

Week 9

May 30, 2021

Topic: Bible Meditation and Memorization

Sermon Text:

Sermon Notes:

My Personal Discipleship Pathway:

What is the most important thing that I learned this week from the personal, spiritual disciplines that I chose to work through?

How will this truth impact my life? What will I do as a result?

What do I need to pray for as a result of my personal studies?

Who do I need to talk to about this for accountability?

Questions for Reflection:

In our studies last week, we were introduced to the concept of meditating on Scripture. Unlike Eastern methods of meditation which encourage you to empty your mind, biblical meditation encourages you to fill your mind with the Word of God. Read Colossians 3:16. What does it mean to let the Word of Christ dwell in you richly?

Read Psalm 119:9-11. Why is it important to memorize the Word of God?

Read Joshua 1:8. In the next few moments, write out the entirety of this verse in at least three places (e.g. a post it note, 3x5 note card, wallpaper of your phone or computer, here in your Recharge book, etc.). Place the handwritten copies of Joshua 1:8 in various places where you will see them regularly in order to memorize it this week. If you already have Joshua 1:8 memorized, choose a different verse to memorize this week.

When you've had to memorize something, what helped you to make that happen? If something else works better for you, will you do that?

(For more insight about memorizing Scripture, see **Appendix 5**.)

Scripture Meditation Journal:

Title:

Date:

Bible Reading: Psalm 119:1-56

Focus Text:

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

In **Appendix 6**, there are several methods described for meditating on God's Word. Choose one of these methods and spend at least 15 minutes using that method to meditate on God's Word. You may choose to meditate on Joshua 1:6-9 or just focus in on verse 8. Use the space below to record what you learn from this time of meditation.

If you do not want to utilize any of the methods in **Appendix 6**, you could utilize the Lectio Divina method found in **Appendix 2**.

Scripture Meditation Journal:

Title:

Date:

Bible Reading: Psalm 119:57-112

Focus Text:

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

By now, you should be getting close to memorizing Joshua 1:8.
Write it out from memory in the space below.

Were you able to write the verse without any mistakes? | Yes | No |

How has spending time thinking about and memorizing this verse
affected you this week?

Read John 2:18-22. How important is it that you remember what the
Bible says? How will Bible memorization impact your life?

Scripture Meditation Journal:

Title:

Date:

Bible Reading: Psalm 119:113-176

Focus Text:

Consider using either the SOAP Journal or Lectio Divina method.

Appendix 2:

LECTIO DIVINA

Here is a brief outline of the *lectio divina* process. As mentioned before, *lectio divina* is an attempt to balance silence and the Word. Before you begin, choose a passage of Scripture that you would like to focus on. The passage should not be more than 6-8 verses in length.

Once you have your Bible ready, begin with a time of silence. There is no specific timeframe here, but it should be long enough to clear your mind of the “world’s noise” so you can focus on your time with God. Each time you read your passage, read it aloud and read it slowly so that the Holy Spirit has time to speak to your heart in the process. You will need a journal to be able to record the things that God reveals to you through this process. God bless you as you seek Him!

Silence

Focused breathing while praying Psalm 119:18.

First Reading – Read (*Lectio*)

Looking for God’s Word for me from His Word.

Silence

Focused breathing while thinking about God’s word for me.

Second Reading – Reflect (*Meditatio*)

Why is this God’s Word for me today?

Silence

Third Reading – Respond (*Oratio*)

How will I respond to God’s Word for me today?

Silence

Fourth Reading – Rest (*Contemplatio*) & Resolve (*Incarnatio*)

Resolving to abide in and obey His Word for me today.

Appendix 5:

HOW CAN I MEMORIZE SCRIPTURE?

Memorization of Scripture equips you for daily meditation on God’s Word. **It makes meditation possible anywhere, anytime**—not just when it’s convenient to pull out a Bible.

Since memorization of Scripture requires a significant investment of time and effort, some conclude that simply reading and studying the Bible is sufficient. However, God promises special blessings to those who meditate on His Word day and night, an activity that is made possible through the discipline of memorization.

- *“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”* (Joshua 1:8).
- In Psalm 1, a man who is blessed by God is described in this way: *“**His delight is in the law of the Lord; and in his law doth he meditate day and night**”* (verse 2).
- *“Thy word have I hid in mine heart, that I might not sin against thee”* (Psalm 119:11).

ASK SOMEONE TO HOLD YOU ACCOUNTABLE

If you make a commitment to memorize Scripture on a consistent basis, ask someone to hold you accountable to keep your commitment. Choose someone whom you do not want to disappoint, and **set a time each week when you will quote to him** the verses you have memorized that week.

It is usually best to recruit an accountability partner who is not a family member. When you experience special pressures, family members will be aware of those and may assume that you were unable to do your memory work that week. However, if you are accountable to someone outside your family, he will expect to hear you quote your Scripture verses regardless of what excuses may arise.

Accountability will help you make Scripture memorization a priority in your life.

LOOK FOR TIME TO MEMORIZE SCRIPTURE

Most people have more time for memory work than they realize they have. Here are a few suggestions to consider as you find time to memorize. (See Ephesians 5:15–16.)

