

Be Transformed by the Renewing of Your Mind

When starting on meditation practice a great place to begin is by reflecting on one of God's many promises, His attributes or His names. Listed below are several verses to use as a starting point. Feel free to add your own favorite verses. If you are looking for some additional support, there are several apps to choose from. Abide and Soulish are two Christian meditation apps and Calm and Headspace are additional ones to consider.

Affirmations and Promises

I am precious to God. Matthew 6:25-44

I am not destined for stumbling or destruction. I have a noble purpose and a hope. I Peter 2:8-9

I can do all things through Christ who strengthens me. Philippians 4:13

I am equipped for every good deed and lavished with every grace. II Corinthians 9:8

The Lord is my Shepherd. I lack no good thing. Psalm 23:1

The Lord is my rock and refuge. He will be a safe place for me today. Psalm 18:1

The Lord is right here with me, an ever-present help in time of need. Psalm 46:1

God is my shield and strength. Proverbs 30:5, Psalm 28:7

I wait upon the Lord, and He renews my strength; I mount up with wings as eagles, I run, and am not weary; I walk, and am not faint. Isaiah 40:31

God is able to do exceeding abundantly above all that I ask or think, according to His power that works in me. Ephesians 3:20

God's Attributes

"And he is before all things, and in him all things hold together." Colossians 1:17

"Great is our Lord, and abundant in power; his understanding is beyond measure" Psalm 147:5

"By the word of the LORD the heavens were made, their starry host by the breath of his mouth." Psalm 33:6

"O, taste and see that the Lord is good". Psalm 34:8

"The LORD is gracious and merciful; Slow to anger and great in lovingkindness." Psalm 145:8

"Holy, Holy, Holy, is the Lord Almighty." Revelation 4:8

"Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and unfathomable His ways!" Romans 11:33

"Know therefore that the LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands." Deuteronomy 7:9

"Can you fathom the mysteries of God? Can you probe the limits of the Almighty? They are higher than the heavens above—what can you do? They are deeper than the depths below—what can you know? Their measure is longer than the earth and wider than the sea." Job 11:9-11

"Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend to heaven, You are there; If I make my bed in Sheol, behold, You are there. If I take the wings of the dawn, If I dwell in the remotest part of the sea, even there Your hand will lead me, And Your right hand will lay hold of me." Psalm 139:7-10

Names of God

Elohim means “God” – to His incredible power and might.

Yahweh means “The Lord” – Yahweh is derived from the Hebrew word for “I AM”.

El Elyon means “God Most High” – the One who reigns supreme.

El Roi means “The God Who Sees” – the one who chases after us, who follows us with goodness.

Yahweh Nissi means “The Lord Is My Banner” – God proclaims His protection and care.

Jehovah Rapha means "Healer, the Lord who heals you".

Abba means “Daddy, Father” – Abba is the most intimate form of God’s name, showing us His character as our loving Father.

El Shaddai means “God Almighty” – He is all-powerful, He is the Mighty One. We can find refuge and rest in His shadow.

Yahweh Yireh means “The Lord Will Provide” – God will provide for our needs. He is faithful, He is able, nothing is too difficult for Him.

Yahweh Shalom means “The Lord Is Peace” – God is One able who can give us the peace that passes all of our own understanding.

Abba means “Daddy, Father” – Abba is the most intimate form of God’s name, showing us His character as our loving Father.