

Scripture Memory & Meditation
(appropriate for High-Schoolers and older)
Michael R. Daily June 2017
(two 30 minute lessons)

Other youth bible studies by Michael Daily available at: <http://gciweb.org/2011/04/youth-bible-study-materials-michael-r-daily/>

Satan has set things up so that we are exposed to a relentless stream of the World System's values all day long through other people, the news, TV shows, movies, games, our phones, and other things. As a result we end up thinking about and meditating on the values of the satanic World System, even if we don't want to.

meditate: *to give serious and careful thought to. To ruminate, chew over, think about, question, or wrestle with in our thoughts.*

Whether we want to or not, our minds think about whatever is put in front of them. This is why corporations spend so much money on advertising. The more the idea of buying a product is put in front of someone, the more they will think about it (meditate on it), with the result being a higher likelihood they will take action and buy the product – it works!

Proverbs 4:23

Watch over your heart with all diligence, For from it *flow* the springs of life.

What we meditate on is important to God because it affects what we believe and what actions we take

I used to work as a volunteer for the Billy Graham Evangelistic Association telephone ministry. People would watch Billy Graham on TV then call in on the phone to talk to someone. I shared the gospel and led people to Christ that way. But I also received calls from Christians. Many of them were suffering from worry, anxiety, or were a little depressed. As I asked questions as to why, I discovered a recurring theme. Many of them were not reading their Bibles, but they had the TV on all the time (particularly the news) or some form of electronics was dominating their lives. In short, they had the World System on and their Bibles off! Without realizing it, they had developed a lifestyle of constantly meditating on the messages of the World System. No wonder they were anxious and depressed! I suggested that they turn off the electronics and the news and read a chapter from the Bible everyday instead. There is no rule that says you have to keep up with the news every day. People lived for thousands of years without instantly knowing what was happening in other cities or countries.

Psalms 104:34

Let my meditation be pleasing to Him; As for me, I shall be glad in the LORD.

(Psalm 19:14)

Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my rock and my Redeemer.

So, spend more time taking in and meditating on God's Word and less time taking in the World System's messages through electronics - you will be happier.

Give God the best hours of your day. After work I have dinner and talk with my wife. Then, from 6:30pm to 7:30pm or 8:00pm is ideal for doing Bible work. Spend that time on your Bible Study, Bible Reading, Scripture Memory, whatever it is, with the electronics off. Then, late in the day, when you have the satisfaction of completing your work for God, when you are tired and can't concentrate very well, then you can watch a little TV or a movie, or look at your phone. Even then we need to be selective about what we watch.

(Philippians 4:8)

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

Even with the inputs from the World System turned off, our hearts, when left to themselves, are deceitful and can lead us into sin.

Jeremiah 17:9

“The heart is more deceitful than all else And is desperately sick; Who can understand it?”

Memorizing and Meditating on God’s Word Will Keep us From Sin and Deception

So, to counteract our own deceitful hearts as well as the World System, we also need to take in God’s Word

Psalm 119:9&11

How can a young man keep his way pure? By keeping *it* according to Your word.

¹¹ Your word I have treasured in my heart, That I may not sin against You.

(Psalm 37:31)

The law of his God is in his heart; His steps do not slip.

What is the best way to protect ourselves from being deceived and from sinning against God?

By memorizing it. Why?

Genesis 2:16-17

The LORD God commanded the man, saying, “From any tree of the garden you may eat freely; ¹⁷ but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die.”

Genesis 3:1- 3

Now the serpent was more crafty than any beast of the field which the LORD God had made. And he said to the woman, “Indeed, has God said, ‘You shall not eat from any tree of the garden’?” ² The woman said to the serpent, “From the fruit of the trees of the garden we may eat; ³ but from the fruit of the tree which is in the middle of the garden, God has said, ‘You shall not eat from it or touch it, or you will die.’”

Notice in Genesis 3:1-3 that when satan quotes God he leaves out a few words. Just enough to significantly change the meaning. God said they could eat from all of the trees except one. satan said that God said that they should not eat from any of the trees. He is trying to make God seem unreasonable. Eve then corrected satan but she also misquoted God. Eve added the phrase, “or touch it”. This also has the effect of making God seem more restrictive than He is.

