

Faith-Based Meditation



What is Faith-Based Meditation: it is a form of prayer in which a structured attempt is made to become aware of and reflect upon the revelations of God. The process of deliberately focusing on specific thoughts (such as a passage from a religious text) and reflecting on their meaning in the context of the love of God.

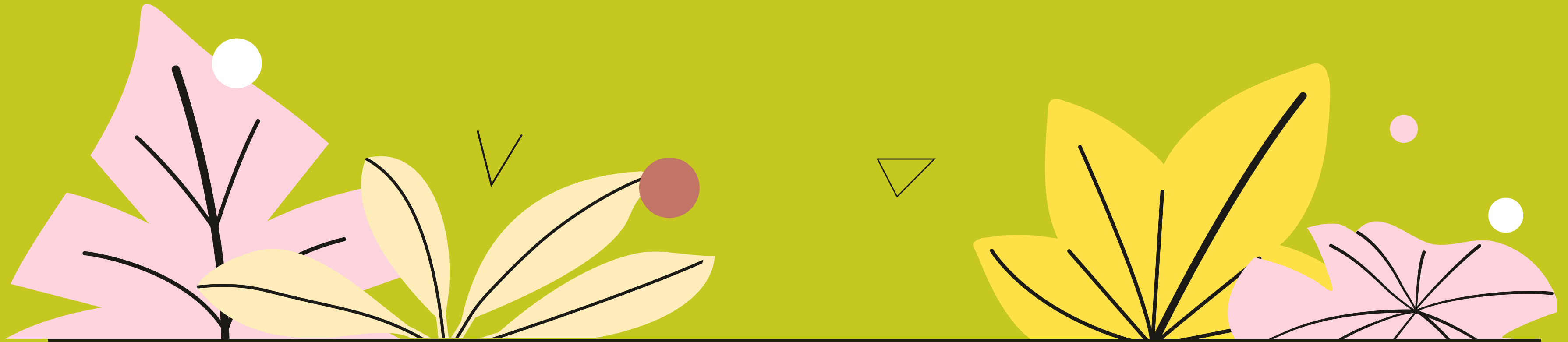


Traditional definition of Meditation: to engage in mental exercise (such as concentration on one's breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness

Faith-Based Meditation: instead of clearing one's mind to reach awareness one reaches a heightened level of awareness by filling your mind with God

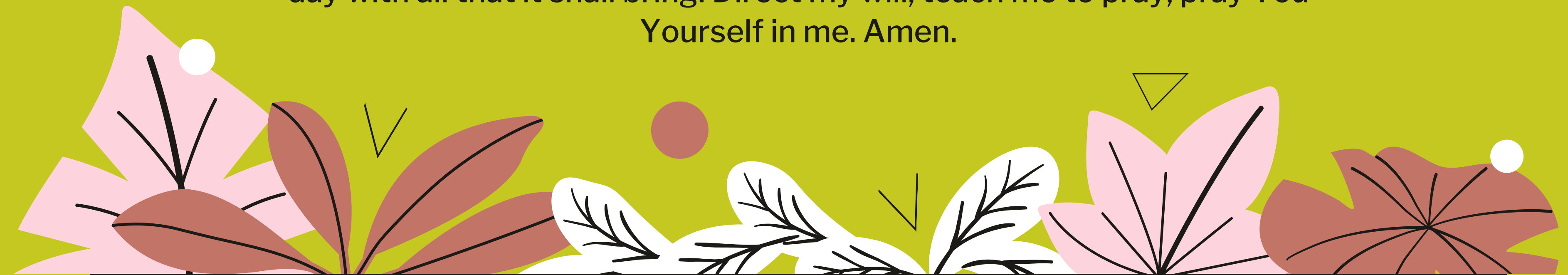


Examples of Prayers in The Christian Faith



Morning Prayer

O Lord, grant me to meet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day, reveal Your will to me. Bless my dealing with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray, pray You Yourself in me. Amen.





