

Deeply Rooted in the Disciplines of Meditation & Memorization

Hiding God's Word in Your Heart

I remember as a child one of the first verses I memorized from the Bible was Psalm 119:11, in the King James Version because that is what we used at the time: ***Thy word have I hid in mine heart, that I might not sin against thee.*** I remember being taught the importance of memorizing God's Word so you could recall it in times of need.

Not too long ago I had to have one of those standard medical procedures that are done on people once you reach a certain age. The preparation the night before was horrible, but when I actually went into the curtained off room to get ready for the procedure, my anxiety was quite high. I will be honest, I was scared to death. My blood pressure let the nurse know that I was nervous. She told me I needed to do something to calm down. She said think of being on vacation or any other happy thoughts. She left to check on another patient.

There I lay with nothing to look at, and no phone to distract me. It was very quiet (shouldn't they play elevator music or something) and I was completely alone. I was freaking out, and if I had been wearing more than a hospital gown I might have just bolted for the door. As I lay there afraid and alone, those verses that I had taken the time to hide in my heart over the years came back to me. Verses such as:

When I am afraid, I put my trust in you. Psalm 56:3

I sought the Lord and he heard me and delivered me from all my fears.
Psalm 34:4

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul; he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Psalm 23:1-4 KJV

As I recalled these, and other verses, I began to calm down, and my blood pressure lowered. Even though I was alone in that curtained room, I wasn't alone. The Lord was with me. He brought verses that I had taken the time to memorize over the years back to mind, to calm me, to comfort me and to give me peace.

The time came for them to wheel me into the procedure room. I got nervous again. The verse I had read and meditated on earlier that morning came to my mind, Psalm 3:3. As they wheeled me to the procedure room, I was singing the song in my head: ***Thou oh Lord, are a shield about me, my glory and the lifter of my head.*** I kept the idea of the Lord being my shield, which meant He was right there in front of me, protecting me in my mind as they sedated me. When I woke from the anesthesia the song was still going through my mind.

Had I not taken the time to memorize Scripture, I would not have been able to recall them in the time of need.



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Conversation Starters

Gather with some friends and spend some time discussing the importance of Bible meditation and memorization.

- ◆ What is your attitude toward memorization?
- ◆ What sort of things have you memorized without trying?
- ◆ What was that like for you?
- ◆ What are the lyrics to your favorite song, or what lines from your favorite movie can you quote?
- ◆ What was one of the first Bible stories you remember hearing? Why do you think you remember it?
- ◆ What was one of the first verses of Scripture you memorized?
- ◆ Why do you think meditation on and memorization of Scripture is important?
- ◆ Where are some practical ways you can meditate (think about) on Scripture in your daily life?
- ◆ How might you share God's Word with someone today?
- ◆ What was one of the first Bible

“When you memorize God’s Word you increase the Holy Spirit’s vocabulary in your life. When you meditate on Scripture, it sinks down into your heart and becomes part of who you are.” Linda Dillow

Additional Resources

Check out our website for more resources to help you be rooted in the disciplines of meditation & memorization
<https://usw-womensministries.org/>

Bible Study: *Meditation & Memorization of Scripture* by Captain Jan Pemberton

Blog: *Mediation and Memorization of Scripture* by Colonel Genevera Vincent

Devotional: *Meditating on God’s Word* by Captain Jan Pemberton

Craft Idea: *Prayer Hand Knit Blanket*

Praying Scripture

Praying Scripture is simply praying by God’s Word to Him. Jesus modeled this for us. When Jesus said on the cross, **“My God, my God, why have you forsaken me?”** (Mark 15:34) He is praying Scripture to God the Father. He is praying the words from Psalm 22:1.

Praying Scripture is a great way to help you meditate on and memorize God’s Word. Praying Scripture gives us words to say, when we have no words. Praying Scripture aligns our requests with God’s heart. Kristyn Perez wrote, “Praying through the Word gives us a greater understanding of Scripture as we slow down to meditate on it. It keeps us theologically grounded and gives us time to think on God’s Word as it dwells deeply within our hearts.

Praying Scripture doesn’t always change the situation like we want, but it always changes the situation of our heart. Praying Scripture changes our perspective on the situations we’re facing and empowers us to leave the requests with God. Here is an easy way to pray Scripture daily using the acronym IOUS:

Lord,

I—*Incline my heart to Your testimonies, and not to covetousness. Turn away my eyes from looking at worthless things, and revive me in Your way* (Psalm 119:36-37 NKJV).

O—*Open my eyes that I may see wonderful things in your law* (Psalm 119:18 NIV).

U—*...Unite my heart to fear Your name* (Psalm 86:11b NKJV).

S—*Satisfy [me] in the morning with your unfailing love, that [I] may sing for joy and be glad for all [my] days* (Psalm 90:14 NIV)



How about memorizing one verse from each book of the Bible?

Flourishing in the Word

Mike Nappa, in his article, “An Amazing Summary of the Bible in These 66 Verses” challenges people to memorize one key thought from each of the 66 books of the Bible. Below are the 66 key verses that he chose to help remember the story, message or meaning inherent in each of the 66 books of the Bible. Spend time meditating and memorizing them.

