

**Wilt thou love God, as he thee? then digest,  
My soul, this wholesome meditation,  
How God the Spirit, by angels waited on  
In heaven, doth make his temple in thy breast.  
The Father having begot a Son most blessed,  
And still begetting, (for he ne'er begun)  
Hath deigned to choose thee by adoption,  
Coheir to' his glory, 'and Sabbath's endless rest;  
And as a robbed man, which by search doth find  
His stol'n stuff sold, must lose or buy it again:  
The Son of glory came down, and was slain,  
Us whom he had made, and Satan stol'n, to unbind.  
'Twas much, that man was made like God before,  
But, that God should be made like man, much more.**

**Psalm 30:9**

(ESV)

9

*“What profit is there in my death,  
if I go down to the pit?  
Will the dust praise you?  
Will it tell of your faithfulness?*

**Psalm 103:14**

(ESV)

14

*For he knows our frame;  
he remembers that we are dust.*

**Philippians 3:8-14**

(ESV)

*8 Indeed, I count everything as loss  
because of the surpassing worth of  
knowing Christ Jesus my Lord.  
For his sake I have suffered the  
loss of all things and count them  
as rubbish, in order that I may  
gain Christ 9 and be found in him,  
not having a righteousness of my*

*own that comes from the law, but  
that which comes through faith in  
Christ, the righteousness from God  
that depends on faith— 10 that I  
may know him and the power of his  
resurrection, and **may share his  
sufferings, becoming like him in  
his death,** 11 that by any means  
**possible** I may attain the  
resurrection from the dead.*

*Straining Toward the Goal*

*12 Not that I have already obtained  
this or am already perfect, but I  
**press on to make it my own,  
because Christ Jesus has made me  
his own.** 13 Brothers, I do not  
consider that I have made it my  
own. But one thing I do: **forgetting  
what lies behind and straining  
forward to what lies ahead,** 14 I  
press on toward the goal for the*

*prize of the **upward call of God in Christ Jesus.***

From **John Owen** in *The Holy Spirit* regarding prayer and the idea of ownership:

Having truly affected the whole soul, enlightened the mind in the perception of the truth, beauty, and excellency of spiritual things, engaged the will in the choice of them and **prevalent love unto them**, excited the affections to delight in them and unto desires after them, there is in the actual discharge of this duty of prayer, wrought in the soul by the power and efficacy of his grace, such an inward **labouring** of heart and spirit, such a holy, supernatural desire and endeavour after a **union with the things prayed for in the enjoyment of them**, as no words can utter or expressly declare,—that is, fully and completely,—which is the sense of the place.

**John 17:22-26**

*(ESV)*

*22 The glory that you have given me I have given to them, that they may be one even as we are one, 23 **I in them and you in me, that they may become perfectly one**, so that the world may know that you sent me and loved them even as you loved me. 24 **Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world.** 25 O righteous Father, even though the world does not know you, I know you, and these*

*know that you have sent me. 26 I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them.”*

**From Derek Kidner’s commentary on Psalm 1:**

**Psalm 1:6**

*(ESV)*

*for the Lord knows the way of the righteous,*

*but the way of the wicked will perish.*

“To **know** is more than to be informed...: it includes **to care about**, as in [Psalm] 31:7 (Hebrews 8) and **to own or identify oneself with** (cf. Proverbs 3:6)” (p. 66).

**Psalm 91:14-16**

*(ESV)*

14

*“Because he holds fast to me in love, I will deliver him;*

*I will protect him, because he knows my name.*

15

*When he calls to me, I will answer him;*

*I will be with him in trouble;*

*I will rescue him and honor him.*

16

*With long life I will satisfy him*

*and show him my salvation.”*

**1 John 4:19**

*(ESV)*

*19 We love because he first loved us.*

**Psalm 95:6-7**

(ESV)

6

Oh come, let us worship and bow down;  
let us kneel before the Lord, our Maker!

7

For he is our God,  
and we are the people of his pasture,  
and the sheep of his hand.

Today, if you hear his voice,

**Psalm 143**

(ESV)

My Soul Thirsts for You

A Psalm of David.

1

Hear my prayer, O Lord;  
give ear to my pleas for mercy!  
In your faithfulness answer me, in your  
righteousness!

2

Enter not into judgment with your  
servant,  
for no one living is righteous before  
you.

3

For the enemy has pursued my soul;  
he has crushed my life to the ground;  
he has made me sit in darkness like  
those long dead.

4

Therefore my spirit faints within me;  
my heart within me is appalled.

5

I remember the days of old;  
I meditate on all that you have done;  
I ponder the work of your hands.