A prayer for protection/strength:

O Lord, Thou who steadied the hand of Peter as he began to sink on the stormy sea, if Thou are with me, no one is against me. Grant to me the shield of faith and the mighty armor of the Holy Spirit to protect me and guide me to do Thy will. The future I put into Thy hands, O Lord, and I follow Thee to a life in Christ.

Amen.



A prayer for time of trouble:

O God, our help and assistance, who art just and merciful, and who hearest the supplications of Thy people, look down upon me, a miserable sinner; have mercy upon me, and deliver me from this trouble that besets me, for which, I know, I am deservedly suffering. I acknowledge and believe, O Lord, that all trials of this life are given by Thee for our chastisement when we drift away from Thee and disobey Thy commandments. Deal not with me after my sins, but according to Thy bountiful mercies, for I am the work of Thy hands, and Thou knowest my weakness. Grant me, I beseech Thee, Thy divine helping grace, and endow me with patience and strength to endure my tribulations with complete submission to Thy will. Thou knowest my misery and suffering, and to Thee, my only hope and refuge, I flee for relief and comfort, trusting to Thine infinite love and compassion that, in due time, when Thou knowest best, Thou wilt deliver me from this trouble and turn my distress into comfort, when I shall rejoice in Thy mercy and exalt and praise Thy holy name, O Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

Examples of Islamic Duas (Prayers)



Morning Dua:

Whenever a Muslim wakes up from sleep, he should express gratitude to Allah for allowing him to live and continue worshiping Him.

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Transliteration:

Alhamdu lillaahil-lathee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor.

Translation:

Praise be to Allah who resurrected us after He made us die. And to Him will be the (people's) emergence (from graves)

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي، وَرَدَّ عَلَيَّ رُوحِي، وَأَذِنَ لِي بِذِكْرِهِ

Transliteration:

Alhamdu lillaahil-lathee 'aafaanee fee jasadee, wa radda 'alayya roohee, wa 'athina lee bithikrihi.

Translation:

Praise be to Allah who granted me well-being in my body, returned my soul to me, and permitted me to remember Him.



DUA FOR OVERCOMING HARDSHIP AND ADVERSITY:

In Surah Anbiya, Ayat 87 it says, "And [mention] the man of the fish, when he went off in anger and thought that We would not decree [anything] upon him. And he called out within the darknesses..."

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Transliteration: la ilaha illa anta subhanaka inneekuntu mina aththalimeen

Translation: There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.



Dua for strength from Allah:

