Meditation vs Prayer

**Meditation**
- Mindfulness meditation is a secular practice, although some forms of meditation are religious.
- Meditation focuses on building nonjudgmental awareness of the present moment.
- Studies show meditation improves emotional health, enhances awareness, and strengthens attention and memory.

**Prayer**
- Prayer involves belief in a deity and is usually a religious activity.
- The purpose of prayer is typically to express gratitude towards a deity and ask for guidance or forgiveness.
- Prayer has been found to reduce stress, calm the nervous system, and make you less reactive to negative emotions.