

MERO MEDITATION CALENDAR[©]

JULY 2023

This calendar suggests a schedule and topics for mediation. Each month the first week the scheduled mediation topics are the same, but the scheduled topics will change the balance of each month. Meditation should be another key component to an individual's growth. Meditation enables an individual to focus and train their attention and awareness skills which will result in a greater understanding of God's purpose for that individual. (Psalm 1:1-3).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Christ Jesus / The Word
2 God the Father	3 The Holy Spirit	4 life	5 love	6 peace	7 truth	8 abundance / abundancy
9 laughter	10 innocence	11 blessing	12 tenderness	13 calmness	14 cleanliness	15 clarity
16 passion	17 forbearance	18 repentance	19 holiness / holy	20 effectiveness	21 assurance	22 self-control
23 liberation	24 even-tempered	25 resolute	26 inclusion	27 brave / fearless	28 reality	29 power
30 security	31 sensitivity					