

HIDE GOD'S WORD IN YOUR HEART

A 4-week Scripture
memory intensive



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You've heard the phrase, "You are what you eat." It's a simplified way of expressing the idea that the physical food you take in has a direct impact on how you feel and behave. If you make a habit of eating nutritious, wholesome food, you will have more energy, better stamina, increased clarity of thought, and stronger muscles than if you feed your body with nothing but junk food.

The same is true spiritually speaking. What you take in has a direct impact on your growth, your behavior, your thinking, and your influence on the world around you.

You are the one who gets to decide what spiritual food you will feast on each day. What will you read, view, and hear? Whose voice will you listen to? What images will you look at? What media will you consume? What messages will you internalize?

The answers to these questions will determine who you become as a person. Will you partake of spiritual junk food? As they say, "Garbage in, garbage out." Or, on the other hand, will you decide to internalize valuable, healthy input so that your character and behavior will exhibit the wholesome qualities that we all desire?

The significance of what we consume is just one of the reasons that Scripture memory is so important. When we commit the Words of Life to memory, we are impressing them on our heart and mind. We are consuming truth, life, and love. And just like with our physical bodies, when we exercise our faith using those nutrients we've consumed when we need it most.

In this eBook, we will focus on memorizing four key passages of the Bible. The goal is to intentionally memorize these truths to apply to your life. You want to make them a part of *who you are*, *how you think*, and *what you do*. With that in mind, we've also included questions to help you meditate on the verses and apply them to your life. Be sure to take time to ponder those questions and challenge yourself to live out what you are taking in.

I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you. (Psalm 119:10-11 NIV)

Blessings,
The Navigators

Week 1 – New in Christ

Day 1

Read the verse several times as you work to commit it to memory. Say it out loud so that you are hearing it as well! Try practicing with a friend or family member and ask them to quiz you throughout the week.

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. —2 Corinthians 5:17 ESV

Day 2

Fill in the blanks from memory:

Therefore, if anyone is in Christ, he is a new _____. The _____ has passed away; behold, the new has come. —2 Corinthians 5:17 ESV

Application question: What things have changed in your life since you became a Christian?

Day 3

Fill in the blanks from memory:

Therefore, if anyone is in _____, he is a new _____. The _____ has passed away; behold, the _____ has come. —2 Corinthians 5:17 ESV

Application question: What is the key to living a truly new life?

Day 4

Fill in the blanks from memory:

_____, if anyone is in _____, he is a new _____. The _____ has _____ away; behold, the _____ has come. —2 Corinthians 5:17 ESV

Application question: What has happened to your “old” life?

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Day 5

Fill in the blanks from memory:

_____, if anyone is in _____, he is a new _____. The _____
has _____ away; _____, the _____ has come.

—2 _____ 5:17 ESV

Application question: How does/should this verse impact your relationships with others?

Day 6

Write the entire verse completely from memory:

Application question: What should your prayer be today in light of this verse?

Day 7

Rest and reflect!

Week 2 – Obedience in Christ

Day 1

Read the verse several times as you work to commit it to memory. Say it out loud so that you are hearing it as well! Try practicing with a friend or family member and ask them to quiz you throughout the week.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. —Romans 12:1 ESV

Day 2

Fill in the blanks from memory:

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living _____, holy and acceptable to God, which is your spiritual _____.

—Romans 12:1 ESV

Application question: What things in your life can/should be sacrificed in spiritual obedience?

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Day 3

Fill in the blanks from memory:

I appeal to you therefore, brothers, by the mercies of God, to _____ your bodies as a living _____, holy and _____ to God, which is your spiritual _____.

—Romans 12:1 ESV

Application question: How does it make you feel to know that God sees your sacrifice of obedience as “holy and acceptable”?

Day 4

Fill in the blanks from memory:

I _____ to you therefore, brothers, by the mercies of God, to _____ your _____ as a living _____, holy and _____ to God, which is your spiritual _____. —Romans 12:1 ESV

Application question: How is your sacrifice a kind of worship?

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Day 5

Fill in the blanks from memory:

*I _____ to you therefore, brothers, by the _____ of God, to _____
your _____ as a living _____, _____ and _____ to God, which is
your spiritual _____. — _____ 12:1 ESV*

Application question: How does/should this verse impact your relationships with others?

Day 6

Write the entire verse completely from memory:

Application question: What should your prayer be today in light of this verse?

Day 7

Rest and reflect!

Week 3 – The Value of God’s Word

Day 1

Read the verse several times as you work to commit it to memory. Say it out loud so that you are hearing it as well! Try practicing with a friend or family member and ask them to quiz you throughout the week.

