

# Meditation as Prayer - Student Workbook

Prepared for Merrell UMC  
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## Opening Reflection

- What does "meditation as prayer" mean to you?
- What are your current distractions in prayer?

## Key Scriptures & Guided Questions

### Ecclesiastes 5:1-7

- What stands out to you about worship and listening?

### Luke 24:13-53

- How do you relate to the disciples' journey and their spiritual awakening?

### James 1:19-27

- How can you practice being a "doer" and not just a "hearer"?

### Luke 10:23-24

- Where do you see God's presence in your daily life?

### 1 John 2:28; John 15:4

- What does it mean to "abide" in Christ?

## Practice Exercise

- Find a quiet space. Sit or stand comfortably.
- Focus on your breathing; let your body relax.
- Recite a favorite hymn, scripture, or word as you breathe.
- Offer words of kindness to yourself and others.
- Wait in silence, attentive to God's presence.

## Personal Reflection

- What did you notice during your meditation?
- How might you incorporate this practice into your daily routine?