



SCRIPTURE MEMORY TOOL

A Tool to Help You Hide Passages of Scripture in Your Heart So You Have it in Time of Need

Why?

Memorizing Scripture helps sink God's Truth deep into your heart, producing a wealth of wisdom, hope, and courage. It's a simple practice to fuel your faith and transform your thought life!

Memorizing a verse or two of Scripture is incredibly beneficial. However, the additional time and repetition required to memorize a passage increases the opportunity for it to stick to your heart like glue! Try starting with Psalm 139:1-18 (see page two). Scripture tells us that the Word hidden in our hearts:

1. Keeps us from sin! (Psalm 119:11)
2. Brings us life and health to our bodies! (Proverbs 4:20-22)
3. Serves as a weapon against spiritual attack! (Ephesians 6:10-18)
4. Builds up our discernment! (Hebrews 4:12)
5. Fills us with wisdom & encouragement to pass along! (Deuteronomy 6:6-8)



TIPS

Memorizing scripture isn't as challenging as you might think, especially when you implement some of these tips!

1. Start Small - begin with a couple of verses at a time and build from there.
2. Repetition is Key - read the passage multiple times daily, the more you do, the more it sticks! Create an image of the passage and save it to a photo album in your phone labeled "Scripture Memorization."
3. Write it Down - writing it down is one more way to make it stick!
4. Review during daily routines - while making your bed, brushing your teeth, etc.. Studies show that movement makes memorization easier!
5. Accountability - do this with a group and share videos of yourselves reciting the passage.

BONUS: Context! Context! Context! When memorizing, aim to truly understand what you're learning. If you have a Study Bible, take the time to read the notes for the passage. As you memorize, let it resonate in your heart. Remember, you're not just gathering words; you're embedding a transformative Truth within your heart that's alive and active!

PSALM 139:1-18

Let's put scripture memorization into practice by working to memorize Psalm 139:1-18, a key passage from the Seen Known Loved series. This is a powerful passage to hide in your heart and access when you need to be reminded that God sees you! It's also a powerful truth to share with a someone else when they need encouragement!

HOW IT WORKS:

Gather (Optional): Get the crew together -- before you begin, after you finish, or weekly. Whatever suits your group (or duo) best!

Discuss (Optional): Read the passage and dive into the discussion questions together, or journal your thoughts individually and share them when you meet up. If you are leading a group, you can also text out the questions each week, if you won't be meeting in person.

Memorize: Memorize one section a week. Put it all together in Week 4! Use the Psalm 139 images to help you. Pass them along to members in your group. Save them in a photo album in your phone for easy access!

Accountability: Text a video of you reciting the passage to your group as inspiration & accountability (showing your face in the video not required!). Or recite when you gather next!

WEEK ONE: Psalm 139: 1-6

Discussion Question: What thoughts are stirred when you read these verses?

WEEK TWO: Psalm 139: 7-12

Discussion Question: Do you feel you are in tune with God's presence? If so, what are some ways you know He's with you?

WEEK THREE: Psalm 139: 13-16

Discussion Question: In what ways do you struggle (present or past) to believe you are wonderfully made?

WEEK FOUR: Put it all together!

Discussion Question: What are you taking away from time in Psalm 139?

Additional Passages for Memorization: Philippians 4:4-8, Ephesians 2:4-10, Psalm 1:1-6, 1 Corinthians 13:1-8, Romans 8:1-8, Colossians 3:12-17

*Psalm 139
images!*