This is a common scheme that satan uses to deceive people. Change just enough of the wording of scripture in the mind of the person that it makes God seem unreasonable or it leads people to believe the wrong thing – even if its just a tiny thing. Remember, satan does not need to hurry. Getting us to slowly accept and believe many tiny deceptions over time can easily lead to disastrous results over time, and he has had thousands of years to perfect his technique. The only way to prevent this is to be able to recognize these tiny deceptions and correct them immediately. How can you do this? By memorizing scripture.

When satan challenges you or someone else with a false remembrance of what God has said, you can bring the verse to mind and double check exactly what it says. In this way, you can immediately identify tiny deceptions that you would otherwise miss and you can correct your thinking, or someone else’s, before things get any worse. If you don’t have the scripture memorized, all you will recall is a vague or general sense of what the verse means. This leaves you open to satan’s deceptions.

For a detailed study on this topic please see the study, “Overcoming Satan’s Deceptions”, available at: <http://gciweb.org/2011/04/youth-bible-study-materials-michael-r-daily/>

Use a Dictionary

Make sure to combine your scripture memory with a dictionary to look up important words in the verse you are memorizing. Words often have meanings that are different or more specific than you think they have. By understanding more clearly what these words mean (and what they don’t mean), you will be able to meditate on the verse more effectively. For example, in Romans 13:13 the Bible uses the term “carousing” in the NASB. I used to think that word meant “going around town causing trouble”. But its actual definition is, “attending loud drinking parties”. Now that I know what that word really means, I can meditate on that verse more effectively.

Romans 12:2

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Meditating on memorized scripture keeps us from being conformed to this world's way of thinking, renews our mind to think more the way that God thinks about things, and helps us understand what the will of God is.

We are to Meditate at all Times (day and night)

Scripture memory enables us to not forget God's Words. Instead we can meditate on His Words and learn from Him even if we don't have a Bible with us.

Psalms 119:15-16

I will meditate on Your precepts And regard Your ways. ¹⁶ I shall delight in Your statutes; I shall not forget Your word.

We can even meditate on His Words during the night when the lights are out.

Psalms 119:148

My eyes anticipate the night watches, That I may meditate on Your word.

(Psalm 16:7)

I will bless the LORD who has counseled me; Indeed, my mind instructs me in the night.

(Psalm 63:6)

When I remember You on my bed, I meditate on You in the night watches, ⁷ For You have been my help, And in the shadow of Your wings I sing for joy. ⁸ My soul clings to You; Your right hand upholds me.

Meditation Combined with Obedience Leads to Success In Life

Joshua 1:8

This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

You must have the book (the Bible), not visions, appearances, dreams or miracles. The command is that God's word (the Bible) shall not depart out of our mouth. By memorizing it we can take it with us anywhere, all day, everyday. We can meditate on it in order to figure out how best to obey it in our lives. Meditate means to think about what you have read and look at it from all different angles to figure out what it means, how it applies to real life, and how it ties in with other things the Bible teaches. The word "meditate" comes from a word that describes how cows chew their food. They chew on it then swallow it. After some time they spit it up into their mouths and chew on it some more. They do this multiple times. This is how God wants us to chew on his Word.

Psalms 1:1-3

How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! ² But his delight is in the law of the LORD, And in His law he meditates day and night. ³ He will be like a tree *firmly* planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.

The person who meditates on God's Word day and night becomes a person who remains spiritually healthy and able to bear fruit regardless of the circumstances around him. God's Word is like a stream of water that keeps us bearing fruit during times of drought and heat. In addition, meditating on and obeying God's Word brings success in many areas of life.

Jeremiah 17:5-8

Thus says the LORD, “Cursed is the man who trusts in mankind And makes flesh his strength, And whose heart turns away from the LORD. ⁶“For he will be like a bush in the desert And will not see when prosperity comes, But will live in stony wastes in the wilderness, A land of salt without inhabitant. ⁷“Blessed is the man who trusts in the LORD And whose trust is the LORD. ⁸“For he will be like a tree planted by the water, That extends its roots by a stream And will not fear when the heat comes; But its leaves will be green, And it will not be anxious in a year of drought Nor cease to yield fruit.

What you meditate on and act on will determine whether you become, spiritually speaking, a scrubby bush living in a desert planted in stony, salty soil, or if you will become a green leafed, fruit bearing tree, planted by a stream of water that continuously bears fruit for God regardless of the circumstances of life.

