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Ministry Resources Hub

Sow to the Spirit

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Free media and discipleship resources for pastors, leaders, and growing disciples.

Sow to the Spirit

“My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skillful writer.” (Psalm 45:1)

If we desire to reap eternal benefits and experience a full life from the Spirit in our mortal bodies, we must “sow” to the Spirit in our mortal bodies, we must “sow” to the Spirit. We do that by focusing our attention on Christ and by reciting his words back to him, for he is our King. The author of this verse had dipped his mind into the depths of Scripture and he “recited” his verses before the king, reciting means he had committed them to memory.

Jesus refers to the Word of God as being seed. When we “recite our verses” to our King, we are sowing that seed in the field of our soul and our spirit. As we practice this sowing to the Spirit, he causes the seed of God’s Word to be implanted in our hearts, and then to gestate and grow. This wonderful process brings us new life, enlightenment, strength, wisdom, and peace, all of which will impact our lives in a mighty way. I’ve enjoyed this dynamic experience countless times. We come to the Word of God anxious, and he gives us peace. We come with anger toward someone, and he gives us love and patience. We come dry, and he fills us to bursting with the refreshment of his goodness. It’s a daily renewal. If we desire to reap eternal benefits and experience a full life from the Spirit in our mortal bodies, we must “sow” to the Spirit in our mortal bodies, we must “sow” to the Spirit. We do that by focusing our attention on Christ and by reciting his words back to him, for he is our King. The author of this verse had dipped his mind into the depths of Scripture and he “recited” his verses before the king, reciting means he had committed them to memory.

Sowing to the Spirit is the best antidote or cure for depression, anxiety, and worry. One of the works of the Word of God is to act as a cleanser. It can rid our bodies of toxins and replace them with the life and peace of God. The mind and heart saturated with the Word of God becomes “armored” against the wiles of Satan. God’s Word strengthens us and empowers us to fulfill the purposes that he has chosen to perform through us.

Heart Deposit

Set aside time every day to soak your heart and mind in the Word of God. As you do, sow to the Spirit by reciting the words you are meditating on back to your King.

***KingdomNomics* takes possession
of Bible truths
through memorization.**

Related Verses

"Your statutes are my heritage forever; they are the joy of my heart." (Psalm 119:111)

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."

(2 Timothy 3:16-17)