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness. —2 Timothy 3:16 ESV

Day 2

Fill in the blanks from memory:

All _____ is breathed out by God and profitable for teaching, for reproof, for correction, and for training in _____. —2 Timothy 3:16 ESV

Application question: Do you feel that you are open to receiving reproof and correction from God’s Word in every aspect of your life?

Day 3

Fill in the blanks from memory:

All _____ is breathed out by _____ and profitable for _____, for reproof, for correction, and for training in _____. —2 Timothy 3:16 ESV

Application question: If the study of God’s Word is like training, what can you anticipate from your training sessions?

Hide God's Word in Your Heart

Day 4

Fill in the blanks from memory:

All _____ is breathed out by _____ and _____ for _____, for _____, for correction, and for training in _____ . —2 Timothy 3:16 ESV

Application question: This verse says that “all” Scripture is from God and is profitable. Are there portions of Scripture that you struggle with believing to be true, accurate, or helpful?

Day 5

Fill in the blanks from memory:

All _____ is breathed out by _____ and _____ for _____, for _____, for _____, and for training in _____ .
—2 _____ 3:16 ESV

Application question: How does/should this verse impact your relationships with others?

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Day 6

Write the entire verse completely from memory:

Application question: What should your prayer be today in light of this verse?

Day 7

Rest and reflect!

Week 4 – From Worry to Prayer

Day 1

Read the verse several times as you work to commit it to memory. Say it out loud so that you are hearing it as well! Try practicing with a friend or family member and ask them to quiz you throughout the week.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

—Philippians 4:6-7 ESV

Day 2

Fill in the blanks from memory:

Do not be _____ about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to _____. And the _____ of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. —Philippians 4:6-7 ESV

Application question: What things are you feeling anxious about today?

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Day 3

Fill in the blanks from memory:

Do not be _____ about anything, but in everything by _____ and supplication with thanksgiving let your requests be made known to _____. And the _____ of God, which surpasses all _____, will guard your hearts and your minds in Christ _____. —Philippians 4:6-7 ESV

Application question: Why do you think thanksgiving should be part of your requests to God?

Day 4

Fill in the blanks from memory:

Do not be _____ about _____, but in everything by _____ and supplication with _____ let your requests be made known to _____. And the _____ of God, which surpasses all _____, will guard your _____ and your minds in Christ _____.

—Philippians 4:6-7 ESV

Application question: In what ways does God's peace act as a guard to your heart and mind?

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Day 5

Fill in the blanks from memory:

*Do not be _____ about _____, but in _____ by _____ and
supplication with _____ let your _____ be made known to
_____. And the _____ of God, which surpasses all _____, will
guard your _____ and your _____ in Christ _____.*

— _____ 4:6-7 ESV

Application question: How does/should this verse impact your relationships with others?

Day 6

Write the entire verse completely from memory:

Application question: What should your prayer be today in light of this verse?

Day 7

Rest and reflect!

Conclusion

Thank you for taking the time to commit these Scriptures to memory! We pray that they will comfort, guide, and help you in times of need.

For review, fill in the blanks below:

Week 1

_____, if anyone is in _____, he is a new _____. The _____ has _____ away; _____, the _____ has come.

—2 _____ 5:17 ESV

Week 2

I _____ to you therefore, brothers, by the _____ of God, to _____ your _____ as a living _____, _____ and _____ to God, which is your spiritual _____. — _____ 12:1 ESV

Week 3

All _____ is breathed out by _____ and _____ for _____, for _____, for _____, and for training in _____. —2 _____ 3:16

ESV

Week 4

Do not be _____ about _____, but in _____ by _____ and supplication with _____ let your _____ be made known to _____.

And the _____ of God, which surpasses all _____, will guard your _____ and your _____ in Christ _____. — _____ 4:6-7 ESV

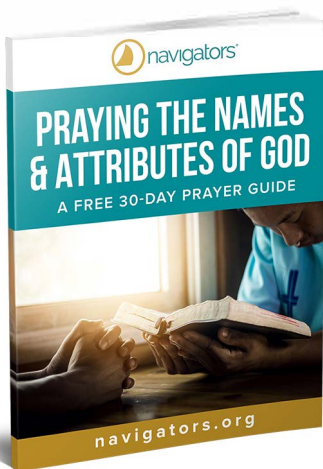
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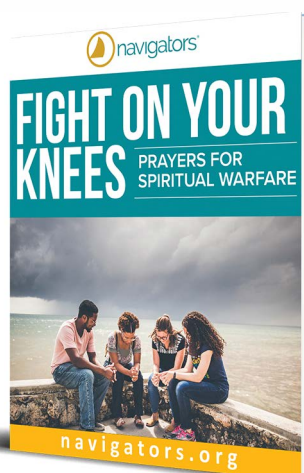
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