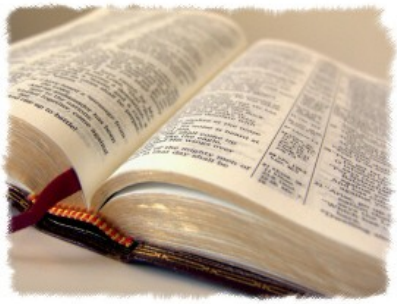
Bible Memory & Meditation

An essential Discipline for all of God's people



Our Brain can sort, store, & recall 3 billion bits of information.

I. Bible Memory _____ my _____ and _____ my _____.

Psalm 119:11
Thy word have I hid in mine heart, that I might not sin against thee.

II. Bible Memory gives me something _____ to "chew on" and _____ about every day.

Jos 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.



III. Bible Memory provides me with a _____ to fight off Satanic deception & temptation

Matthew 4:4
But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Note Christ's response to Satan's Test:

1) He did not ignore the temptation (took positive action to overcome it).
2) He did not defend Himself. He could have said, "Satan, this feat is no problem for me, but I refuse to obey you."
3) He did not reason with Satan.

Note Christ's Weapon: The Word of God

1) This shows the Bible's authority.
2) This shows the Bible's continuing relevancy.
   The verse was originally stated some 1,400 years ago, yet still was useful.
3) This shows the Bible`s varied applicability.
   Was originally given to Israel, and now is used against Satan.
4) This shows the Bible's suitability - to handle needs of all occasions.
5) This shows the Bible's inspiration - "God-breathed" (II Tim. 3:16); "every word"



Steps to follow for Bible Memorization:

1. **_____ & _____ the Author of Scripture**
   Have a love for the Living Word (Jesus) as you do for the Written Word (the Bible).
   (We can't love the Written Word without loving the Living Word)
   Genuine Salvation is a prerequisite to memorizing Scripture

2. **_____ it down**
   Write the Text you wish to Memorize (on paper or a 3x5 card)

3. **_____ it**
   Think about the concepts in the verse you are memorizing.
   It is futile to memorize something you do not understand.
   Concentration is very important

4. **_____ it**
   A basic technique for memorizing is to group apparently isolated facts, numbers, letters, etc., into chunks.
   Thus, the series 255837465782901312 turns into 255 837 465 782 901 312.

   John 3:16 - For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

   Can be grouped like this:
   For God so loved the world,
   that he gave his only begotten Son,
   that whosoever believeth in him
   should not perish, but have everlasting life.

   You can memorize it easier if you brake it up into phrases or clauses.

5. **_____ on it**
   There is some evidence to indicate that things learned just before sleep are retained better.

6. **_____ it out loud**
   Review each section of Scripture until you can say it without looking at it.
   Repeat each section out loud 5 times daily for 1 week.

7. **_____ it regularly**
   Repetition is the "mother of learning"

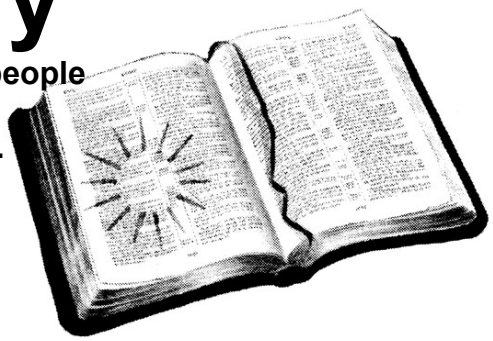
8. **_____ on it**
   Muse (not amuse)

9. **_____ it often**
   (Dt.6:4-9)
   - Sing it
   - Counsel others with it
   - Teach it

10. **_____ it**
    Truth not applied is not truth learned
    Practice makes perfect
    To not live it is to forget it! (James 1:25)

Bible Memory

An essential Discipline for all of God's people



Our Brain can sort, store, & recall 3 billion bits of information.

God speaks of "memory" over 300 times in Scripture

Examples:
Remember Lot's wife
Memorials
Writing God's word on Door Posts & Gates

I. Bible Memory <u>washes my mind</u> and <u>cleanses my heart</u>.

Psalm 119:11 Thy word have I hid in mine heart, that I might not sin against thee.

- **Thy word** – There is nothing better to memorize. (Many of us have memorized phone numbers; our social security number; Sports player data; etc. yet none of this matters as much as God's Word) If God's Word was suddenly outlawed and our Bibles removed from us (as has happened throughout church history) the only Bible you would know was the Bible you memorized.

- **have I hid** – No one can do it for you. You must work at it yourself. We all need a deliberate habit to memorize Scripture.

- **in mine heart** – Everything flows out of the heart (Mark 7:21); All of us have "stuff" in our hearts; Most of it probably shouldn't be there and needs to be discarded.

- **that I might not sin against thee** – Both the purpose and result of Bible Memory is purity of life.