(Psalm 119:97-100)

O how I love Your law! It is my meditation all the day. ⁹⁸Your commandments make me wiser than my enemies, For they are ever mine. ⁹⁹I have more insight than all my teachers, For Your testimonies are my meditation. ¹⁰⁰I understand more than the aged, Because I have observed Your precepts.

END OF PART 1

Memorized Scripture Enables Us To Handle Stressful Situations

When I am in stressful situation and my heart is beating fast I often recite the two verses below over and over. As I am reminded of these truths, my pulse will slow down and the anxiety and stress will go away.

Isaiah 41:10

‘Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.’

Proverbs 3:5-6

Trust in the LORD with all your heart And do not lean on your own understanding. ⁶In all your ways acknowledge Him, And He will make your paths straight.

A few years ago I used my vacation time to go on a Christian mission trip. When I returned some of the executives at my company were telling others I was lazy. What does God tell us to do in a situation like that?

Psalm 119:23-24

Even though princes sit *and* talk against me, Your servant meditates on Your statutes. ²⁴Your testimonies also are my delight; *They are* my counselors.

(Psalm 119:78)

May the arrogant be ashamed, for they subvert me with a lie; *But* I shall meditate on Your precepts.

In a situation like that our part is to meditate on God’s Words and improve our obedience to them. God’s part is to help us behind the scenes, to fight for us, and uphold us – and He does. Was this what you thought the answer would be?

Memorized Scripture Enables Us To Teach Others and Witness More Easily and Often

With scripture memorized you can correct others misconceptions with God’s Word instead of just your personal opinions and you can encourage other Christians with the power of God’s Word instead of human words.

Colossians 3:16

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

(II Timothy 3:16-17)

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; ¹⁷ so that the man of God may be adequate, equipped for every good work.

In The Office

Psalm 119:46

I will also speak of Your testimonies before kings And shall not be ashamed.

In the office it would be inappropriate for me to have a Bible and spend time looking up verses. But if it is memorized, I can quickly share the word of God conversationally when people ask questions. For example, someone might ask me what I plan to do this summer. Go to Nigeria. Why? It's a Christian mission trip. What will you do there, build houses? No, I will be teaching the Bible. Why will you be doing that instead of something useful? Because in **Matthew 28**, Jesus said, **"Go therefore and make disciples of all the nations.....teaching them to observe all that I commanded you"**. So, that's what I'm going to do. Oh, OK.

Notice that I did not quote the whole verse or the whole reference because I am trying to use a conversational tone in my answer. Nevertheless, I would not be able to do this if I had not memorized **Matthew 28:19-20**.

Matthew 28:19-20

Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, ²⁰ teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

You can do the same in discussions with your children, relatives, friends, and acquaintances.

Deuteronomy 6:6-7

These words, which I am commanding you today, shall be on your heart. ⁷ You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up.

I was talking to man driving me home from the car repair place

He asked me what my plans were for the summer. I told him I was going on a Christian mission trip to Africa to teach the Bible. We talked about it for a while. Then I asked, "What about you? Are you a Christian? He said yes. I asked him what church he went to. The Catholic Church. I shared with him how I was raised Catholic and how much I appreciated everything I learned there but that the Catholic Church left out one thing that, when I learned what it was, everything made sense. It was Ephesians 2:8-9

Ephesians 2:8-9

For by grace you have been saved through faith; and that not of yourselves, *it is the gift of God*; ⁹ not as a result of works, so that no one may boast.

I explained how Jesus dying on the Cross was the payment for all of my sins and that it had nothing to do with me. This verse says that if me going to heaven was based on anything I had done I would be boasting in God's face that I deserve to go to heaven. Instead Jesus fully paid for my sin. My job is to accept eternal life as a free gift that He already paid for. I then shared James 2:10 to explain that it only takes one sin to keep us out of heaven and since we sin every day eternal life can't be based on things that we do.

James 2:10

For whoever keeps the whole law and yet stumbles in one *point*, he has become guilty of all.

Our time was running out so I asked him if he had heard of a man named Billy Graham. I gave him a "Steps to Peace With God" booklet (I always carry one with me) and explained that it would go into more detail. But if I had not had those two verses memorized I could not have talked with him about this.

