

# **WORLDLY MEDITATION**

**vs.**

# **CHRISTIAN MEDITATION**

**Empty your mind**

**Desires mental  
passivity**

**Visualization in  
order to “create  
your own reality”**

**Fill your mind**

**Requires mental  
activity**

**“Whatever is  
*true*, . . . let your  
mind dwell on  
these things”  
(Phil. 4:8)**

**Link meditation  
with prayer and  
action to see  
changes**