Psalm 37:31 ***The law of his God is in his heart; none of his steps shall slide.***

II. Bible Memory gives me something <u>good to "chew on"</u> and <u>think about</u> every day.

Jos 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

III. Bible Memory provides me with a <u>Defensive Weapon</u> to fight off Satanic deception & temptation

Matthew 4:4
But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Note Christ's response to Satan's Test:

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5) This shows the Bible's <u>inspiration</u> - "God-breathed" (II Tim. 3:16); "every word" (v. 4)

NOTE: Though Christ's words while on earth had equal authority with the written Word--He appealed to the written Word!

How much more should we?

The Bible is a <u>Sword</u>
...so that you can fight the <u>enemy</u> (Heb. 4:12; Eph. 6:17)

Hebrews 4:12 - *"For the Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."*

Ephesians 6:17 - *"And take the helmet of salvation, and the sword of the Spirit, which is the word of God"*

a. The Holy Spirit's offensive and defensive weapon is the <u>Bible</u> (Eph. 6:17). God is speaking by no other means today.

b. According to Heb. 4:12, the Bible as a sword is:
   (1) <u>Living</u> ("quick" KJV)
   (2) <u>Powerful</u>
   (3) <u>Piercing</u> - ("sharper...piercing")
   (4) <u>Penetrating</u> ("dividing asunder")
   (5) <u>Convicting</u> ("discerner [judge] of the thoughts and intents of the heart")



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   You can memorize it easier if you brake it up into phrases or clauses.

5. **Sleep on it**
   There is some evidence to indicate that things learned just before sleep are retained better.

6. **Recite it out loud**
   Review each section of Scripture until you can say it without looking at it.
   Repeat each section out loud 5 times daily for 1 week.

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8. **Meditate on it**
   Muse (not amuse)

9. **Mention it often**
   (Dt.6:4-9)
   - Sing it
   - Counsel others with it
   - Teach it
   -

10. **Live it**
    Truth not applied is not truth learned
    Practice makes perfect
    To not live it is to forget it! (James 1:25)

The Importance of the Bible:

Job considered God's Word more important than his necessary Food
Job 23:12 Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food.

Jesus said God's Word was vitally important for a person to sustain his life:
Matthew 4:4 - But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Jeremiah testified that God's Word was a food that brought joy to his heart:
Jer 15:16 Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart:

Joshua discovered that God's Word was the key to his life's success:
Jos 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

The Psalmist testified that God had elevated the importance of His Word even above the importance of His Name!
Ps 138:2 I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: for thou hast magnified thy word above all thy name.

David considered God's Word sweeter than honey and of more value than Gold
Psalm 119:103 - How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!
Psalm 119:72 - The law of thy mouth is better unto me than thousands of gold and silver.

Col. 3:16 says, however, that you should *"let the word of Christ dwell in you <u>richly</u> in all wisdom"*

What happens when I neglect God's Word?

My Faith Weakens
Since the Bible teaches that one's faith comes by means of God's Word, when God's Word is neglected, one's faith will be diminished (Rom.10:17).

And since one's faith is the bottom line foundation for the Christian life, Satan knows that if he can be successful in attacking your faith, he will be successful in ruining every other part of your Christian walk.

My Conscience Quiets
Since the conscience functions based on the information fed into it, one who does not read God's Word will not have a sensitive conscience to sin.

The things that once bothered you no longer do.

Your conscience can become dull (Acts 28:27)

My Fellowship with God becomes Distant
We speak to God through Prayer, but He speaks to us through His Word (not visions, dreams, etc.) If you do not read your Bible, you limit the conversations God wants to have with you.

John 14:23-24: Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him.
He that loveth me not keepeth not my sayings: and the word which ye hear is not mine, but the Father's which sent me.

The purpose for which you were saved was so that you might know intimate fellowship with your God

My Growth Stops

Spiritual growth comes via the consumption of the "milk of the Word"
1Pe 2:2 As newborn babes, desire the sincere milk of the word, that ye may grow thereby:

You can measure your spiritual growth by the quantity of the Word you are drinking in daily:
much milk - much growth
little milk - little growth
no milk - no growth

My Flesh Yields to Temptation

How did Jesus fight the Devil? With God's Word (Mt.4 – "It is written")

How strong is your appetite for God's Word? You answer is "an index of your Christian health" (Hiebert, p. 124).

Do you want to know why you feel "weak" spiritually? Why you have no power over your fleshly impulses? Why you struggle to do what is right? etc. The reason is because you have neglected God's Word!

There are a lot of spiritually malnourished, dehydrated, weak Christians struggling with their walk with the Lord. The reason: they are not consuming God's Nutritional Word.

My Service Diminishes

If my faith is weak, and my fellowship with God is distant, it stands to reason that my service for Him will also be limited or non-existent.