

Spiritual Practice MEMORIZATION

Memorizing takes time and discipline. The spiritual practice of memorizing Scripture is an active engagement in hearing God's Word and committing it to memory.

Some references in the Bible regarding memorization:

Matthew 4:1-11

Psalms 119:11, 97

Luke 24:8

2 Timothy 3:14-17

2 Peter 1:13,15

WHY PRACTICE MEMORIZING?

- We won't always have the opportunity to look up Scripture in the middle of a discussion.
- Remembering comes easier when we've taken the time to study, pray, and understand passages from the Bible.
- You will recall what you have experienced in the light when you're standing in the dark.
- We grow in faith, love, and wisdom when we take to heart the words of God. Scripture changes us.
- Scripture memory isn't only for our good, but the encouragement of others.

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. Colossians 3:16 ESV

TIPS:

- Select the version of the Bible you are most comfortable reading.
- Start with a verse that is relevant to where you are in your walk of faith. You are more likely to relate and apply the verse if it speaks to you on a personal level.
- If you are new to building your memory muscle, choose a shorter verse. We've all got "He wept." in the bag so, let's stretch ourselves a little.
- When you memorize Scripture, you will want to memorize it exactly as it is written in the Bible. When we memorize God's Word, we want to recall it with as much accuracy and precision as possible.
- Exact phrasing will possibly fade in your memory over time, but the key is to understand the context of the Scripture to apply it appropriately.

A TOOL FOR PRACTICING

Years ago, I developed a Scripture Memory tool that has helped me build my memorizing skills. There are four steps, but feel free to complete the steps in any order that works for you. The key to memorizing is *repeat, repeat, repeat!*

Step 1: READ

Grab your Bible. Open it up to the verse you have chosen and read the passage 5 times. Now read it again 5 times, but this time, read it out loud. This may seem like a silly and repetitive exercise but, you are actually building a foundation for the next steps of the memorizing process.

Step 2: WRITE

You will need your favorite writing utensil and some paper for this step. Write your passage at least 5 times (more if you can!). Remember when I talked about memorizing the verse exactly as it is written in Scripture? This is the step where you can cement the punctuation and words into your memory. Be sure to include the address of the verse so, you not only know the verse but, where you can find it.

Step 3: PRAY

This is where things get personal between you and the Lord. In this next step, take time to pray through your passage. Write out the Scripture in your own words and ask God to give you understanding. Speak your passage to God as a prayer.

Step 4: SAY

By now, you should be close to having your verse memorized. Practice saying it to someone in your family or even your pet. Just practice saying it out loud from memory. If you don't have it perfectly, that's okay, you are on your way!

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Repeat these steps as often as needed.