

Special Issue

Health and Mindfulness: A Christian Approach

Message from the Guest Editor

Mindfulness often draws from secular or Buddhist-based concepts and practices within the research community, practice realm, and, even more broadly, popular culture. This is important and necessary. However, the Christian religion can be foundational to the concepts, skills, and aims of mindfulness. How do we define a Christian approach to mindfulness? What are the important Christian spiritual practices that help define a Christian approach to mindfulness? What are the health benefits of a Christian approach to a mindfulness-based intervention? For this Special Issue, we welcome a broad range of manuscripts, including research articles, conceptual and theoretical articles, and book reviews, that address any aspect of a Christian approach to mindfulness and its application to health and behavioral health outcomes. The papers selected will be designed to benefit anyone interested in the intersections of Christianity, mindfulness, and health.

Keywords:

mindfulness
Christian research
health outcomes
behavioral health.

Guest Editor

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Deadline for manuscript submissions

closed (15 June 2022)



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About the Journal

Message from the Editorial Board

Fresh developments in the disciplines that consistently make significant contributions to our understanding of religious personality, authority, devotion, and community – disciplines ranging from psychology, sociology, and anthropology to history, art history, philosophy, literary criticism, and political science – fuel general, as well as scholarly, interest in the world's religions.

Religions is inviting innovative and comparative contributions. Please consider Religions as an exceptional, exciting enterprise ready to reward your trust, attention, and participation.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 24.5 days after submission; acceptance to publication is undertaken in 4.9 days (median values for papers published in this journal in the second half of 2025).