

Soul Nourishment First

From *The Autobiography of George Muller*

It has pleased the Lord to teach me a truth, the benefit of which I have not lost for more than fourteen years. The point is this: I saw more clearly than ever that the first great and primary business to which I ought to attend every day was to have my soul happy in the Lord. The first thing to be concerned about was not how much I might serve the Lord, or how I might glorify the Lord, but how I might get my soul into a happy state, and how my inner man might be nourished.

I saw that the most important thing I had to do was to give myself to the reading of the Word of God—not prayer, but the Word of God. And here again, not the simple reading of the Word of God so that it only passes through my mind just as water runs through a pipe, but considering what I read, pondering over it, and applying it to my heart. To meditate on it, that thus my heart might be comforted, encouraged, warned, reprov'd, instructed. And that thus, by means of the Word of God, whilst meditating on it, my heart be brought into experimental communion with the Lord.

I began therefore to meditate on the New Testament from the beginning early in the morning. The first thing I did, after having asked in a few words the Lord's blessing upon His precious Word, was to begin to meditate on the Word of God, searching as it were into every verse to get blessing out of it.

When we pray, we speak to God. Now, prayer, in order to be continued for any length of time in any other than a formal manner, requires, generally speaking, a measure of strength or godly desire; and the season, therefore, when this exercise of the soul can be most effectively performed is after the inner man has been nourished by meditation on the Word of God, where we find our Father speaking to us, to encourage us, to comfort us, to instruct us, to humble us, to reprove us.

By the blessing of God, I ascribe to this mode the help and strength which I have had from God to pass in peace through deeper trials, in various ways, than I had ever had before.

How different, when the soul is refreshed and made happy early in the morning, from what it is when, without spiritual preparation, the service, the trials, and the temptations of the day come upon me!

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