6

**I stretch out my hands to you;**

**my soul thirsts for you like a parched  
land. Selah.**

7

Answer me quickly, O Lord!

My spirit fails!

Hide not your face from me,

lest I be like those who go down to the  
pit.

8

Let me hear in the morning of your  
steadfast love,

for in you I trust.

Make me know the way I should go,

for to you I lift up my soul.

9

Deliver me from my enemies, O Lord!

I have fled to you for refuge.

10

**Teach me to do your will,  
for you are my God!  
Let your good Spirit lead me  
on level ground!**

11

For your name's sake, O Lord, preserve  
my life!

In your righteousness bring my soul out  
of trouble!

12

And in your steadfast love you will cut off  
my enemies,

and you will destroy all the adversaries  
of my soul,

for I am your servant.

**Matthew 22:34-40**

(ESV)

The Great Commandment

34 But when the Pharisees heard that he  
had silenced the Sadducees, they gathered  
together. 35 And one of them, a lawyer,

**asked him a question to test him.**

36 “Teacher, which is the great commandment in the Law?” 37 And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. 38 This is the great and first commandment. 39 And a second is like it: You shall love your neighbor as yourself. 40 On these two commandments depend all the Law and the Prophets.”

**Deuteronomy 13:1-3**

(ESV)

13 “If a prophet or a dreamer of dreams arises among you and gives you a sign or a wonder, 2 and the sign or wonder that he tells you comes to pass, and if he says, ‘Let us go after other gods,’ which you have not known, ‘and let us serve them,’ 3 you shall not listen to the words of that prophet or that dreamer of dreams. **For the Lord your God is testing you, to know whether you love the Lord your God with all your heart and with all your soul.**

**Deuteronomy 10:12**

(ESV)

**Circumcise Your Heart**

12 “And now, Israel, what does the Lord your God require of you, but to fear the Lord your God, to walk in all his ways, to love him, to serve the Lord your God with all your heart and with all your soul,

**Leviticus 19:34**

(ESV)

34 You shall treat the **stranger** who sojourns with you as the native among you, and you shall love him as yourself,

for you were strangers in the land of Egypt: I am the Lord your God.

**1 Kings 3:26**

(KJV)

26 Then spake the woman whose the living child was unto the king, **for her bowels yearned upon her son**, and she said, O my lord, give her the living child, and in no wise slay it. But the other said, Let it be neither mine nor thine, but divide it.

**Psalm 22:14**

(KJV)

14 I am poured out like water, and all my bones are out of joint: **my heart is like wax; it is melted in the midst of my bowels.**

**Isaiah 63:15**

(KJV)

15 Look down from heaven, and behold from the habitation of thy holiness and of thy glory: where is thy zeal and thy strength, **the sounding of thy bowels and of thy mercies toward me?** are they restrained?

**Jeremiah 4:19**

(KJV)

19 **My bowels, my bowels! I am pained at my very heart; my heart maketh a noise in me; I cannot hold my peace, because thou hast heard, O my soul, the sound of the trumpet, the alarm of war.**

**Jeremiah 31:20**

(KJV)

20 *Is Ephraim my dear son? is he a pleasant child? for since I spake against him, I do earnestly remember him still: **therefore my bowels are troubled for him**; I will surely have mercy upon him, saith the Lord.*

**Lamentations 1:20**

(KJV)

20 *Behold, O Lord; **for I am in distress: my bowels are troubled; mine heart is turned within me**; for I have grievously rebelled: abroad the sword bereaveth, at home there is as death.*

**Webster 1828**

**DIGEST**, *verb transitive* Latin , to distribute, or to dissolve; to bear, carry, or wear.]

1. To distribute into suitable classes, or under proper heads or titles; to arrange in convenient order; to dispose in due method; as, to *digest* the Roman laws or the common law.
2. To arrange methodically in the mind; to form with due arrangement of parts; as, to *digest* a plan or scheme.

**Webster's dictionary of 1828**  
"wholesome":

2. Sound; contributing to the health of the mind; favorable to morals, religion or prosperity; as *wholesome* advice; *wholesome* doctrines; *wholesome* truths.
3. Useful; salutary; conducive to public happiness, virtue or peace; as a *wholesome* law.
4. That utters sound words

A *wholesome* tongue is a tree of life.  
Proverbs 15:4.

**Webster 1828**

**MEDITATION**, *noun* [Latin *meditatio*.] Close or continued thought; the turning or revolving of a subject in the mind; serious contemplation.

Let the words of my mouth and the meditations of my heart be acceptable in thy sight, O Lord, my strength and my Redeemer. Psalms 19:14.

