

The Scripture Practice

How To Read the Bible as an Apprentice of Jesus

Week Seven - Memorize

Introduction Questions:

- 01 - Which passage or theme in Scripture did you choose to study and why?
- 02 - How did this passage or theme grow in meaning from when you started your study to when you completed it?
- 03 - Was it challenging to engage your heart as you studied? What emotions, if any, surfaced as you did?
- 04 - In what ways does this passage or theme relate to you personally? How has it impacted the way you think about your life right now?

Play Video Teaching - Summary

- Jesus' final words on the cross, quoting Psalm 22, show how Scripture shaped his response to pain and suffering.
- Memorizing Scripture can anchor us in God's presence and peace during difficult times.
- Many people have abandoned the practice of memorization in the digital age, relying instead on devices for information.
- Storing the truths of God in our hearts is a practice that technology cannot replicate.
- Building an inner library of memorized Scriptures rewires our brains and helps us develop the "mind of Christ."
- The discipline of memorization requires effort but offers profound benefits for our spiritual lives.

Discussion Questions:

- 01 - As you listened, what most stood out to you?
- 02 - How have you experienced the truth of "you are what you contemplate" or "you become what you meditate on"?
- 03 - If you could share only one insight or reflection that you want to internalize going forward from this Practice, what would it be?
- 04 - Reflecting on the past few weeks in this Practice, how has your relationship with Scripture changed?

Watch Story and Exercise Video

EXERCISE Practice - Week 7 Memorize:

- Identify a short passage you want to put to memory. Here are some recommendations:
 - Galatians 5v22-23
 - Ephesians 4v29-30
 - Philippians 4v6-7
 - Colossians 3v23-24
 - James 3v16-17
 - 2 Peter 1v3-4
 - 1 John 4v15-16
- No pressure to choose from this list. It is best if you choose a Scripture that your heart is drawn toward.
- Make sure the passage is short enough to memorize in one week.
- Every single day for a week, work on memorization, and after seven days you should be able to recite the passage from memory.
 - Here are five best practices:
 - Read it out loud. Every day. Four times in a row.
 - Write it out by hand to activate your motor neurons and embed it in your brain more deeply. Then, every day memorize from your paper.
 - Visualize it. Close your eyes and connect an image to the sentence you are working on. Imagine yourself in the story.
 - Recite it. This is called “active recall.” Every day push your brain to recite a little more of it from memory and not from reading.
 - Recite it to another person.
- Here are more tips from the leading science on memorization:
 - Consistency: Memorization takes regular practice. Set a time each day to work on it.
 - Study: The more you understand a passage, the easier it is to remember.
 - Paraphrase: Put the verses into your own words to deepen comprehension.
 - Teach: Explain the passage to someone — or even just to yourself — out loud or in writing.
 - Sleep: Real memory work happens while you sleep. Try reviewing before bed to lock it in.
- Keep the Scripture in your memory.
 - Review once a day for at least a month.
 - Then, review once a week for a year.
 - Then review once a month for the rest of your life.
 - This will require a system, Choose a simple one that will work for you. Maybe 3x5 cards and a little box organizer, a calendar appointment and reminder, or an organization app on your phone.

