And just like we need food every day to nourish our earthly physical life, so we need the Word of God to nourish the divine and supernatural life of the Spirit.

Psalm 1:1-2  - How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! 2 But his delight is in the law of the LORD, And in His law he meditates day and night. NASB

As we meditate on the Word regularly, it equips us with the knowledge of God’s will for our lives, and skills to discern virtue from vice, goodness from wickedness, and recognize the evil of indwelling sin so that it can be mortified by the Spirit. As we learn of God’s goodness and virtue, we learn how to abide in it by the Spirit. It is through the Word that sin is identified and discerned in our hearts and minds, and the knowledge of God through His Word equips us for a life of holiness and virtue. A right understanding of God and His Word is vital to fruitful and effective Christian living. Our minds must be informed and renewed by the Word in order to live the supernatural life by the Spirit in the Kingdom of God. We must come to know the Word of God and understand God’s will for our lives so that we might walk in it. We are called to this vigilance of renewing the mind again and again in Scripture.

Romans 12:2 - 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect. NASB

Ephesians 5:17 - 17 So then do not be foolish, but understand what the will of the Lord is. NASB

Colossians 3:1-2 - 1 If then you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. 2 Set your mind on the things above, not on the things that are on earth. NASB

Philippians 4:8 - 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things. NASB

When we consider this renewing of the mind in relation to mortification and vivification, we see how the Bible is careful to explain that this warfare in the mind, and with our knowledge is key to living the Christian Life.

Ephesians 4:22-24 - 22 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, 23 and that you be renewed in the spirit of your mind, 24 and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth. NASB

Colossians 3:9-10 - 9 Do not lie to one another, since you laid aside the old self with its evil practices, 10 and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him NASB

2 Corinthians 10:3-5 - 3 For though we walk in the flesh, we do not war according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ. NASB

It is in the mind that we consider truth and righteousness, sin and temptation. Our minds need a continual cleansing from the corruption of the world around us, and the sin, which lives in us. We are constantly tempted to compromise our faith as we are presented with the temptations of the eyes, the flesh, and the pride of life. Only as we have the Word ready on our minds can we be aware of God’s will, so that we might walk in it. Not only this but we must learn to value and treasure the Word in our hearts so that God’s will and His thoughts become precious to us and dominate not only our thinking but equally important they dominate our affections and emotions!

Psalm 119:11 - 11 Thy word I have treasured in my heart, That I may not sin against Thee. NASB

Psalm 119:24 - 24 Thy testimonies also are my delight; They are my counselors. NASB

Psalm 119:33-34 - 33 Teach me, O Lord, the way of Thy statutes, And I shall observe it to the end. 34 Give me understanding, that I may observe Thy law, And keep it with all my heart. NASB

As we come to know and value God’s Word, we will be driven by loving affection to walk in it.
Hate - an essential family value
When we learn to love what God loves as we treasure His Word, we also learn to hate what God hates. This is a tremendous benefit when it comes to our own personal struggle for holiness. Jerry Bridges comments; “We cannot escape the fact that God hates our sins. We may trifle with our sins or excuse them, but God hates them. Therefore every time we sin, we are doing something God hates. He hates our lustful thoughts, our pride and jealousy, our outburst of temper, and our rationalization that the end justifies the means. We need to be gripped by the fact that God hates all these things. We become so accustomed to our sins that we sometimes lapse into a state of peaceful coexistence with them, but God never ceases to hate them.” End quote. Consider how God has spoken of this in His Word.

Psalm 97:10 - 10 Hate evil, you who love the Lord. Who preserves the souls of His godly ones; He delivers them from the hand of the wicked. NASB
Psalm 101:3-4 - 3 I will set no worthless thing before my eyes; I hate the work of those who fall away; It shall not fasten its grip on me. 4 A perverse heart shall depart from me; I will know no evil. NASB
Psalm 119:104 - 04 From Thy precepts I get understanding; Therefore I hate every false way. NASB
Psalm 119:127-128 - 127 Therefore I love Thy commandments Above gold, yes, above fine gold. 128 Therefore I esteem right all Thy precepts concerning everything, I hate every false way. NASB
Psalm 119:163 - 163 I hate and despise falsehood, But I love Thy law. NASB
Proverbs 8:13 - 13 "The fear of the Lord is to hate evil; Pride and arrogance and the evil way, And the perverted mouth, I hate. NASB

As our mind is renewed with the Word, we come to hate our sin along with God. We learn to be cognitive of those things in our lives and in our thinking that are inconsistent with God and His character, and so we need a constant renewal in our minds, a fresh cleansing from the Word, God has expressed an intense hatred and wrath against sin in His Word, and this is consistent with His character. Therefore this same hatred for sin, injustice and evil should be cultivated in our hearts and minds as well. Jerry Bridges comments; “We need to cultivate in our own hearts the same hatred of sin that God has. Hatred of sin, as sin, not just something disquieting or defeating to ourselves, but as displeasing to God, lies at the root of all true holiness. We must cultivate the attitude of Joseph, who said when he was tempted, “how could I do such a wicked thing and sin against God?” Gen 39:9… The Pursuit of Holiness page 21…. Consider then that we are not to allow a peaceful co-existence with our sinful thoughts and actions, but rather we are to have a healthy hatred for them. And when we see the injustice and evil of our culture parading itself around us as if to blaspheme the God of Heaven, let us also have with God a righteous anger alive in our hearts and minds. This righteous anger however must always be held under the meek power of the Spirit and expressed in ways that are also holy! This is why Paul said in Ephesians chapter 4;

Ephesians 4:26 - 26 Be angry, and yet do not sin; do not let the sun go down on your anger, 27 and do not give the devil an opportunity. NASB

Further, let this holy anger motivate us to put off the sin which is so prevalent in our lives and zealously adorn ourselves with the blessed virtues of the God we love and worship. Let us deny the sin within and allow the Holy Spirit of God to dominate our hearts and minds, as we are guided and enlightened by a daily renewal in the Word of God. Let us freely surrender to the guidance of the Word of God. This warfare of Christian life is properly waged in our hearts and minds and we must allow our thinking to be molded and shaped by the Word. Therefore we must learn to long for the Word, delighting in it and letting it become our greatest desire and affection.

1 Peter 2:1-3 - Therefore, putting aside all malice and all guile and hypocrisy and envy and all slander, 2 like newborn babes, long for the pure milk of the word, that by it you may grow in respect to salvation. 3 if you have tasted the kindness of the Lord. NASB