More information on the "Steps to Peace With God" booklet is available at:

<https://www.billygrahambookstore.org/steps-to-peace-with-god-pack-of-25-purple.html>

(Romans 10:17)

So faith comes from hearing, and hearing by the word of Christ.

(I Peter 1:23)

for you have been born again not of seed which is perishable but imperishable, *that is*, through the living and enduring word of God.

Using Tribulation Verses as an Excuse Not to Memorize and Prepare

Some people use Mark 13:11 or its parallel passages as a justification for not memorizing scripture.

(Note: The parallel passages to Mark 13:3-14 are: Matthew 10:17-22, Luke 12:11, and Luke 21:7-17)

Mark 13:11

When they arrest you and hand you over, do not worry beforehand about what you are to say, but say whatever is given you in that hour; for it is not you who speak, but it is the Holy Spirit.

However, these passages of scripture are talking about Christians living during the seven year Tribulation when access to God's written word (the Bible) will be limited by the anti-christ and, because of the rapture, all the Christians will be less than seven years old in the faith, and all the experienced pastors and Bible teachers will be gone. For those of us living in the Church Age (pre-rapture), God wants us to prepare ahead of time.

I Peter 3:15

but sanctify Christ as Lord in your hearts, always *being ready* to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence;

I Peter 1:13 - Therefore, *prepare your minds for action*, keep sober *in spirit*, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.

(II Timothy 4:1-2)

I solemnly charge *you* in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by His appearing and His kingdom: ² *preach the word; be ready in season and out of season; reprove, rebuke, exhort, with great patience and instruction.*

How Many Verses Should We Memorize?

If your spiritual leader (pastor, mentor, discipleship group) tells you to memorize a certain number of verses in a certain timeframe, then that is the right number during that period of time. You do this out of respect for the spiritual leader God has placed over you and to strengthen the fellowship of the discipleship group you are in.

Hebrews 13:7

Remember those who led you, who spoke the word of God to you; and considering the result of their conduct, imitate their faith.

Hebrews 13:17

Obey your leaders and submit *to them*, for they keep watch over your souls as those who will give an account. Let them do this with joy and not with grief, for this would be unprofitable for you.

You will have special scripture memory projects you will want to be a part of from time to time. For example, if you are trying to learn the Bridge Illustration so you can share the Gospel, you might memorize 11 verses in just a few weeks. If your discipleship group is working on the Topical Memory System by The Navigators (60 verses) and you want to stay on pace together, you'll want to follow the group's pace and not slow them down.

For more information on the Bridge Illustration please see the study, "Good Works, Witnessing, & Evangelism", available at:

<http://gciweb.org/2011/04/youth-bible-study-materials-michael-r-daily/>

More information on the "Topical Memory System by The Navigators", is available in the Appendix and at:

<http://www.navigators.org/Tools/Discipleship%20Resources/Tools/Topical%20Memory%20System>

When Dawson Trotman, founder of The Navigators, was a non-christian youth, he went to a youth group meeting at a church. They were starting a scripture memory competition between two groups of 25 people. Each person was given 10 verses to memorize. The group that memorized the most verses would win a small prize. The next week Dawson came back and quoted his 10 verses. One of the girls quoted 3 verses. No one else had memorized any of the verses! Was that an encouraging experience for Dawson? No. Fortunately, that experience didn't stop him, but for most of us that kind of experience would stop us wouldn't it?

But what do you do when there are no special projects and you are in a period of life when your spiritual leaders aren't emphasizing scripture memory?

Dawson Trotman's talk, Born to Reproduce

In his talk, Born to Reproduce, Dawson Trotman mentioned sitting around the dinner table with his family and some visiting men from his ministry. The rule at the time was that, as the meal was closed, each person at the table had to quote a bible verse they had memorized within the last 48 hours. This meant that three verses were required to be memorized every week. Then Dawson said to the audience, "We were kind of hard on them in those days." What does that mean? It means he changed his mind. At one time he thought the right number was three verses per week, but later he changed his mind to a number less than that. Why did he change his mind? Because the Bible does not state a specific number of verses per week.