**1 Corinthians 6:19**

(ESV)

19 *Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,*

**Exodus 40:34**

(ESV)

*The Glory of the Lord*

34 *Then the cloud covered the tent of meeting, and the glory of the Lord filled the tabernacle.*

**2 Chronicles 5:13-14**

(ESV)

13 *and it was the duty of the trumpeters and singers to make themselves heard in unison in praise and thanksgiving to the Lord), and when the song was raised, with trumpets and cymbals and other musical instruments, in praise to the Lord,*

*"For he is good,  
for his steadfast love endures forever,"*

*the house, the house of the Lord, was filled with a cloud, 14 so that the priests could not stand to minister because of the cloud, for the glory of the Lord filled the house of God.*

**John 1:14**

*(ESV)*

*14 And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.*

**Webster (1828)**

**TABERNACLE**, *verb intransitive* To dwell; to reside for a time; to be housed; as we say, Christ tabernacled in the flesh.

**Psalm 132:8-9**

*(ESV)*

8  
*Arise, O Lord, and go to your resting place,  
you and the ark of your might.*

9  
*Let your priests be clothed with righteousness,  
and let your saints shout for joy.*

**John 14:16**

*(ESV)*

*16 And I will ask the Father, and **he will give you another Helper**, to be with you forever,*

**Ezekiel 36:25-26**

*(ESV)*

*25 I will sprinkle clean water on you, and you shall be clean from all your uncleannesses, and from all your idols I*

*will cleanse you. 26 And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.*

**Psalm 42**

*(ESV)*

*Why Are You Cast Down, O My Soul?*

1

*As a deer pants for flowing streams,  
so pants my soul for you, O God.*

2

*My soul thirsts for God,  
for the living God.*

*When shall I come and appear before  
God?*

3

*My tears have been my food  
day and night,  
while they say to me all the day long,  
“Where is your God?”*

4

*These things I remember,  
as I pour out my soul:  
how I would go with the throng  
and lead them in procession to the  
house of God  
with glad shouts and songs of praise,  
a multitude keeping festival.*

5

*Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.*

*My soul is cast down within me;  
therefore I remember you  
from the land of Jordan and of Hermon,  
from Mount Mizar.*

7

*Deep calls to deep*

*at the roar of your waterfalls;  
all your breakers and your waves  
have gone over me.*

8

*By day the Lord commands his steadfast  
love,*

*and at night his song is with me,  
a prayer to the God of my life.*

9

*I say to God, my rock:*

***“Why have you forgotten me?***

*Why do I go mourning*

*because of the oppression of the  
enemy?”*

10

*As with a deadly wound in my bones,  
my adversaries taunt me,*

*while they say to me all the day long,  
“Where is your God?”*

11

*Why are you cast down, O my soul,  
and why are you in turmoil within me?*

***Hope in God; for I shall again praise him,  
my salvation and my God.***

***Romans 8:9-11***

*(ESV)*

***9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.***

*10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. 11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.*

**From John Owen, *The Holy Spirit* (18907-18928):**

He doth it in us and by us, or enableth us so to do; for **the Spirit himself without us hath no office to be performed immediately towards God**, nor any nature inferior unto the divine wherein he might intercede. The whole of any such work with respect unto us is incumbent on Christ; he alone in his own person performeth what is to be done with God for us. What the Spirit doth, he doth in and by us. **He therefore directs and enableth us to make supplications “according to the mind of God.”** And herein God is said to “know the mind of the Spirit;” that is, his end and design in the matter of his requests. This God knows; that is, approves of and accepts. So it is the Spirit of God who directs us as to the design and end of our prayers, that they may find acceptance with God.

**But the law with all the commands of God are spiritual and inward, with whose true sense and importance, in their extent and latitude, we cannot have a useful acquaintance but by the enlightening, instructing efficacy of the grace of the Spirit**

**...By this means, therefore, doth the Holy Spirit help us to pray, by supplying us with the due and proper matter of supplications, even by acquainting us and affecting our hearts with the spirituality of the command, and our coming short thereof in our**

**dispositions and frequent inordinate actings of our minds and affections. He who is instructed herein will on all occasions be prepared with a fullness of matter for confession and humiliation, as also with a sense of that grace and mercy which we stand in need of with respect unto the obedience required of us.**

**He alone guides and directs believers to pray or ask for any thing in order unto right and proper ends: for there is nothing so excellent in itself, so useful unto us, so acceptable unto God, as the matter of prayer; but it may be vitiated, corrupted, and prayer itself be rendered vain, by an application of it unto false or mistaken ends.**