# The discipline of meditation

This chapter starts out quoting a ton of scripture about meditation. My interpretation of meditation is staying still, focusing on a verse or a topic and just sitting in God’s presence soaking it all in. When we meditate as Foster was saying we need to be constantly listening, listening for the voice of God, listening for the Holy Spirit, and listening to your surroundings. I believe that the Holy Spirit is constantly and consistently talking and inspiring your life. On my way to church in the morning, I usually put on a podcast or worship music and just meditate on the words.

One of my favorite types of meditation is on music, some music has the power to transform the way to perceive different things. One of the most memorable songs for me wasn’t necessarily a worship song, it was “I can only image.” This song I’ve meditated on the words many times, just soaking in the awe of creation! Meditating on the words “I can only imagine”. I have a great imagination of what Heaven will look like being with Christ. But how much greater than my imagination is it!!

For my life meditation is very meaningful, some of my favorite time is being with friends, not necessarily talking, maybe we are on our phones, or watching a movie. Yeah, I love great conversations too, but there is something so intimate about those moments, something so meaningful that I cant put it into words. This should be the same way with God, just relishing the moments we get in His presence. For me, prayer and meditation go hand in hand, a time of prayer where I just talk to God, lifting my needs while exalting His presence and creations. After that, I like to just sit there, just remember the amazing things He has already done. And listening for any commands that He has for me. A beautiful thing about meditation is that the more time you spend with Him the better you know His voice, so when it gets crazy its easy to pick His words out in the madness of things!

Thanks!  
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