

# SCRIPTURE MEMORY

Scripture memory is essential for your spiritual health. The psalmist wrote, “Thy word have I hid in mine heart, that I might not sin against thee” (Psalm 119:11). Having God’s Word in your heart is more than just knowing some of the facts. You need God’s actual words committed to memory in order to combat temptation when it comes. Jesus is our greatest example. He had the very words of God committed to memory and was able to quote them in His time of need (Matthew 4:1-11). Furthermore, memorizing God’s Word is an essential part of renewing the mind (Romans 12:2; Ephesians 4:23).

Now, you’re tempted to say, “But that’s hard work.” Of course, it’s hard. The Apostle Paul said, “*Exercise* thyself rather unto godliness” (1 Timothy 4:7b). No one ever said exercise was easy; it takes discipline. The spiritual life requires spiritual discipline, and memorizing Scripture requires “spiritual sweat.” But spiritual exercise promotes good spiritual health (Joshua 1:8).

However, just because it is hard does not mean that it is impossible. God has never commanded us to do anything that we couldn’t do, and He has said, “And these words, which I command thee this day, shall be in thine heart” (Deuteronomy 6:6). If you are willing to work on Scripture memorization, you will be pleasing God and promoting your own spiritual health.

## Hints for memorizing Scripture

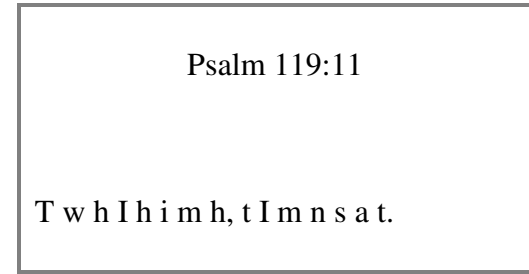
There are three basic principles of memorization to apply. You can remember them by the acrostic AIR.

1. **Association** – This principle would involve studying the context and background of the verse and associating it with that setting.
2. **Impression** – Impress your mind in every way possible. Here are some ideas:
  - a. Quote the verse out loud.
  - b. Write the verse.

- c. Visualize the verse.
  - d. Involve as many as your senses as possible in memorizing the verse. For example, speak it aloud with emphasis, walk while memorizing, jump on a trampoline, and use gestures (both facial and body language).
3. **Repetition** – This is the process of over-learning, and it is the key to memorization. You should learn it so well that you can quote it while your mind is occupied with something else.

## A Suggested Procedure

Use the verse memory cards provided. You may wish to keep them on a ring. Furthermore, you may wish to add the first letter of each word on the side with the reference. This is a learning device that may enable you to learn the verse much more quickly. However, eventually, you will need to quit using it as a crutch. *For example:*



**Day 1** – Work on each phrase until you can say that whole verse without looking at the words. You may use the first-letter crutch to help you. Repeat it 25 times. Periodically, double check the words on the other side of the card to make sure you are saying it correctly. On a piece of scrap paper, you may want to make little marks (###) to keep track of the number of times you say it. Write the number 25 under the reference.

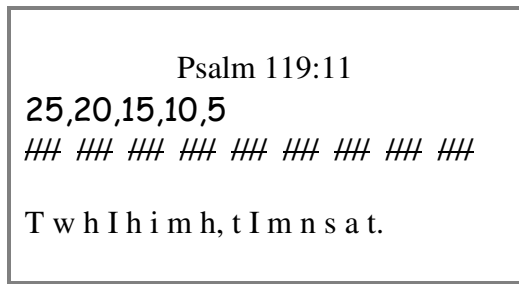
**Day 2** – Repeat the verse 20 times. (You may use the first-letter crutch.) Write the number 20 under the reference. Don’t be discouraged if you have forgotten it from the first day. This is normal.

**Day 3** – Repeat the verse 15 times. By now, you should be weaning yourself of your first-letter crutch. Cover up the letters while you look at the reference. Write the number 15 under the reference.

**Day 4** – Repeat the verse 10 times. Write the number 10 under the reference.

**Day 5** – Repeat the verse 5 times. Write the number 5 under the reference.

**Next 45 Days** – Repeat the verse once a day, and make a mark under the numbers to keep track of the 45 days. Now, the back of your card should look like this:



After that, repeat it once a week for 7 weeks and once a month thereafter. You don't want to forget what you have learned. This is where a ring of cards can become especially handy.

### Additional Words of Encouragement

- ❖ If you can memorize your phone number, address, social security number, etc., you can memorize Scripture.
- ❖ Remember that different people memorize at different rates. Don't be discouraged if others can memorize faster than you.

- ❖ Don't be discouraged if you forget the verse from day to day, as you are learning it. Memorization often involves learning something, forgetting it, relearning it, forgetting it, and learning it again. Sometimes it may take four or five sessions of working on a verse before you can recall it word perfectly.
- ❖ Memorizing is an exercise of the mind. Like physical exercise, it is always harder at first and then gets easier the more you do it. If you have not done it for a long time, it is hard to get started again. Don't quit; it takes time to see the fruit of your labor.

*“Thou therefore endure hardness, as a good soldier of Jesus Christ.” (2 Timothy 2:3)*

### Getting Started

In a separate document (entitled “Verse cards”), you will find several key verses in the Bible—verses that every Christian ought to commit to memory. They are printed in such a way that if you copy them on cardstock, you will have some handy memory cards such as those described above. Write the reference on the blank side along with any memory helps you prefer to use.

*“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”  
(Joshua 1:8)*