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| Aug 1 | Gen 1:27, Exodus 20:2-3 | Aug 18 | Haggai 1:13, Zech 9:9 |
| Aug 2 | Lev 19:18, Num 23:19 | Aug 19 | Mal 4:2, Matthew 5:17 |
| Aug 3 | Deut 6:5, Joshua 1:9 | Aug 20 | Mark 10:41, Luke 2:11 |
| Aug 4 | Judges 2:16-17, Ruth 1:16 | Aug 21 | John 6:68, Acts 4:12 |
| Aug 5 | 1 Sam 16:7, 2 Sam 22:2 | | Rom 5:8 |
| | 1 Kings 8:23 | Aug 22 | 1 Cor 13:4-5, |
| Aug 6 | 2 Kings 4:44, 1 Chron 29:10 | | 2 Cor 5:17 |
| Aug 7 | 2 Chron 7:14, Ezra 7:10, Neh 8:10 | Aug 23 | Gal 3:28, Eph 3:20-21 |
| Aug 8 | Esther 4:14, Job 13:15 | Aug 24 | Phil 4:6, Col 1:15-16 |
| Aug 9 | Psalm 27:13-14, Prov 3:5 | Aug 25 | 1 Th 5:17, 2 Th 3:13 |
| Aug 10 | Eccl 3:10, Song of Songs 2:4 | Aug 26, | 1 Tim 4:12, 2 Tim 3:16 |
| Aug 11 | Isaiah 9:6, Jeremiah 15:16 | Aug 27 | Titus 3:5, Phile 1:4-5 |
| Aug 12 | Lam 3:22-23, Ezek 33:11 | Aug 28 | Heb 4:16, James 1:17 |
| Aug 13 | Daniel 12:3, Hosea 6:6 | Aug 29 | 1 Pet 4:10, 2 Pet 1:3 |
| Aug 14 | Joel 2:32, Amos 4:13 | Aug 30 | 1 John 4:1, 2 Jn 1:5, |
| Aug 15 | Obad 1:15, Jonah 4:2 | | 3 Jn 1:11 |
| Aug 16 | Micah 6:8, Nahum 1:7 | Aug 31 | Jude 1:22, |
| Aug 17 | Hab 3:19, Zeph 3:17 | | Rev 21:4 |

Flourishing Ideas from the Territory

Anaheim, CA made beautiful “diamond art” pictures with motivational quotes on them.

Chuuk, Micronesia women are learning to cook nutritious meals.

Hanapepe, HI enjoyed their visit to the Kauai Veterans Memorial hospital after receiving an invitation to lead a worship service for the veterans.

Hollywood, CA women made Easter special for the corps by putting together a program and made breakfast, as well as a pinata for the kids. There was also a pinata for the ladies to break and enjoy.

Murrieta, CA made “whipped” soaps in their program, “Cleanliness is Next to Godliness.”

Narmiej, Marshall Islands had a Scripture reading and memorization challenged that earned the women prizes!

Pasadena, CA filled all the eggs for the Corps Easter Egg Hunt. There was a special egg hunt for the women and some of these eggs were filled with cash!

Riverside, CA started a monthly Family night sponsored by WM. Their first meeting they played Bible Jeopardy.

Meditating on Scripture

I know I am not the only one, but after I have had my time with God in the morning, often I don't even remember what I read. The discipline of meditation is way to keep God's Word in your thoughts throughout the day. Scriptural meditation is simply reading, thinking about, chewing on and mulling over a passage of Scripture, a verse, or sometimes even just a word.

Internalize As you read the Bible, when a verse, or even a phrase jumps out at you, stop and simply focus on that verse or phrase. Spend time asking yourself what spoke to you about that verse or phrase.

Personalize. Spend time making the verse personal. Whenever you can put your name in it, the more you will take it to heart. If you are meditating on **Psalm 119:73** you could personalize it this way: ***Your hands made me and formed me; give me understanding to learn your commands.*** Every time it says "me," insert your name. If it is a command from God, add your name, so you know that it is meant for you.

Visualize. If the passage you are meditating on has a visual picture, draw it or print out a picture reminds you of the verse. Display it where you will see it often. Sometimes verses don't have obvious pictures, but they evoke a feeling. If your verse is about peace, visualize your verse with something that makes you feel peaceful, such as sitting by the beach.

Prioritize. Meditating on God's Word takes time, we just have to choose to take time for it.



***"I meditate on your precepts and consider your ways.
I delight in your decrees; I will not neglect your word."***

Psalm 119:15-16



Ways to Memorize Scripture

1. Write it out. We retain more when we also write it out. Try writing the verse you are memorizing several times a day.
2. Now that you have written it out, display it in places you will see it often. Write it on a sticky note and stick on your mirror to look at while getting ready for work in the morning. Make your verse your screensaver on your phone.
3. Tie it to another activity. Review and recite your verses while eating breakfast, brushing your teeth, or walking the dog.
4. Set a daily alarm. Set a reminder on your phone and take two minutes to read and recite the passages your memorizing during the day.
5. Listen to your verse. Record yourself reading the verse, and then listen to it.
6. Practice before bed. Before going to bed, read and recite the verses again. You will go to sleep thinking about God's Word.