The Corporate Order

Occasionally, my boss hands me a new corporate order and tells me we have to implement the new program. When I tell my managers they sometimes say, "Mike, we're already too busy. We don't have the resources to do this new thing. We don't have the time, the money, or the people. Just tell them we can't do it!" Then I explain to them that we have to do it, but it doesn't have to all be done tomorrow – we can implement it over time. Then I tell them to go off and think about what the right pace of implementation is that we could sign up to that we believe is sustainable over the long run without burning out our people. A pace that we can all truly feel good about and support. Then I tell them, "When you have the number, come tell me. Whatever number you come up with, I will support. I only have one rule: The number can't be zero!

But Mike, I'm already too busy doing Bible Study and Quiet Times and Bible Reading. I don't have the resources to do scripture memory. I don't have the time, I don't have the memory, its too hard. Then I explain that we have to do it, but the verses don't all have to be memorized by tomorrow – we can memorize the verses over time. Then I tell you to go off and think about what the right number of verses per month is that you could sign up to memorizing that you believe is sustainable over the long run without burning yourself out. A pace that you can truly feel good about and support. Then I tell them, "When you have the number, come tell me. Whatever number you come up with I will support. I only have one rule: The number can't be zero!

Worst Case Analysis

Let's do a worst case analysis. What if you memorized one verse per year? Could you commit to doing that? Would that be burdensome to you? Would that discourage you? Probably not. What about a verse every six months? What about a verse every month? What about a verse every two weeks? What about a verse per week? (note: When you find a point where some of them waver, back off to the previous level for the worst-case analysis. Let's say it's a verse every two weeks).

OK, a verse every two weeks: That would be 26 verses per year. Is that valuable? How much ministry could you do with those 26 verses? That is the Bridge Illustration (11), Lessons on Assurance verses (5), with 10 verses left over. In three years you would have 78 verses memorized. That is the Bridge Illustration (11), Lessons on Assurance (5), and the Topical Memory System (60). How much ministry could you do with 78 verses? In 10 years you will have memorized 260 verses.

So, this is a worst-case analysis. Many of us could do more than this. But even if we don't do more – its still very valuable, isn't it? What if we do one verse a week? That's 52 verses a year, 104 verses in two years, 520 verses in 10 years. Even if you commit to only one verse a month, within a year you will have the Bridge Illustration memorized and will be able to share the Gospel effectively with anyone in the world who speaks English and you will be able to do it for the rest of your life! That's still pretty valuable, isn't it?

How To Memorize Scripture

There are three parts to memorizing scripture:

- 1) Setting up your system
- 2) Initially memorizing a verse
- 3) Reviewing previously memorized verses

Setting Up Your System

First, decide what Bible version you are going to memorize in. This is important because you don't want to mix verses from different Bible versions, you want to stick with the same version permanently. I use New American Standard Bible (NASB). Another excellent version is English Standard Version (ESV) or New King James Version (NKJV). It is best if the version you do Bible Study in is the same as the version you memorize in.

Once you have selected your Bible version, you will need to decide if you want to use verse cards or paper. If using verse cards, you will write the verse and its reference on the card. You may also want to write a topic on the card as well, if that helps you remember. Verse cards are becoming hard to find so you may have to make your own using blank business cards or index cards cut to your preferred size. You will also need some small rubber bands or clips so that you can group the cards into groups of 12, and an appropriately sized box to keep the cards in order that will make it easy to rotate the groups of 12.

If you have access to a computer and printer, you have the option of using paper. In this case, you can copy and paste the verses from the website: <https://www.biblegateway.com/passage/?search> into a file that can be printed onto paper, 12 verses to a page. See the Appendix for an example. These pages can be kept in a 3-ring binder and a clip or post-it note used to mark what page you are on in your review rotation (this will be discussed in more detail in the section on Review).

At any one time, you can have a group of 12 verses with you during the day. Either a group of 12 cards or one page with 12 verses. The page can be folded and carried in a shirt pocket just as easily as 12 cards. In the sections below, "topic" will be mentioned many times. Keep in mind that creating and memorizing the topic is optional, but memorizing the reference as well as the verse itself is very important so that others can follow along with what you are saying and can record the reference for their own study later.

Initially Memorizing a Verse

Once you have your verse on a card or paper, you can start memorizing. Read in your Bible the context of each verse you memorize. Look up important words in the verse you are memorizing in an English dictionary. You may also want to consult a Bible dictionary in some cases. Words often have meanings that are different or more specific than we think they have.