- **Write your memory verses on 3 x 5 cards.**
- **Tape the cards in key places** in your home to remind you to memorize and meditate on those verses.
- **Carry the cards with you** in your purse or wallet. As you wait for appointments, stand in line, ride the bus, or do similar activities, make the most of your time.
- **Make an audio recording** of your verses. Listen to it as you ride to work or travel elsewhere during the day.
- **Listen to recorded Scripture** as you do other tasks.

Be alert to other opportunities to use your time wisely by memorizing Scripture.

USE A PRACTICAL METHOD TO MEMORIZE SCRIPTURE

Just as there are various methods of exercise, **there are also various ways to memorize a passage.** The following suggestions may be helpful to you as you memorize a verse at a time, using pen and paper as tools.

- **Write out the passage**, printing one idea, or thought, per line.
- Indent ideas that support the main thought.
- **Highlight key words**.
- Make the first letter of some lines bold.
- **Underline key words** or phrases.
- **Draw boxes** around words or phrases that you tend to forget.
- If you still forget key words, enlarge them in the boxes.

(From <https://iblp.org/questions/how-can-i-memorize-scripture>)



**What are the most effective tools for you
to use when memorizing the Bible?**

Appendix 6:

HOW CAN I MEDITATE ON SCRIPTURE?

The words of Scripture are living words (See Hebrews 4:12). They contain eternal wisdom held in the shell of human words. God wants us to “break open” these human words and begin to discover the rich wealth of personal application and understanding that they hold. This goal can be accomplished as you memorize and meditate on Scripture.

The Apostle Paul said, “*Let the word of Christ dwell in you [live in you] richly in all wisdom*” (Colossians 3:16). **Meditation on Scripture will cause Scripture to “dwell in you” and become a source of wisdom in your mind, will, and emotions.**

Remember, meditation cannot be done in a hurry. It takes time. Doing studies on the meaning of a passage and committing it to memory prepare you to meditate on it. As you meditate, the Holy Spirit will teach you the ways of God through His Word. (See John 16:13.) Use the following keys to meditation:

WORSHIP GOD IN YOUR SPIRIT

Your times of meditation should be times of worship and fellowship with God. Worship God in your spirit as you quote God’s Word back to Him. Reverence God’s Word and **purpose to “do according to all that is written therein”** (Joshua 1:8).

PERSONALIZE THE PASSAGE

Turn the Scripture into a first-person prayer back to God. Personalize it by putting it in the first person, using *I*, *me*, and *my*. For example, Colossians 3:16 (quoted above) could be personalized by saying, “Let the word of Christ dwell in ME richly in all wisdom.” **When you put Scripture in the first person, it becomes a living expression within your heart**, which is one aspect of meditation.

GIVE ATTENTION TO EACH WORD OF EACH VERSE

Focusing on one verse at a time, quote it to the Lord, pondering each word. **With each recitation of a verse, emphasize a different word.**

For example, if you are meditating on John 3:16, you would emphasize a different word each time you repeated the passage:

- “**For** God so loved the world”
- “For **God** so loved the world”
- “For God **so** loved the world”
- “For God so **loved** the world”
- “For God so loved **the** world”
- “For God so loved the **world**”

Be attentive. This simple method of meditation will reveal new insights and give you greater understanding of phrases and sentences. As you hear the words of the passage, you will discern nuances and associations that are often overlooked when the passage is read silently.

“Martin Luther, one of the pivotal figures of church history, gave detailed instructions on how to meditate ‘**You should meditate not only in your heart, but also externally, by actually repeating and comparing oral speech and literal words of the book, reading and rereading them** with diligent attention and reflection, so you may see what the Holy Spirit means by them.’” (Doug McIntosh, *God Up Close: How to Meditate on His Word*, Moody Press, Chicago, Ill., 1998, 65.)

ILLUSTRATE THE MAIN CONCEPTS FOUND WITHIN THE PASSAGE

As you memorize and meditate on a passage, **look for Biblical concepts and patterns.** Sometimes drawing simple illustrations with stick figures and symbols can help you remember the main ideas of the passage. Not only will the actual creation of the illustration help you further meditate on the meaning of the passage, but your illustration can serve as a simple summary of what the Lord taught you through meditation on His Word.

Each illustration should represent your current understanding of the action being described in the verse or phrase. **As your understanding of the verse deepens, your illustrations will expand.**

MEDITATE ON SCRIPTURE AS YOU GO TO SLEEP AT NIGHT

One of the most critical times to meditate on God’s Word is as you go to sleep each night. In Scripture, there are many references to meditating on Scripture at this time. (See Joshua 1:8, Psalm 1:2, 63:6, and 119:148.)

The quiet moments of preparing for sleep offer an ideal setting for contemplation and fellowship with the Lord. The thoughts that are on your mind as you go to sleep will be in your subconscious mind all through the night. They will strongly influence your attitudes the next day, consciously or subconsciously.

RESPOND TO GOD AS HE TEACHES YOU

As you meditate, **don’t be discouraged if you have to go over the passage several times before insights begin to come to mind.** As God reveals an insight to you, pray it back to Him and ask Him for the grace to apply that truth in your life. If the Holy Spirit convicts you of sin in your life, confess it to the Lord and be forgiven.

(From: <https://iblp.org/questions/how-can-i-meditate-scripture>)

