











Scripture quoted by permission. Quotations designated (NET) are from the NET Bible® copyright ©1996-2006 by Biblical Studies Press, L.L.C. <http://netbible.com> All rights reserved.

<p><b>The Sword of the Spirit</b></p>  <p>“And take <i>the helmet of salvation</i> and the sword of the Spirit, which is the word of God.”</p> <p>~ Ephesians 6:17 (NET)</p>	<p><b>The Sword of the Spirit</b></p>  <p>“for the weapons of our warfare are not human weapons, but are made powerful by God for tearing down strongholds. We tear down arguments”</p> <p>~ 2 Corinthians 10:4 (NET)</p>
<p><b>Hear</b></p>  <p>“Consequently faith comes from what is heard, and what is heard comes through the preached word of Christ.”</p> <p>~ Romans 10:17 (NET)</p>	<p><b>Hear</b></p>  <p>“Therefore we must pay closer attention to what we have heard, so that we do not drift away.”</p> <p>~ Hebrews 2:1 (NET)</p>
<p><b>Read</b></p>  <p>“<sup>18</sup>When he sits on his royal throne he must make a copy of this law on a scroll given to him by the Levitical priests. <sup>19</sup>It must be with him constantly and he must read it as long as he lives, so that he may learn to revere the Lord his God and observe all the words of this law and these statutes and carry them out.”</p> <p>~ Deuteronomy 17:18-19 (NET)</p>	<p><b>Read</b></p>  <p>“Then he will not exalt himself above his fellow citizens or turn from the commandments to the right or left, and he and his descendants will enjoy many years ruling over his kingdom in Israel.”</p> <p>~ Deuteronomy 17:20 (NET)</p>
<p><b>Study</b></p>  <p>“Now Ezra had dedicated himself to the study of the law of the Lord, to its observance, and to teaching its statutes and judgments in Israel.”</p> <p>~ Ezra 7:10 (NET)</p>	<p><b>Study</b></p>  <p>“Make every effort to present yourself before God as a proven worker who does not need to be ashamed, teaching the message of truth accurately.”</p> <p>~ 2 Timothy 2:15 (NET)</p>
<p><b>Memorize</b></p>  <p>“<sup>9</sup>How can a young person maintain a pure life? By guarding it according to your instructions. . . <sup>11</sup>In my heart I store up your words, so I might not sin against you.”</p> <p>~ Psalm 119:9, 11 (NET)</p>	<p><b>Memorize</b></p>  <p>“<sup>1</sup>My child, do not forget my teaching, but let your heart keep my commandments. . . <sup>3</sup>Do not let truth and mercy leave you; bind them around your neck, write them on the tablet of your heart.”</p> <p>~ Psalm 119:10, 12 (NET)</p>

## Meditate



"O how I love your law! All day long I meditate on it."

~ Psalm 119:97 (NET)

## Meditate



"<sup>147</sup>I am up before dawn crying for help. I find hope in your word. <sup>148</sup>My eyes anticipate the nighttime hours, so that I can meditate on your word."

~ Psalm 119:147-148 (NET)