

**The Dot - 10/1/20**

**Spiritual Disciplines and Practices: Bible Memorization**  
**Interview with Linda Duffy**



**Definition:**

Memorization is the process of continually remembering the words of God. This process allows us to store God's truths in our hearts and minds, so they can be accessed anywhere and anytime.

**Scripture:**

- Psalm 119:97- *How can a young person stay on the path of purity? By living according to your word.*
- Psalm 119:11- *I have hidden your word in my heart that I might not sin against you.*
- Philippians 4:8- *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*
- 1 Peter 3:15- *Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.*

**Reflection Questions:**

- What is your attitude toward Bible memorization? Why?
- What are some things that are easy for you to memorize (*song lyrics, random facts, recipes, names, sport statistics, etc.*)?
- How is the Bible relevant for middle schoolers today?
- What are some benefits of memorizing the Word of God? When have you experienced the benefits?
- What is something you are struggling with currently (*anxiety, depression, stress, etc.*)? How could memorizing a specific verse about that be helpful?
- What are some Bible verses or passages that might come in handy when sharing Jesus with others?

**Spiritual Exercises:**

- Try memorizing Philippians 4:8. Follows Linda's easy steps:
  - Pick a verse that is meaningful to you or significant for you!
  - Write it 3 times on different cards.
  - Place the cards in places where you will regularly see it (*mirror, locker, phone*).
  - Read the verse over and over!
- Temporary Tattoos- <https://dwelldifferently.com> or <https://www.armedwithtruth.com>
- Set the verse to music.
- Create hand motions for the words to the verse.
- Memorize the verse with a friend. Say every-other word to each other until you know it!
- Try memorizing verses that can be used to share truth with our non-believing friends (*John 3:16, Romans 3:23, Romans 6:23, Romans 10:9*).