



Biblical Scriptures on Mindfulness, Meditation & Stillness

Mindfulness

"Devote yourselves to prayer, being watchful and thankful."
Colossians 4:2 NIV

"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."
1 Peter 5:8 NIV

"The end of all things is near. Therefore be alert and of sober mind so that you may pray."
1 Peter 4:7 NIV

"Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming."
1 Peter 1:13 NIV

"Be on guard! Be alert! You do not know when that time will come."
Mark 13:33 NIV

"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."
Ephesians 6:18 NIV

Meditate

"but whose delight is in the law of the Lord, and who meditates on his law day and night."
Psalms 1:2 NIV

"I meditate on your precepts and consider your ways."
Psalms 119:15 NIV

"Within your temple, O God, we meditate on your unfailing love."
Psalms 48:9 NIV

My mouth will speak words of wisdom; the meditation of my heart will give you understanding.
Psalm 49:3 NIV

"I will consider all your works and meditate on all your mighty deeds."
Psalms 77:12 NIV

"Within your temple, O God, we meditate on your unfailing love."
Psalms 48:9 NIV

"I will consider all your works and meditate on all your mighty deeds."
Psalms 77:12 NIV

"Though rulers sit together and slander me, your servant will meditate on your decrees."
Psalms 119:23 NIV



Meditate

"Oh, how I love your law! I meditate on it all day long."

Psalms 119:97 NIV

"I have more insight than all my teachers, for I meditate on your statutes."

Psalms 119:99 NIV

"Cause me to understand the way of your precepts, that I may meditate on your wonderful deeds."

Psalms 119:27 NIV

"I reach out for your commands, which I love, that I may meditate on your decrees."

Psalms 119:48 NIV

"May the arrogant be put to shame for wronging me without cause; but I will meditate on your precepts."

Psalms 119:78 NIV

"I remember the days of long ago; I meditate on all your works and consider what your hands have done."

Psalms 143:5 NIV

"They speak of the glorious splendor of your majesty— and I will meditate on your wonderful works."

Psalms 145:5 NIV

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."

Joshua 1:8 NIV

Consider

"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."

Romans 8:18 NIV

"Great are the works of the Lord; they are pondered by all who delight in them."

Psalms 111:2 NIV

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,"

James 1:2 NIV

"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."

Romans 8:18 NIV

"Listen to this, Job; stop and consider God's wonders."

Job 37:14 NIV

"And let us consider how we may spur one another on toward love and good deeds,"

Hebrews 10:24 NIV

"Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart."

Hebrews 12:3 NIV



Consider

"When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,"
Psalms 8:3 NIV

"Consider the blameless, observe the upright; a future awaits those who seek peace."
Psalms 37:37 NIV

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Stillness

"Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes."
Psalms 37:7 NIV

"He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.""
Psalms 46:10 NIV

"The Lord will fight for you; you need only to be still.""
Exodus 14:14 NIV

"You rule over the surging sea; when its waves mount up, you still them."
Psalms 89:9 NIV

"Be still before the Lord, all mankind, because he has roused himself from his holy dwelling.""
Zechariah 2:13 NIV

"The Levites calmed all the people, saying, "Be still, for this is a holy day. Do not grieve.""
Nehemiah 8:11 NIV

"Now, O sword of the Lord, when will you be at rest again? Go back into your sheath; rest and be still."
Jeremiah 47:6 NLT