



# Meditation (NavEssentials Book 1)

*Jim Downing*

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In John 15, Jesus commanded His disciples to abide in Him and share His very life. He promised that if they did, they would be fruitful. Scripture suggests three ways in which modern-day disciples can share in the life of Jesus: through the mind in meditation, through the affections in communion, and through the will in choosing and obeying.

In this classic Navigator message refreshed for a new generation, author Jim Downing explores each method, giving practical instruction and encouragement to readers who want to experience a more abiding relationship with God.

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