Read the verse through several times aloud or in a whisper. Hearing the verse as you speak it makes it easier to memorize. Each time you read it, say the topic (optional), reference, verse, and then the reference again. Say the verse aloud as much as possible. Learn the topic (optional) and reference first. After learning the topic and reference, learn the first phrase of the verse. Once you have learned the topic, reference, and the first phrase and have repeated them several times, continue adding more phrases.

For example, if you are memorizing the verse below, the reference would be "II Timothy 2:15", the first phrase would be "Be diligent to present yourself approved to God", the next phrase would be "as a workman who does not need to be ashamed", and the last phrase would be "accurately handling the word of truth".

II Timothy 2:15 (NASB)

Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.

Spend 3 to 4 minutes a day working on the verse you are memorizing. It takes less time and is much more effective to work on your verse for 4 minutes a day than to spend an hour once a week on it. One way to tell if you are spending the right amount of time during a sitting is: either 4 minutes have passed or you are able to quote the reference and verse correctly 3 times, whichever comes first. Do this every day for a week or two, depending on the pace you have decided on.

Reviewing Previously Memorized Verses

For most of us the biggest challenge, and the most valuable part of scripture memory, is the review of previously memorized verses. Organize your previously memorized verses into groups of 12 cards or 12 verses to a page. Once you have finished your work for the day on your new verse, you can then review one group of 12 previously memorized verses. During your review you will want to state the topic (optional), the reference, the verse, and the reference again.

If you spend 30 seconds reviewing each verse and 4 minutes working on your new verse, you can complete the work in about 10 minutes a day. As you memorize more verses and have more groups of 12, you can then start to rotate the groups. One week you are reviewing a group of 12 verses, the next week you are reviewing the next group of 12 verses, and so on. If you are using cards, you can physically move the front group of 12 cards to the back of the box when you have reviewed them. If you are using paper you can move your review marker or clip to the next sheet of 12 verses in your 3-ring binder.

You also need to decide what quality level you will memorize to. Here is a guideline:

“Amateurs practice until they get it right, professionals practice until they can’t get it wrong.”

Some verses, such as your Bridge Illustration verses and verses you want to be able to teach from at a moment’s notice, need to be memorized to a professional quality level. This means that you can quote the reference and verse without difficulty; even in a distracting environment (i.e. you know it so well you can’t get it wrong). Because of this, I review my Bridge Illustration and verses once a week, usually on Sunday evening, to make sure I am ready to share the Gospel that week. As a rule of thumb, it takes at least 50 reviews of a verse to really retain it.

For more information on the Bridge Illustration please see the study, “Good Works, Witnessing, & Evangelism”, available at: <http://gciweb.org/2011/04/youth-bible-study-materials-michael-r-daily/>

Demonstrating The Impact of Review

I work with about 50 high school teens in a ministry where they memorize one verse a week but where regular review is not required. One night, a guest speaker decided to do an unannounced competition. He had us take one minute and write down the references of as many Bible verses as we could, that we had memorized. He then had everyone (both teens and adult leaders) with more than 10 references, hand their papers to an audience member and stand at the front of the class. The audience could then call out any reference on our pages and we had to quote the verse from memory. After about 10 rounds, the crowd at the front had thinned down to me and two of the teen girls but the teen girls were starting to struggle. At that point the guest speaker had “all the leaders” sit down (me) and the two girls continued for a few more rounds and were declared the winners (which I am glad he did).

What was it that made the difference? Systematic review of the verses.

This is why review is so important. Review enables the verses to be retained and used effectively at a moment’s notice both for meditation and for ministry.

A good place to start a scripture memory program is with the Topical Memory System by The Navigators.

More information on the “Topical Memory System by The Navigators”, is available in the Appendix and at: <http://www.navigators.org/Tools/Discipleship%20Resources/Tools/Topical%20Memory%20System>

Appendix - Topical Memory System Verses (NASB)

Source: The Navigators at: <http://www.navigators.org/Tools/Discipleship%20Resources/Tools/Topical%20Memory%20System>

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Pack A: Live The New Life

Christ The Center

II Corinthians 5:17 - Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come

Galatians 2:20 - I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

Obedience To Christ

Romans 12:1 - Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.

John 14:21 - He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.”

The Word

II Timothy 3:16 - All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness;

Joshua 1:8 - This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

Prayer

John 15:7 - If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.

