

TOOL: Memorizing Scripture

Scripture before screen • Daily



Introduction

Gather the riches of God's promises. Nobody can take away from you those texts from the Bible which you have learned by heart. – Corrie Ten Boom

If you grew up in church, you may have had Bible memorization drills – getting stickers, gold stars, or candy for being able to recite verses. Often, as adults we can associate memorizing scripture with that experience, and it can feel like a rote habit or a box to check or a discipline just for children.

Instead of earning a gold star or sticker, our memorization of the Bible is now fueled by faith. We memorize because we believe God's words to us can be a lamp guiding our path. We memorize because we follow the example of the saints who have gone before us who stored up God's word in their hearts. We follow the example of Jesus who memorized scripture to push back on church leaders abusing their power, to encourage those around him, or even to argue with Satan himself in the wilderness.

As you practice following Jesus in this habit, notice how it impacts you. A few benefits we see from memorizing scripture are:

Memorizing scripture forces us to slow down and pay attention. If we only read a full chapter or a large section of scripture, we can miss the beauty or power of a single collection of words. As we memorize scripture, it makes us slow down. It makes us turn the words over and over in our minds and ask ourselves, *What was that word again? Oh yeah. Why did the writer pick that word?*

Memorizing scripture helps us meditate on God's ideas throughout the day. Our time with God is often compartmentalized – something we do in the morning or at church on Sunday. But, if you want to memorize something, you're going to have to run it through your mind over and over again throughout the day. Sometimes, that process will feel mindless, the words themselves will just become sounds, and it will feel like it

has nothing to do with God. But every now and then, you'll find yourself in a moment at your desk at work or hiding in the closet from your kids, and the verse you're memorizing will come to you, overlapping with the mundane parts of life as well as the monumental moments, bringing Jesus into your day with new light.

Memorizing scripture can be a gift to others. If we have scripture already embedded in our hearts and minds, God will use us to speak those words to others. We can share a memorized verse to people in need of encouragement, a word of hope, or a blessing. Perhaps, we can share scripture for someone who is looking for some direction or guidance. In doing this, we can rely on the living power that is in God's Word.

Pause and consider

- What are your thoughts on memorizing scripture?
- Why are you wanting to try memorizing? What are you hoping to get out of it?
- Have you tried it before? What obstacles have you faced? What obstacles do you anticipate?

Practice

Select the scripture you'd like to memorize. This could be a specific verse that's been jumping out to you recently, or a promise you want to hold on to. Maybe you want to memorize a larger chunk of scripture, and you could pick a Psalm you love or even a book of the New Testament. We've included below a list of verses that might be helpful to begin with.

How to memorize: Most people feel like they just can't memorize anything. But the trick to memorizing is to work at it. Below is a plan you can follow. Just practice it each day. Recite the verse you're memorizing in the car or on a walk. You'll be amazed at what your brain can do when you give it space to do it!

- Day 1: Read verse 1 ten times and then recite ten times.
- Day 2: Recite verse 1 ten times. Read verse 2 ten times and then recite ten times.
- Day 3: Recite verse 1 five times. Recite verse 2 ten times. Read verse 3 ten times and then recite ten times.
- Day 4: Recite verse 1 one time. Recite verse 2 five times. Recite verse 3 ten times. Read verse 4 ten times and then recite ten times.

- Day 5: Recite verse 2 one time. Recite verse 3 five times. Recite verse 4 ten times. Read verse 5 ten times and then recite ten times.
- Day 6: etc., etc.

Another tool for memorization is to write the verse multiple times. You can even write out verses on index cards that you place in your home or elsewhere in your life to look at regularly.

Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?

Possible verses for memorization

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 1 Corinthians 13:4

I can do all this through him who gives me strength. Philippians 4:13

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Proverbs 3:5-6

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 1 Corinthians 13:4

I can do all this through him who gives me strength. Philippians 4:13

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Proverbs 3:5-6

God is our refuge and strength, an ever-present help in trouble. Psalm 46:1

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. Joshua 1:9

Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:28

Give thanks to the LORD, for he is good; his love endures forever. Psalm 107:1

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Isaiah 9:6

Jesus answered, "I am the way and the truth and the life. No one comes to the father except through me." John 14:6

For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast. Ephesians 2:8-9

Therefore, if anyone is in Christ he is a new creation; the old has gone, the new has come!
2 Corinthians 5:17

So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. 2 Corinthians 4:18

No servant can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money.
Luke 16:13

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. 1 John 4:7-8

In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven. Matthew 5:16