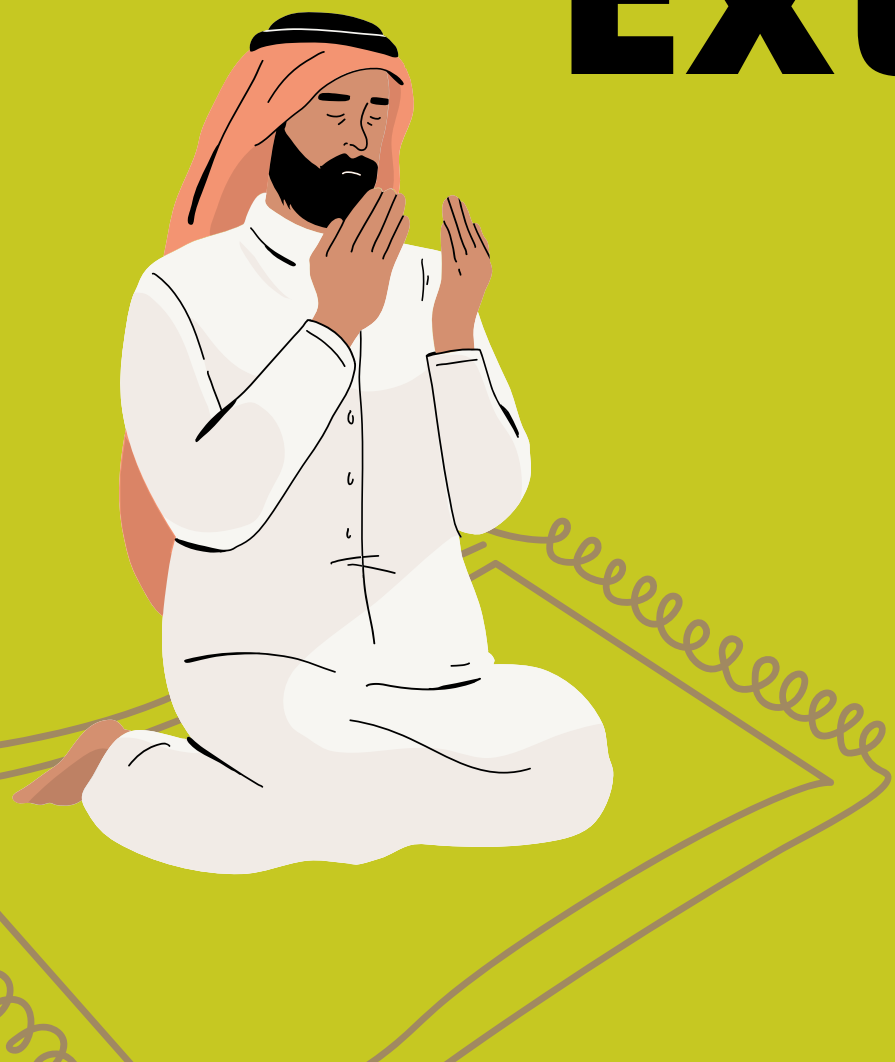
اللَّهُمَّ قَوِّني فِيهِ عَلَى إِقَامَةِ أَمْرِكَ، وَأَذِقْني فِيهِ حَلَاوَةَ ذِكْرِكَ، وَأَوْزِعْني فِيهِ لِإِدَاءِ شُكْرِكَ بِكَرَمِكَ، وَاحْفَظْني فِيهِ بِحِفْظِكَ وَسِتْرِكَ، يَا أَبْصَرَ النَّاطِرِينَ

Transliteration: Allahumma qawwini fihi 'ala iqamati amrik, wa aziqni fihi halawata dhikrik, wa awzi'ni fihi liadai syukrika bikaramik wahfazhni fihi bihifzhik wasatrik ya Absharan nazirin.

● **Translation:** O ALLAH! Strengthen me in it to perform Your commands, enable me in it to taste the sweetness of mentioning Your Name, enable me in it to truly thank You with Your generosity, and safeguard me in it with Your safeguard and cover, O most seeing One!



Extra Duas (Prayers)