Philippians 4:6-7 - Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Fellowship

Matthew 18:20 – “For where two or three have gathered together in My name, I am there in their midst.”

Hebrews 10:24-25 - and let us consider how to stimulate one another to love and good deeds, ²⁵ not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.

Witnessing

Matthew 4:19 - And He said to them, “Follow Me, and I will make you fishers of men.”

Romans 1:16 - For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek.

Pack B: Proclaim Christ

All Have Sinned

Romans 3:23 – for all have sinned and fall short of the glory of God,

Isaiah 53:6 - All of us like sheep have gone astray, Each of us has turned to his own way; But the LORD has caused the iniquity of us all To fall on Him.

Sin's Penalty

Romans 6:23 - For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Hebrews 9:27 - And inasmuch as it is appointed for men to die once and after this comes judgment,

Christ Paid The Penalty

Romans 5:8 - But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

I Peter 3:18 - For Christ also died for sins once for all, the just for the unjust, so that He might bring us to God, having been put to death in the flesh, but made alive in the spirit;

Salvation Not By Works

Ephesians 2:8-9 – For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; ⁹ not as a result of works, so that no one may boast.

Titus 3:5 - He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit,

Must Receive Christ

John 1:12 – But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name,

Revelation 3:20 - Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me.

Assurance of Salvation

I John 5:13 – These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life.

John 5:24 - “Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life.

Pack C: Rely on God's Resources

His Spirit

I Corinthians 3:16 – Do you not know that you are a temple of God and that the Spirit of God dwells in you?

I Corinthians 2:12 – Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God,

His Strength

Isaiah 41:10 – ‘Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.’

Philippians 4:13 – I can do all things through Him who strengthens me.

His Faithfulness

Lamentations 3:22-23 – The LORD's lovingkindnesses indeed never cease, For His compassions never fail. ²³ They are new every morning; Great is Your faithfulness.

Numbers 23:19 – “God is not a man, that He should lie, Nor a son of man, that He should repent; Has He said, and will He not do it? Or has He spoken, and will He not make it good?

His Peace

Isaiah 26:3 – “The steadfast of mind You will keep in perfect peace, Because he trusts in You.

I Peter 5:7 – casting all your anxiety on Him, because He cares for you.

His Provision

Romans 8:32 – He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things?

Philippians 4:19 - And my God will supply all your needs according to His riches in glory in Christ Jesus.

His Help In Temptation

Hebrews 2:18 – For since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted.

Psalms 119:9,11 - How can a young man keep his way pure? By keeping it according to Your word.

¹¹ Your word I have treasured in my heart, That I may not sin against You.

Pack D: Be Christ's Disciple

Put Christ First

Matthew 6:33 – But seek first His kingdom and His righteousness, and all these things will be added to you.

Luke 9:23 – And He was saying to them all, “If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me.

Separate From The World

I John 2:15-16 – Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶ For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.

Romans 12:2 – And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Be Steadfast

I Corinthians 15:58 – Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord.

Hebrews 12:3 – For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

Serve Others

Mark 10:45 – For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”

II Corinthians 4:5 – For we do not preach ourselves but Christ Jesus as Lord, and ourselves as your bond-servants for Jesus' sake.

Give Generously

Proverbs 3:9-10 – Honor the LORD from your wealth And from the first of all your produce; ¹⁰ So your barns will be filled with plenty And your vats will overflow with new wine.

II Corinthians 9:6-7 - Now this I say, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. ⁷ Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver.

Develop World Vision

Acts 1:8 – but you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.”

Matthew 28:19-20 – Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, ²⁰ teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.”

Pack E: Grow In Christlikeness

Love

John 13:34-35 – A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. 35 By this all men will know that you are My disciples, if you have love for one another.”

I John 3:18 – Little children, let us not love with word or with tongue, but in deed and truth.

Humility

Philippians 2:3-4 – Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; 4 do not merely look out for your own personal interests, but also for the interests of others.

I Peter 5:5-6 – You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble. 6 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time,

Purity

Ephesians 5:3 – 3 But immorality or any impurity or greed must not even be named among you, as is proper among saints;

I Peter 2:11 – Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul.

Honesty

Leviticus 19:11 – ‘You shall not steal, nor deal falsely, nor lie to one another.

