

TIPS FOR MEMORIZING SCRIPTURE & TREASURING GOD'S WORD IN YOUR HEART

Your Word I have hidden in my heart that I may not sin against you. Psalm 119:11

1. DAILY HABIT



- Have a quickly accessible list of scriptures in your phone which you want to memorize.
- Each morning open your list before you look at your email or messages or Facebook or do anything else.
- Invite the Holy Spirit to help you choose just one scripture or a series, such as *Proverbs:5-6*.
- Repeat it preferably out loud and consciously think about what each word means.
- Think of ways this scripture can help you throughout your day. Put it into action!
- Keep saying it to yourself or out loud as often as you can throughout the day.
- If you forget it, quickly open your list and say it again.
- Once you have it down, go to another one.
- Try to choose a new one each week/two weeks/month, whatever works best for you.
- When adding a new scripture, always repeat the previous ones you learned as well.
- Eventually the ones you learned first will be the easiest for you to remember.
- Keep adding to the List. Don't stop. Challenge yourself!
- REPETITION is the key

2. FIND SCRIPTURES THAT TAKE A CERTAIN AMOUNT OF TIME TO SAY – THEN DO SOMETHING ELSE THAT TAKES THAT AMOUNT OF TIME, WHILE SAYING YOUR SCRIPTURE.



- Example – we are told to wash our hand for 20 seconds. Find a scripture or two that takes that amount of time to say. Say it to yourself every time you wash your hands. Try it. It's fun!
- Example – You need to water some of your trees or other garden plants. You know they need a gallon of water. Time how long it takes to fill up a gallon bucket.
 - Find a scripture or two that takes that long to say.
 - As you walk through your garden with your watering hose say your scriptures. You will know when each plant has received a gallon of water when you are done with the scripture(s). This is a great way to keep the scriptures fresh in your heart.



- Example: You like to exercise and are supposed to hold stretches or positions a certain amount of time. This is the same principle as watering your garden – you are accomplishing something while saying your scriptures. You are bringing God's Word into your every day life in a new way.

3. USE SCRIPTURES TO HELP YOU GO BACK TO SLEEP.

- If you wake up and can't go back to sleep, start saying your scriptures to yourself in bed. Say as many as you know or whatever parts you remember.
- Eventually you will have a whole repertoire of scriptures you can say until you fall back to sleep. It's a beautiful way to go back to sleep!



SCRIPTURE SUGGESTIONS

(these are a good place to begin)

Proverbs 3:5-6 NKJV Trust in the Lord with all your heart, And lean not on your own understanding; ⁶ In all your ways acknowledge Him, And He shall direct your paths.

2nd Timothy 1:7 NKJV For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Jeremiah 29:11 NKJV For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

Deuteronomy 31:6 NKJV Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.”

Galatians 6:9 NKJV And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

Isaiah 26:3 NKJV You will keep him/her in perfect peace whose mind is stayed on You, because he/she trusts in You.

Luke 6:31 MEV Do unto others as you would have others do unto you.

Psalms 37:4 NKJV Delight yourself also in the Lord, And He shall give you the desires of your heart.

Romans 8:28 NKJV And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Romans 12:18 NKJV If it is possible, as much as depends on you, live peaceably with all men.