

## Puritan Meditation: An Exercise<sup>1</sup>

Each day this week, you will be meditating on God's compassion (adapted from Ball, 2016; Baxter, 2015; Beeke & Jones, 2012; Hall, 2016; Watson, 2012). Try to find a quiet place, free from distractions, and meditate for 20 minutes. Close your eyes, and sit up straight as you meditate on the pre-selected Bible verse.

1. For the next 20 minutes, you will be focusing on the Bible verse, "The Lord is full of compassion and mercy" (James 5:11).
2. Say a short prayer to God, asking him for guidance during the next 20 minutes.
3. Shift your focus from "earthly-mindedness" to "heavenly-mindedness," letting go of rumination, worry, and self-criticism and pivoting towards the "The Lord is full of compassion and mercy" Bible verse.
4. Repeat this passage in Scripture with focused, sustained attention.
5. Begin to move from your "brain" to your "heart," focusing on feeling God's love for you.
6. Deeply feel the compassion and mercy of God that correspond with his infinite goodness.
7. As you conclude the meditation, make a commitment to act on this deeper awareness of God's compassion and mercy by extending compassion to others in a Christ-like manner.
8. Say a short prayer to God, thanking him for revealing his compassion and mercy to you.

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<sup>1</sup> This exercise is taken directly from *The Compassion-Based Workbook for Christian Clients: Finding Freedom from Shame and Negative Self-Judgments* (Knabb, in press).

## References

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