

Indwelling Sin in Believers by John Owen

Chapter 9: Prayer and Meditation Undermine Sin

- 1) Owen speaks of two “health restoring remedies” against the law of sin. What are they?
- 2) Meditation is _____.
- 3) Prayer is _____.
- 4) What does it mean to meditate of God with God?
- 5) What does it mean to meditate on the word in the word?
- 6) How often should you meditate?
- 7) In discussing the usefulness of prayer and meditation to counteract sin, Owen says:
 - a) It is right in prayer and meditation to consider _____.
 - 1) The Spirit gives a holy, spiritual light to the _____, enabling it to search the _____, and find _____.
 - b) Prayer and meditation give a deep sense of _____ and a _____.
 - c) This is the way appointed by God to obtain _____ and _____ against sin.
 - d) Faith in prayer counteracts _____ because in it the soul _____.
 - 1) In what two ways does secret lust in the heart seek to protect itself?
 - 2) How will sin prevalent in the soul react?
 - 3) When the soul engages itself to God in prayer and meditation sin cannot prevail in a disastrous way. (True/False)
 - 4) In what two ways does hypocrisy in the heart affect diligence and watchfulness?
- 8) In defending itself sin labors to divert the mind from prayer and meditation by these means:
 - a) It takes advantage of _____.

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- b) It makes use of specious arguments concerning _____.
- c) It seeks to substitute _____.
- 1) Regarding this, Owen mentions that something is present in all sin's deceptive workings. What is it?
- 9) Generally, the drawing away of the mind from attention to duty is _____.
- 10) It is okay to think about other things while you are performing your duties to God. (True/False)
- 11) How do Proverbs 4:23, and 25-27 relate to this?
- 12) The great means of preserving our souls is to seek _____.
- 13) What three parts of steadfastness does Owen mention?