

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

