

Guided Meditation for Psalm 91

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Introduction

Unlike Eastern religious meditation which calls for the emptying of one's mind, Christian meditation is a conscious activity in which one slowly thinks about and fill his/her mind with what God says in Scripture (Philipianes 4:8, "...true, honorable, right, pure, ^elovely, of good repute, excellent and worthy of praise") as it is read to him/her, read by him/her, or revisited consciously from previous memorization of Scripture by him/her. Scripture (the Bible) teaches us to meditate on God's word as a way of being attentive to God alone. It should be an essential part of our walk with Christ so that, "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". Psalm 119:15, "I will meditate on your precepts, and fix my eyes on your ways." Christian meditation has also shown to be effective in alleviating stress and lowering anxiety in numerous studies. Spiritually speaking, when one meditates on the word of God, a closer relationship with God should come as a result and the fruit of the spirit (Galatians 5:22-23, "...love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control) will be the outgrowth in the life of the believer.

Preparation

Find a quiet place (this may be different for everyone) where you can relax and be still for a few moments. Feel free to add instrumental Christian music to this meditation if you so choose. The goal of this Christian meditation is to hear God's word, contemplate it, establish it in your heart,

and then apply it to your current situation. Flex your faith muscle as you strive to access God's presence in this moment.

Meditation on Psalm 91

You are living in an interesting and challenging time. It may seem as if it is all a bad dream that you will wake up from at any moment. You feel uncertainty in the circumstances. You feel claustrophobic in your physical shelter and possibly lonely or impatient with those who are near.

BUT as you breathe deeply and listen as I recite and pray Psalm 91 over you. Hear God speak, consider what He sees in your situation, Taste His goodness and feel His nearness.

Let's breathe deeply together and relax as we receive God's truths.

You are safe in the Lord. You will go to the God most High for safety and protection.

As you continue to slow your breathing, I invite you to think about the Most High God, the creator of Heaven and Earth. Say to him, You are my place of safety and protection. You are MY God and I trust you.

Relax your shoulders and your neck as you believe that God will save you from hidden traps and deadly diseases as HE covers you with his feathers and hides you under his wings.

Relax your jaw and you ponder this thought.

You will not fear any danger by night or day. Make this an “I” statement. I will not fear...”

You will not be afraid of diseases that come in the dark or sickness that strikes at noon.

Relax your facial muscles in your forehead and eyes as you consider the sight of your life being spared although thousands may be dying.

Thank God as you breathe in slowly for his protection and sacrifice so that you will not be punished with the wicked, but will only watch.

Repeat after me over and over, “The Lord is my protection and place of safety. Nothing bad will happen to me or my home.”

Visualize and imagine what the angels look like who God put in charge of you, to watch you wherever you go! Feel the touch of their hands as they catch you and

save you from hitting your foot on rocks. See yourself walking on lions and cobras without getting hurt.

Feel the warmth where you are as you feel God's love wrapped around you protecting you because you know Him and you've called to Him during this time of trouble.

Imagine the rescuer coming to you now to save you.

By faith, say to the Lord, Thank you for giving me a long, full life. Help me to share how you can save with others!

Father,

Your name is Holy. May your kingdom come today as each listener of this meditation trusts you. Give us what we need today to see you, to feel your presence, to taste your goodness, and to hear your truth, as we touch the lives of others. Forgive us for the times when we've forgotten that you are our safety. Allow this meditation of your word to guard us from temptation to doubt your protection. Help us to focus on your kingdom, glory, and power today as we think

on true, honorable, right, pure, lovely, faithful, excellent and praise worthy things.

Fill us with your holy spirit as we practice these things and enjoy your peace.

In Jesus name,

Amen

Thank you for reading, reciting or listening to this meditation and focusing on God.

Repeat often and consider memorizing Psalm 91 so it will come to mind often and when needed. May God bless you today.