

New Christian Meditation and Spiritual Growth Blog Helps Believers Connect with Christ

Author Rhonda Jones, creates Christian Meditation and Spiritual Growth Blog to help believers developing greater intimacy with God by nurturing their inner spirit.

More people are turning to meditation to help them relax and cope with daily living. New studies continue to support the benefits of meditation for relieving stress, inhibiting disease, and creating emotional well-being.

In her new blog, Christian Meditation and Spiritual Growth, author Rhonda Jones, discusses Christ-centered meditation and other spiritual growth principles to help believers create a more intimate relationship with God, win the battle over their minds, and develop the Spirit of God within them. "Christians, just like any other group, struggle with worry, stress, or fear, and busyness that interferes with spending time with God. Unfortunately, we give the impression everything is OK on the outside, while we're hurting tremendously on the inside," says Jones. It was meditation integrated with the scriptures that helped Jones overcome years of depression. Later she developed a series of Christian meditation CDs to help believers relax and meditate on Christ.

"Christians need tools as well to help them cope with daily living," said Jones. "We can go to church and hear a great message and get inspired, but within days or weeks our habitual mindsets kick in." Learning to take authority over our thoughts through Christ-centered meditation is one of the best methods available, she said.

Visit Rhonda's Christian Meditation and Spiritual Growth Blog at www.thechristianmeditator.blogspot.com or learn more about her CDs at www.thechristianmeditator.com.

<http://www.thechristianmeditator.blogspot.com>