

# Head, Heart, and Hands

## How to Savor the Scriptures

God told Israel in Deuteronomy 6:5, “You shall love the Lord your God with all your heart and with all your soul and with all your might.” Jesus called this “the great and first commandment” (Matt 22:38). Our first concern in applying Scripture should be, “How can this passage help me better love God with all my heart, soul, and mind?”

Or we could rephrase that and ask, “How can this passage help me better love God with my head, my heart, and my hands?” Here is a description of the focus of these three categories, and some questions to ask yourself under their headings.

### 1. Head

*Focus:* The focus of this section is the life of the *mind*. We want to *think* accurately according to the truth of God’s Word we’ve phrased.

*Questions:* How should I think differently about God/myself/others because of what I’ve just phrased? What doctrines are taught in this passage? What specific contribution to those doctrines does this passage make? What other Scripture texts add to the truths taught in this passage?

### 2. Heart

*Focus:* The focus of this section is the life of the *emotions*. We want to *feel* accurately according to the truth of God’s Word we’ve phrased.

*Questions:* How should I feel differently about God/myself/etc. because of what I’ve just phrased? What emotions are expressed in this passage? What emotions does this passage exhort me to feel?

### 3. Hands

*Focus:* The focus of this section is the life of the *will*. We want to *act* accurately according to the truth of God’s Word we’ve phrased.

*Questions:* How should I act differently because of what I’ve just phrased? What motivations does this passage give for acting differently? What sins do I need to repent of and put off? What good works do I need to put on?