add your time with God to the mix. This will be a helpful reminder.

Keep your appointment even when you don't feel like it. That's your ego talking, and you don't want to listen. The more you "don't" want to keep your date with God is the time you need it most to subdue the flesh and keep your spirit in control.

We'll discuss these more in later lessons.

NEXT: The Basics Daily Journal Entry Form

My Date with God

Date: _____



S M T W Th F S

The Basics

Activity # 1- Checking In- Today I feel ...

Activity # 2- My intention for my date with God is ...

Activity # 3- Meditation

Title: _____

Method: _____

Today I meditated for _____minutes.

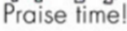
My thoughts during meditation consisted of:

Meditation helped me to release:

After the meditation I felt:

Any additional inspirations or messages from God to you?

Beyond the Basics



Praise & Worship



Journaling Time

Meditate
Word

Inspired Reading



Visualize Desires



Reflect & Do-Over



Prayer Time



Daily Devotional



Positive Affirmations



Faith it
Forward



Movement Exercise



Thanks & Gratitude



Inner Healing



Daily Declaration



Bible Study

Today's Inspirations, Thoughts, & Notes

[illegible]

About the Author



Rhonda Jones is the creator of the award-winning website, *The Christian Meditator*, and the creator of over 23 Christ-centered meditation and affirmations CDs on a variety of topics. Rhonda's meditations allow Christians to meditate in a way that completely honors God and will not conflict with their Christian faith.

Rhonda is also the author of *Detox Your Life & Awaken Your Inner Spirit*, a 12-week Biblically-based program that

integrates Christian Meditation and God's Word with spiritual and practical lessons to help believers find healing and balance in seven core areas of their life. Rhonda facilitates yearly God Getaway Retreats to help believers create or deepen their Christian meditation practice. Contact Rhonda via email at **thechristianmeditator@yahoo.com**.

If you enjoyed the *Christian Meditation Journal*, please leave an Amazon testimonial or email me at msrhondadjones@yahoo.com.

Additional Resources:

<https://www.thechristianmeditator.com>

- God Getaway Christian Meditation Retreats
- Additional Christian Meditation Courses & Groups
- CDs, Downloads, Listening Library, and Bundles
- Videos & Articles
- Unplug Personal Retreat Kits
- Much More!

Coming Soon! *Design Your Day, Design Your Life Manifesting Journal*

Learn more at

<http://christianmeditationjournal.com>

the christian meditation journal

Are You Missing Out on the Greatest Relationships of Your Life!

Do you need emotional, mental, and spiritual wholeness?
Would you like to get rid of fear, anxiety, and other harmful emotions?
Do you want to improve your mood and cope with life's stressful events?

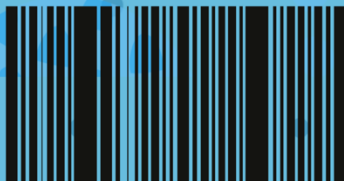
Discover the keys to mental, spiritual, and emotional wholeness in this step-by-step guide to Christian meditation. In just a few minutes each day, you can train your mind to focus, increase your self-awareness, think and feel better. You are as healthy as your thoughts! Daily Christian meditation integrated with scriptures will progressively transform your heart and improve your mind.

If you want to take control of those limiting beliefs that keep you stuck, fearful, and worried or you simply want to enhance your quiet time with God, The Christian Meditation Journal is the perfect resource to try. The practical lessons, tools, and spiritual disciplines you will learn in this journal will help you:

- Renew your mind & overcome negative thinking
- Live with more peace, joy, and freedom
- Free yourself from toxic emotions
- Draw closer to God than you thought possible
- Heal inner wounds and let go of the past
- Develop a better relationship with yourself
- Grow deeper in your spiritual walk

Take this life-changing journey traveled by many others and experience firsthand the peace, freedom, and fulfilling relationship with the Lord you deserve. Live your best life as you tap into your inner thoughts, quiet your mind, connect your heart, and experience God as never before.

TheChristianMeditator.com
GodGetaways.com



0000000000000000