Acts 24:16 – In view of this, I also do my best to maintain always a blameless conscience both before God and before men.

Faith

Hebrews 11:6 – And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him.

Romans 4:20-21 – yet, with respect to the promise of God, he did not waver in unbelief but grew strong in faith, giving glory to God, 21 and being fully assured that what God had promised, He was able also to perform.

Good Works

Galatians 6:9-10 – Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. ¹⁰ So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith.

Matthew 5:16 - Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven.

The Navigators' Topical Memory System

Source: The Navigators at: <http://www.navigators.org/Tools/Discipleship%20Resources/Tools/Topical%20Memory%20System>

LIVING THE NEW LIFE

Christ the Center	II Corinthians 5:17	Galatians 2:20
Obedience to Christ	Romans 12:1	John 14:21
The Word	II Timothy 3:16	Joshua 1:8
Prayer	John 15:7	Philippians 4:6-7
Fellowship	Matthew 18:20	Hebrews 10:24-25
Witnessing	Matthew 4:19	Romans 1:16

PROCLAIMING CHRIST

All Have Sinned	Romans 3:23	Isaiah 53:6
Sin's Penalty	Romans 6:23	Hebrews 9:27
Christ Paid the Penalty	Romans 5:8	I Peter 3:18
Salvation is not by Works	Ephesians 2:8-9	Titus 3:5
Must Receive Christ	John 1:12	Revelation 3:20
Assurance of Salvation	I John 5:13	John 5:24

RELIANCE ON GOD'S RESOURCES

His Spirit	I Corinthians 3:16	I Corinthians 2:12
His Strength	Isaiah 41:10	Philippians 4:13
His Faithfulness	Lamentations 3:22-23	Numbers 23:19
His Peace	Isaiah 26:3	I Peter 5:7
His Provision	Romans 8:32	Philippians 4:19
His Help in Temptation	Hebrews 2:18	Psalms 119:9 & 11

BEING CHRIST'S DISCIPLE

Put Christ First	Matthew 6:33	Luke 9:23
Separate From the World	I John 2:15-16	Romans 12:2
Be Steadfast	I Corinthians 15:58	Hebrews 12:3
Serve Others	Mark 10:45	II Corinthians 4:5
Give Generously	Proverbs 3:9-10	II Corinthians 9:6-7
Develop World Vision	Acts 1:8	Matthew 28:19-20

GROWTH IN CHRISTLIKENESS

Love	John 13:34-35	I John 3:18
Humility	Philippians 2:3-4	I Peter 5:5-6
Purity	Ephesians 5:3	I Peter 2:11
Honesty	Leviticus 19:11	Acts 24:16
Faith	Hebrews 11:6	Romans 4:20-21
Good Works	Galatians 6:9-10	Matthew 5:16

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Scripture Memory & Meditation*

PASSAGE FOR MEDITATION: *Proverbs 4:23, Philippians 4:8*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalms 104:34, Psalm 19:14*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Jeremiah 17:9*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Scripture Memory & Meditation*

PASSAGE FOR MEDITATION: *Psalm 119:9&11, Psalm 37:31*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Genesis 2:16-17, Genesis 3:1-3*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Romans 12:2, Psalm 119:15-16*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Scripture Memory & Meditation*

PASSAGE FOR MEDITATION: *Psalm 119:148, Psalm 16:7, Psalm 63:6*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Joshua 1:8*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalm 1:1-3, Jeremiah 17:5-8*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Scripture Memory & Meditation*

PASSAGE FOR MEDITATION: *Psalm 119:97-100*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Isaiah 41:10, Proverbs 3:5-6*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalm 119:23-24, Psalm 119:78*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Scripture Memory & Meditation*

PASSAGE FOR MEDITATION: *Colossians 3:16, II Timothy 3:16-17*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Psalms 119:46*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Matthew 28:19-20*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Scripture Memory & Meditation*

PASSAGE FOR MEDITATION: *Deuteronomy 6:6-7*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Ephesians 2:8-9, James 2:10*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Romans 10:17, I Peter 1:23*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Scripture Memory & Meditation*

PASSAGE FOR MEDITATION: *I Peter 3:15, I Peter 1:13, II Timothy 4:1-2*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Hebrews 13:7, Hebrews 13:17*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *II Timothy 2:15*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?