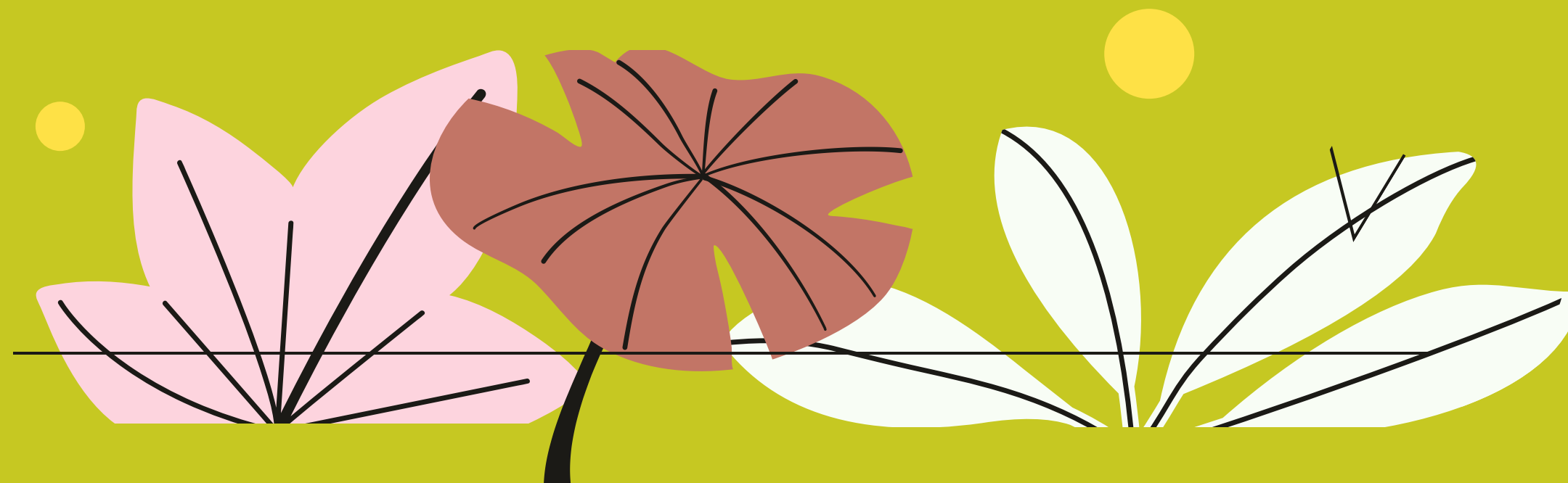


Dua Seeking Forgiveness

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتِطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا
صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Transliteration: Allaahumma ‘Anta Rabbee laa ‘ilaaha ‘illaa ‘Anta, khalaqtanee wa ‘anaa ‘abduka, wa ‘anaa ‘alaa ‘ahdika wa wa’dika mas-tata’tu, ‘a’oothu bika min sharri maa sana’tu, ‘aboo’u laka bini’matika ‘alayya, wa ‘aboo’u bithanbee faghfir lee fa’innahu laa yaghfiruth-thunooba ‘illaa ‘Anta.

Translation: O Allāh, You are my Lord, and there is no (true) god but You. You created me, and I am Your servant, and I try to fulfill my covenant and promise to You as much as I am able. I seek Your protection from the evil of my doings. I admit to Your favor upon me, and I confess my sins to You, so forgive me, because no one forgives sins but You.



Dua seeking protection

No harm will reach a person who says (the following three times every morning and every evening:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Transliteration: Bismillaahil-lathee laa yadhurru ma'as-mihi shay'un fil-'ardhi wa laa fis-samaa'i wa Huwas-Samee 'ul- 'Aleem.

Translation: (I seek protection) with the name of Allah-the One who, with His name, nothing can cause harm on Earth or in the Heaven. He is the All-Hearing and All-Knowing.



Extra Christian Prayers



Prayer – Starting The Day With Forgiveness

Lord, please forgive us this day for everything we have done, said or thought that was not pleasing to You. Please keep us safe from all danger and harm.

And when we sin, let us repent, and confess with our mouth our wrongdoing, and receive the forgiveness of God. Help us Lord to not judge others, or to speak an ill word.

Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.



A prayer for someone else in a time of need:

O God, our help in time of need, Who are just and merciful, and Who inclines to the supplications of His people. Look down upon _____ and have mercy on them and deliver them from the trouble that now besets them. Deal with _____ not according to their iniquities, but according to Your manifold mercies, for we are the works of Your hands, and You know our weaknesses. I pray to you to grant _____ Your divine helping grace, and endow them with patience and strength to endure their hardships with complete submission to Your Will. Only You know our misery and sufferings, and to You, our only hope and refuge, we flee for relief and comfort, trusting in Your infinite love and compassion, that in due time, when You know best, You will deliver _____ from this trouble, and turn their distress into comfort. We then shall rejoice in Your mercy, and exalt and praise Your Holy Name, O Father, Son and Holy Spirit, both now and forever and to the ages of ages. Amen.

