

## CPC WOMEN'S CONVOCATION

January 20, 2019

### The Practice of Being in the Word: Memorization

MEMORIZATION is one of the tools available to us to help us practice being in the Word. It requires effort!

1 Timothy 4:7: Paul writes to Timothy, "Train yourself for godliness."

Hebrews 5:14: "But solid food is for the mature, for those who have their faculties trained by practice to distinguish good from evil."

Bridges, *The Pursuit of Godliness* (ch. 3, "Train Yourself to be Godly"), p. 26:

"There is a price to godliness, and godliness is never on sale. It never comes cheaply or easily. The verb *train*, which Paul deliberately chose, implies persevering, painstaking, diligent effort. He was well aware of the total commitment those young athletes made to win a crown that would not last. And as he thought of the crown that would last – the godliness that has value for all things, both in the present life and the life to come – he urged Timothy, and he urges us today, to make the kind of commitment necessary to train ourselves to be godly."

WHY is it helpful to memorize?

1. Hebrews 4:12: "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart."
2. James 1:22-24: "But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like."
3. Ephesians 6:17: "And take the helmet of salvation, and the sword of the Spirit, which is the word of God."
4. Psalm 119:105: "Your word is a lamp to my feet and a light to my path."
5. Psalm 119:11: "I have **stored up** your word in my heart, that I might not sin against you."
6. Proverbs 10:14a: "The wise **store up** knowledge."

The benefits of memorizing Scripture:

- It gives the Holy Spirit something to work with! e.g. in a time of temptation
- We inwardly digest the truth: it takes root in us and brings life.
- We can meditate on Scripture when we've memorized it.
- We can tell others the truth.
- When we've memorized it, we can pray it.

HOW can we memorize?

This is the Navigators' methodology:

1. Read in your Bible the context of each verse or passage you memorize.
2. Try to gain a clear understanding of what each verse actually means. Read the text in other Bible translations or paraphrases.
3. Read the verse through several times thoughtfully, aloud or in a whisper. This will help you grasp the verse as a whole. Each time you read it, say the topic, reference, verse, and then the reference again.
4. Learn the topic and reference, then learn the first phrase of the verse. Once you have learned the topic, reference, and the first phrase and have repeated them several times, continue adding more phrases after you can quote correctly what you have already learned.
5. Pray over each verse and think about how it applies to your life.
6. Writing the verse out can be helpful. This deepens the impression in your mind.
7. Test yourself, or find a friend to check you on the verse – or memorize it together!
8. Review! Review! Review! Repetition is the best way to engrave the verse(s) on your memory.

\*\* Helpful hint: set the verse(s) to music!

Final encouragement to memorize Scripture:

Proverbs 2:1-5

"My son, if you receive my words  
and **treasure up** my commandments with you,  
making your ear attentive to wisdom  
and inclining your heart to understanding;  
yes, if you call out for insight  
and raise your voice for understanding,  
if you seek it like silver  
and search for it as for hidden treasures,  
then you will understand the fear of the LORD  
and find the knowledge of God."

**Today's meditation verse**

John 10:28 "I give them eternal life, and they will never perish, and no one shall snatch them out of my hand."