

# How to Memorize Scripture:

Memorizing Scripture is a powerful spiritual habit that helps God's Word to sink deeper into our heart, mind, and daily life. It's a way of meditation that goes a lot farther back than yoga mats and spiritual gurus. Psalm 1 says,

*"blessed is the one.... whose delight is in the law of the LORD,  
and who meditates on his law day and night.*

*<sup>3</sup> That person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers."*

Meditation means simply to "chew on" the meaning of something—to break it down, savor it, digest it so that it becomes a part of you.

**Since memorizing Scripture can be a new practice, here are a few tips to get started:**

- **W: Write it down**
  - **On a card or something you can take with you**
- **O: Out Loud**
  - **Read it, repeat a phrase at a time until you can do it without the card**
- **R: Regularly look at it**
  - **Put it in your car or place you can see it**
- **D: Depend on God**
  - **Don't just do it for information, but for transformation**

By the time you have finished the mentoring journey, you will have committed 18 verses to memory! Any new habit takes practice and trial and error. There is no one "right way" to do it. The most important thing is letting God's Word get inside of you.

***"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your minds. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will." Romans 12:2***