











Scripture quotations are from The Holy Bible, English Standard Version[®] (ESV[®]), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

<p>The Sword of the Spirit</p>  <p>“and take the helmet of salvation, and the sword of the Spirit, which is the word of God,”</p> <p>~ Ephesians 6:17 (ESV)</p>	<p>The Sword of the Spirit</p>  <p>“For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.”</p> <p>~ 2 Corinthians 10:4 (ESV)</p>
<p>Hear</p>  <p>“So faith comes from hearing, and hearing through the word of Christ.”</p> <p>~ Romans 10:17 (ESV)</p>	<p>Hear</p>  <p>“Therefore we must pay much closer attention to what we have heard, lest we drift away from it.”</p> <p>~ Hebrews 2:1 (ESV)</p>
<p>Read</p>  <p>“¹⁸And when he sits on the throne of his kingdom, he shall write for himself in a book a copy of this law, approved by the Levitical priests. ¹⁹And it shall be with him, and he shall read in it all the days of his life, that he may learn to fear the Lord his God by keeping all the words of this law and these statutes, and doing them,”</p> <p>~ Deuteronomy 17:18-19 (ESV)</p>	<p>Read</p>  <p>“that his heart may not be lifted up above his brothers, and that he may not turn aside from the commandment, either to the right hand or to the left, so that he may continue long in his kingdom, he and his children, in Israel.”</p> <p>~ Deuteronomy 17:20 (ESV)</p>
<p>Study</p>  <p>“For Ezra had set his heart to study the Law of the Lord, and to do it and to teach his statutes and rules in Israel.”</p> <p>~ Ezra 7:10 (ESV)</p>	<p>Study</p>  <p>“Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.”</p> <p>~ 2 Timothy 2:15 (ESV)</p>
<p>Memorize</p>  <p>“⁹How can a young man keep his way pure? By guarding it according to your word. . .¹¹I have stored up your word in my heart, that I might not sin against you.”</p> <p>~ Psalm 119:9-11 (ESV)</p>	<p>Memorize</p>  <p>“¹My son, do not forget my teaching, but let your heart keep my commandments. . .³Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart.”</p>

Meditate



"Oh how I love your law! It is my meditation all the day."

~ Psalm 119:97 (ESV)

Meditate



"¹⁴⁷I rise before dawn and cry for help; I hope in your words. ¹⁴⁸My eyes are awake before the watches of the night, that I may meditate on your promise."

~ Psalm 119:147-148 (ESV)