

SCRIPTURES FOR MEMORIZATION AND MEDITATION



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HOW TO MEMORIZE SCRIPTURE:

Write the scripture by hand on an index card.

- Set the card where you will see it every day.
- Read the card out loud three times every day.
- Repeat one phrase at a time, then combine.
- Practice with a friend (make a game or a song).
- Meditate on it's meaning and pray for insight.
- Recite to another person with 3 hints or less!

WHY TO MEMORIZE SCRIPTURE:

- Memorization fuels our meditation (Joshua 1:8)
- Memorization fights against bad thoughts (Philippians 4:8)
- Memorization helps us battle temptation (Matthew 4:10)
- Memorization illuminates our path (Psalm 119:105)
- Memorization strengthens our prayers (Ephesians 6:18)
- Memorization increases our understanding (Psalm 119:130)
- Memorization equips us for good works (2 Timothy 3:17)
- Memorization improves our conversations (Matthew 12:34)
- Memorization helps us teach others (Colossians 3:16)
- Memorization deepens our joy in the Lord (Psalm 19:8)

"It is not within our power to place the divine teachings directly into someone else's heart. All we can do is place them on the surface of the heart so that when the heart breaks they will drop in." (Hasidic saying)

The purpose of memorizing scripture is meditation (chewing) and contemplation (savoring). This practice empowers us to enjoy constant, conscious communion with the Spirit of Jesus. This is the bridge between head and heart, between information and transformation. It is a rare phenomenon that the Bible exists today in our society in such widespread availability and easy access. For most of history, followers of Jesus have had to rely on memory for the regular use and benefit of scripture. Having the Bible on your phone will never be a substitute for hiding it in your heart.

Scripture memory is not a special task set aside for "religious professionals". It is well worn path that renews

the mind and heightens the heart's sensitivity to the still small voice of God. Scripture memory is a path of disciplined grace. It is the sewing of good seed into the soil of our hearts in reliance on the grace of God to bring about a harvest in due time. I am not making an appeal to the duty of mentally recording more information about God. I am making an appeal to be planted by streams of living water that nourish your soul and yield fruit in season (Ps. 1).

Matthew 6:31-33 (NIV)

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 11:28-30 New (NIV)

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 16:24-26 (NIV)

Jesus said to his disciples "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"

Matthew 18:18-20 (NIV)

"Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them."

Matthew 20:25-28 (NIV)

Jesus called them together and said, "You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant and whoever wants to be first must be your slave, just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

Matthew 22:37-40 (NIV)

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first

and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

Matthew 28:18-20 (NIV)

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Romans 5:3-5 (NIV)

And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Romans 8:37-39 (NIV)

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 12:1-2 (NIV)

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is, his good, pleasing and perfect will.

1 Corinthians 6:18-20 (NIV)

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 10:12-13 (NIV)

So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you

can endure it.

1 Corinthians 13:4-7 (NIV)

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

2 Corinthians 3:4-6 (NIV)

Such confidence we have through Christ before God. Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God. He has made us competent as ministers of a new covenant -not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.

2 Corinthians 4:16-18 (NIV)

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

2 Corinthians 5:16-18 (NIV)

So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.

2 Corinthians 9:6-8 (NIV)

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

2 Corinthians 10:3-5 (NIV)

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 12:9-10 (NIV)

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why for Christ's sake, I de-

in difficulties. For when I am weak, then I am strong.

Ephesians 2:8-10 (NIV)

For it is by grace you have been saved through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 4:3-6 (NIV)

Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

Ephesians 6:10-12 (NIV)

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Galatians 5:22-25 (NIV)

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.

Philippians 4:6-7 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Colossians 3:16-17 (NIV)

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Hebrews 10:23-25 (NIV)

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Hebrews 11:1-3 (NIV)

Now faith is confidence in what we hope for and assurance about what we do not see. This is what the ancients were commended for. By faith we understand that the universe was formed at God’s command, so that what is seen was not made out of what was visible.

Hebrews 12:1-2 (NIV)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus the pioneer and perfecter of faith. For the joy set before him, he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

James 1:26-27 (NIV)

Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.[∞]

~Joshua Jefferson and his family are members of Sunnyside Mennonite Church in Lancaster PA.

