

Should a Christian use a Buddhist monk concentration technique?

Meditation, or contemplation of spiritual truths, should be on the person of Jesus Christ. It is proper for Christians to meditate on: God's Word (Ps 119:148), law (Josh 1:8) and instruction (1 Ti 4:15).¹

Scripture provides examples meditation, such as:

Meditate on your bed and be still (Ps. 4:4); meditate on the law day and night (Josh. 1:8); in his law he meditates day and night (Ps. 1:2); your law is my meditation all the day (Ps. 119:97); I meditate on your word through the night watches (Ps. 119:148); I meditate on you in the night watches (Ps. 63:6); evening, morning and noon I meditate (Ps. 55:17); I meditate with my heart (Ps. 77:6); I meditate on your precepts (Ps. 119:15; Ps. 119:78); I meditate on your statutes (Ps. 119:23; Ps. 119:48); I will meditate on all your work (Ps. 77:12); I meditate on your doings (Ps. 143:5); I meditate on your wonders (Ps. 119:27; Ps. 145:5); we have thought on your lovingkindness (Ps. 48:9); your testimonies are my meditation (Ps. 119:99); consider my meditations (Ps. 5:1); I kept the matter in my mind (Dan. 7:28); as Joseph considered this (Matt. 1:20); all men wondered in their hearts about John (Luke 3:15); while Peter was pondering on the vision (Acts 10:19); consider him, lest you grow weary (Heb. 12:3); Isaac went out to meditate in the field (Gen. 24:63); let my meditation be acceptable (Ps. 19:14); let my meditation be pleasing to him (Ps. 104:34); you hinder meditation before God (Job 15:4); she pondered what kind of greeting this was (Luke 1:29); Mary pondered these things in her heart (Luke 2:19); his mother kept these things in her heart (Luke 2:51).²

The believer should not participate in false religions (Jas 1:26-27) or mix truth with error (Ga 5:9). Jesus said, "I am the way, the truth, and the life: no man cometh unto the Father, but by me (Jn 14:6).

¹ Thomas Nelson Publishers. (1996). Nelson's quick reference topical Bible index (p. 407). Thomas Nelson Publishers.

² Day, A. C. (2009). Collins Thesaurus of the Bible. Logos Bible Software.