

## VI. What hinders this spiritual-mindedness?

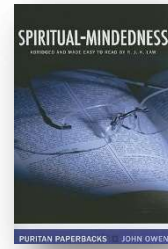
1. *Earthly-mindedness*: “I would never discourage any from working hard in their lawful callings. But with many, providing for one’s family is only an excuse to hide a shameful love for the things of the world”
2. *Sin*: “A man who deliberately lives in any known sin is a liar if he says that he loves God.”
3. *Our carnal heart*

## VII. What is the cure and way to be renewed?

1. “Start by thinking how weak and foolish your mind is not to be able to meditate on spiritual and heavenly things. This ought to greatly humble you.”
2. “Consider next your own inability to stir up your mind to think rightly and steadily of heavenly and spiritual things.”
3. [Seek Christ and his grace to cleanse and renew]
4. Set aside time for using the means of grace – prayer, reading, meditation.
5. Seek reminders of God throughout the day: “to think of Christ as we should, we must pray that the Holy Spirit may abide with us to remind us of Christ, for this is what he came to do.”

## VIII. How is this spiritual mind “life and peace”?

1. *Life*: “Life, a cheerful, joyful life, a life worth the living.” “Spiritual things are lovely and of great value because they flow from the infinite fountain of Divine goodness and so they alone can fully and eternally satisfy the deepest desires of our hearts.”
2. *Peace*: “a gracious peacefulness and calmness of the mind in all difficulties, temptations, troubles, and all other things that are apt to fill us with fears, depressions, and anxieties.”
3. *Love*: “Spiritual-mindedness fixes our thoughts and desires on the grace and love of God and enables us to treasure up in our hearts every hint and pledge of his love to us, and so our hearts are continually filled with love and gratitude to him for his mercies.”



# JOHN OWEN ON SPIRITUAL-MINDEDNESS

Topic Evening at Kalamazoo Reformed Church  
28 February 2024



### I. Who was John Owen and why did he write?

- John Owen’s life
- Owen’s preface to *The Grace and Duty of Being Spiritually-Minded*

### II. What contrast is in John Owen’s text (Romans 8:6)?

### III. What does spiritual-mindedness involve?

1. *A mind drawn to think of spiritual realities*
  - “Thoughts which are voluntarily, unforced, and arise naturally – because they are delighted in and bring satisfaction to the mind – these are the thoughts which show us the real truth about ourselves.”
  - “Consider how much time you spend thinking about spiritual things compared to how much time you spend thinking about other things”
2. *A mind that delights in the preciousness of spiritual realities*
  - “All spiritual and heavenly objects are from God in Christ and therefore have an infinite beauty, goodness and loveliness about them which makes them powerfully attractive to renewed spiritual desires”
  - Spiritual-mindedness “delights to meet with God through Christ in every duty of religious worship.”

#### IV. What is spiritual-mind to be filled with?

##### 1. *The true glories of heaven*

- The place without sin: “What breaks the hearts of those who are truly spiritually minded and makes them go mourning all day long is that there is something in them which God hates.”
- The place where God is glorified: such a mind is filled with “the glory of the infinite wisdom, grace, love, kindness and power of God in Christ....the eternal counsels of God’s will and how they are accomplished to the eternal salvation of the church, in Christ and by Christ.”

##### 2. *The Lord Jesus Christ*

- “Christ should be most in our thoughts because he is the life and centre of all the glory of heaven”
- “It is no wonder that we have such little experience of the power of this holy fellowship with Christ when we spend so little time thinking of him.”

##### 3. *God Himself*

- As the God over all: “All spiritual thoughts come from God and return to God. He is the centre and circumference from which they begin, meet, and end (Rom 11:36)”
- As the God who exists: “Many have no real faith in the existence of God. If they did, it would make quite a difference to their daily lives.”
- As the All-knowing God:
- As the Almighty God:

#### V. What makes a spiritual mind such a blessing?

##### 1. *This mind views everything in the light of God and spiritual realities.*

- Daily providences big and small, especially suffering. “Those who by faith have seen the uncreated glories of heavenly things, where Christ sits at the right hand of God, will find strength and comfort in times of trouble.”
- Times of temptation. “Only Christ can give us victory over our temptations and keep us from falling into sin. So our great duty in times of temptation is to continually think of the love, care, compassion and kindness of Christ, with his ability to help, strengthen and save those who believe, and that in such a way as will strengthen their faith and trust in him”

##### 2. *This mind receives richer supplies of God’s grace*

- Faith: “The more we discern the glory and the excellence of heavenly things and what rest and happiness they bring us, the more will grace within us hunger and thirst after these things and the more will faith be established in embracing them”
- Hope
- Love
- Holiness: “The heart which has been led by faith to embrace spiritual and heavenly things is gradually transformed into their image and likeness”