

Learn the Art of Christian Meditation

- Do you battle with worry, anxiety, or other toxic emotions?
- Are negative, compulsive, or destructive thoughts stealing your peace of mind?
- Do you desire to spend more quality time with God but can't relax enough to do so?

Is so, Christian Meditation may be your answer!



What You'll Learn in the Class:

- What is Christian Meditation?
- What Does the Bible Say About Meditation?
- The Benefits of Christ-Centered Meditation.
- Why Believers Should Incorporate Meditative Prayer in their Lives?
- How to Meditate on the Lord?

*This class is Biblically-based and Christ-centered!
Each class ends with a group meditation.*

For Dates, Times, and Locations

Go to:

www.thechristianmeditator.com

Hear what others have said about the class:

"After the meditation I felt so relaxed. I gained a better understanding of Christian meditation and what it does to help the human spirit and body."

"I loved your presentation. It was awesome. Just keep on doing the beautiful work that God has blessed you with. The meditation relaxed my mind and body like never before. This will be a part of my daily life. Thank you!"- Stephanie Bruton, Vacaville, Ca.

About the Instructor:

Rhonda Jones, MA, is the author of 23 Biblical meditation and affirmation CDs. It was meditation integrated with the scriptures that helped her overcome years of depression. Learn more about Christian Meditation on her website or call 866-385-2410 (message phone).