











Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

<p>The Sword of the Spirit</p>  <p>“Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.”</p> <p>~ Ephesians 6:17 (NLT)</p>	<p>The Sword of the Spirit</p>  <p>“We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments.”</p> <p>~ 2 Corinthians 10:4 (NLT)</p>
<p>Hear</p>  <p>“So faith comes from hearing, that is, hearing the Good News about Christ.”</p> <p>~ Romans 10:17 (NLT)</p>	<p>Hear</p>  <p>“So we must listen very carefully to the truth we have heard, or we may drift away from it.”</p> <p>~ Hebrews 2:1 (NLT)</p>
<p>Read</p>  <p>¹⁸When he sits on the throne as king, he must copy for himself this body of instruction on a scroll in the presence of the Levitical priests. ¹⁹He must always keep that copy with him and read it daily as long as he lives. That way he will learn to fear the Lord his God by obeying all the terms of these instructions and decrees.”</p> <p>~ Deuteronomy 17:18-19 (NLT)</p>	<p>Read</p>  <p>“This regular reading will prevent him from becoming proud and acting as if he is above his fellow citizens. It will also prevent him from turning away from these commands in the smallest way. And it will ensure that he and his descendants will reign for many generations in Israel.”</p> <p>~ Deuteronomy 17:20 (NLT)</p>
<p>Study</p>  <p>“This was because Ezra had determined to study and obey the Law of the Lord and to teach those decrees and regulations to the people of Israel.”</p> <p>~ Ezra 7:10 (NLT)</p>	<p>Study</p>  <p>“Work hard so you can present yourself to God and receive his approval. Be a good worker, one who does not need to be ashamed and who correctly explains the word of truth.”</p> <p>~ 2 Timothy 2:15 (NLT)</p>
<p>Memorize</p>  <p>⁹How can a young person stay pure? By obeying your word. . . ¹¹I have hidden your word in my heart, that I might not sin against you.”</p> <p>~ Psalm 119:9, 11 (NLT)</p>	<p>Memorize</p>  <p>¹My child, never forget the things I have taught you. Store my commands in your heart. . . ³Never let loyalty and kindness leave you! Tie them around your neck as a reminder. Write them deep within your heart.”</p>

Meditate



"Oh, how I love your instructions! I think about them all day long."

~ Psalm 119:97 (NLT)

Meditate



"¹⁴⁷I rise early, before the sun is up; I cry out for help and put my hope in your words. ¹⁴⁸I stay awake through the night, thinking about your promise."

~ Psalm 119:147-148 (NLT)