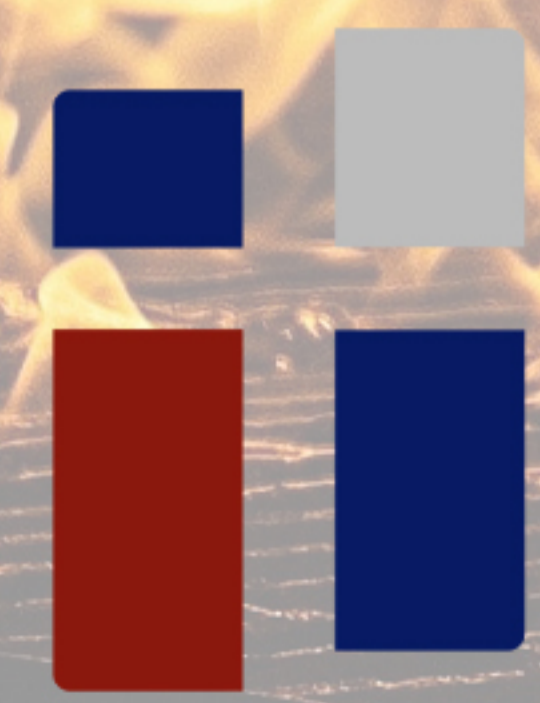


“Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”

COLOSSIANS 3:16 (NIV)

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BIBLE
MEMORIZATION
BIBLE MEDITATION

BIBLE MEMORIZATION AND BIBLE MEDITATION IGNITE

BIBLE MEMORIZATION

What is it?

Committing word-for-word to memory portions of Scripture

Why is it important?

Allows the Holy Spirit to change and govern our minds.

How is it helpful to one's spiritual life?

- Having verses memorized makes meditation easier since we can then meditate anywhere and anytime.
- Having verses memorized gives the Holy Spirit weapons to use when we are faced with temptation because he can bring them to our minds. (Ephesians 6:17)
- Having verses memorized allows us to speak God's Word to others spontaneously. (Colossians 3:16)
- Having verses memorized gives our message to others credibility. (Romans 10:17; 1 Peter 3:15; 2 Timothy 3:15)
- Having verses memorized gives comfort during trials and bereavement.

BIBLE MEDITATION

What is it?

In the words of J. I. Packer in Knowing God: "It is the activity of calling to mind and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God." The source of meditation is the Bible.

Why is it important?

Meditation on God's Word helps us gain perspective about God, how God sees us, and how we should see ourselves and others.

How is it helpful to one's spiritual life?

- Without Christ, our minds are dark places. Meditating on God's word allows the Holy Spirit to change and govern our minds. (Romans 8: 5-6)
- We are transformed daily as God renews our minds. (Romans 12:1-2)
- We gain wisdom from above that can help us every moment of our lives. (James 3:14-17)
- We are strengthened by claiming the promises of God. (2 Peter 1:3-4)
- Meditating on God calms our Spirit, so we find the peace that passes all understanding. Isaiah 26:3-4, Phil 4:8-9
- Meditation on God gives energy when the work is unending. (1 Timothy 4:15 1 Sam 12:24)
- Meditation on God gives hope when the outlook is bleak. (Psalm 23)
- We develop a stronger prayer life. (John 15:7)
- We are motivated to repent and live better. (Psalm 39:3; Rev 2:5)

MEMORIZING MATTHEW 5-7 THE SERMON ON THE MOUNT

Daily Procedures

1. Give priority to reviewing old verses. Always give priority in your mind to the retaining of old verses over the learning of new ones.
2. Repetition over time. Saying a verse one hundred times in one day is not as helpful as saying it every day for one hundred days. The key is repetition over a long period.
3. Memorizing the verse numbers. This will help prevent dropping verses and help to quote appropriate individual verses.
4. "Photographing" the verses with your eyes. Read each new verse looking at each word as though photographing it with your eyes.
5. Say it out loud. Use the additional sensory input to your brain.

Sample Daily Procedure for Matthew 5-7

DAY ONE - Read Matthew 5:1 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. You're done for the day.

DAY TWO - Recite yesterday's verse, Matthew 5:1 ten times, being sure to include the verse number. Look at the verse if you need to, just to refresh your memory. New verse: Now, read Matthew 5:2 ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then, recite it from memory ten times. You're done for the day.

DAY THREE - Recite yesterday's verse Matthew 5:2 ten times, being sure to include the verse number. Look at the verse if you need to, just to refresh your memory. Old verses next, altogether: Recite Matthew 5:1-2 together once, being sure to include the verse numbers. No, do your new verse. New verse Read Matthew 5:3 ten times out loud, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then, cover the page and recite it ten times. You're done for the day.

DAY FOUR - Recite yesterday's verse Matthew 5:3 ten time, being sure to include the verse number. Look at the verse if you need to, just to refresh your memory. Old verses next Recite Matthew 5:1 - 3 together once, being sure to include the verse numbers. New verse Now, read Matthew 5:4 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. You're done for the day.

Sample Weekly Schedule - Memorizing 5 Verses a Week

Week 1 Matthew 5:1-5	Yesterday's verse	Old verses together	New verse
Day 1			Matthew 5:1
Day 2	Matthew 5:1	Matthew 5:1	Matthew 5:2
Day 3	Matthew 5:2	Matthew 5:1-2	Matthew 5:3
Day 4	Matthew 5:3	Matthew 5:1-3	Matthew 5:4
Day 5	Matthew 5:4	Matthew 5:1-4	Matthew 5:5