

Yearning for the spiritual - Ultimate Relaxation

## Yearning for the spiritual? Ultimate Relaxation

**Stress relief?**

**What would be your ideal plan of relaxation?**

### Is relaxation a good thing?

**One day in seven**

### How do we go about relaxing?

**Slow down ...**

**Psalm 46:10 – “Be still and know that I am God”**

**... BUT don't opt out.**

**... extended time ... unfrustrated, idle time to meditate**

#### **1) Relaxation via Meditation**

**Meditation ... a sustained ... uninterrupted reflection ... shaped by God's word**

**A warning ...**

**Good Meditation**

**Psalm 48:9, “within your temple, O God, we will meditate on your unfailing love”.**

**Psalm 77:12, “I will meditate on all your works and consider you mighty deeds”.**

**Psalm 119 ... God's laws, God's precepts, God's decrees and, God's promises.**

**Psalm 145 ... God's majesty and his works.**

#### **2) Meditation and prayer**

#### **3) Meditation and songs**

**A warning... NOT a replacement for Christian fellowship or the reading of the word.**

**How does Meditation result in relaxation?**

**... focuses off our worries and on to God**

**Eg: 1 Peter 1:3-9**

### Challenge your mistaken beliefs

**Arch Hart – The anxiety cure**