

Six Steps to SCRIPTURE MEMORY

1. PROMISE: Pick a specific promise.

Pick a verse that you need for the season you are facing. I have an easier time memorizing promises from God's word when they are the particular truths my weary soul needs to be reminded of in light of what I am walking through in the moment.

2. PARTNER: Pick a partner.

I always tend to be more motivated to memorize if I am doing it with a friend! There is also some level of accountability, which is really good for me, but my favorite thing about memorizing scripture with someone else is seeing the different ways it encourages and speaks to our hearts and stories and circumstances.

3. PRINT: Write it down.

There is something about hand writing the verse that helps it stick in my mind better. I like to write most of the verses I memorize in a little notebook. One on side of the page, I write out the verse, & on the other side, I record moments that the particular promise I'm memorizing brings hope, comfort, healing, conviction, or a much needed shift of perspective for me. This helps my soul connect to the verse as I am memorizing it and which reminds me of the power of God's word.

4. LOOK: Get it visible.

I will often write the verse I am memorizing down on a few different cards and place them in my car or on my mirror or refrigerator so I see it a lot. This reminds me of the verse, but is usually a prompt for me to continue working to memorize it! It's amazing how seeing a verse written out will jog my memory of the truth and reorient my heart to God and His love for me.

5. LISTEN: Soak it in.

The most helpful way for me to memorize a verse is to make a little recording of me reading through the verse. I use the Scripture Typer App to do this, but you can also just use the Voice Memo app on the iPhone. If I can listen to the verse over and over, it sort of becomes like a song. I begin to "sing" along, even though I'm not singing. If I am really wanting to work on getting a verse committed to memory, I listen to it over and over again, and as I do, the verse really begins to settle into my memory.

6. LINGER: Speak it out.

After I listen for a while, I try to turn off the recording and begin saying the words on my own. This is usually rough at first, & I end up having to listen again or reference my card, but it's the way the verse solidifies in my heart. The more I speak it out, the more the truth seems to stick around in my mind and heart. Try to share the verse with others too! You don't have to be perfect or get every word just right. The more you practice and the more you speak it out, the more the verse will stick in your mind and your heart.



THEREFORE, WE MAY BOLDLY SAY,
 THE LORD IS MY HELPER;
 I WILL NOT BE AFRAID.
 WHAT CAN MAN DO TO ME?



HEBREWS 13:6



FOR GOD HAS NOT GIVEN US
 A SPIRIT OF FEAR,
 BUT ONE OF POWER, LOVE,
 AND SOUND JUDGMENT.



2 TIMOTHY 1:7



THEREFORE, WE MAY BOLDLY SAY,
 THE LORD IS MY HELPER;
 I WILL NOT BE AFRAID.
 WHAT CAN MAN DO TO ME?



PSALM 34:8



YOU WILL KEEP THE MIND
 THAT IS DEPENDENT ON YOU
 IN PERFECT PEACE,
 FOR IT IS TRUSTING IN YOU.
 TRUST IN THE LORD FOREVER,
 BECAUSE IN THE LORD,
 THE LORD HIMSELF, IS AN
 EVERLASTING ROCK!



ISAIAH 26:3-4



COME TO ME, ALL OF YOU
 WHO ARE WEARY
 AND BURDENED, AND
 I WILL GIVE YOU REST.



MATTHEW 11:28



TRUST IN THE LORD WITH
 ALL YOUR HEART,
 AND DO NOT RELY ON YOUR
 OWN UNDERSTANDING;
 IN ALL YOUR WAYS KNOW HIM,
 AND HE WILL MAKE YOUR
 PATHS STRAIGHT.



PROVERBS 3:5-6