



She Opens Her Mouth in Wisdom

Memorizing and Meditating on Scripture

Cathy Hale | Proverbs 31:26

1. How can a young man....

How can young man keep his way pure?
By keeping it according to Your word.

Your word I have treasured in my heart,
That I may not sin against You.

- Psalm 119:9 & 11

2. How can a young man keep his way pure?

3. By keeping it according to Your word...

4. Your word I have treasured in my heart,

5. That I may not sin against You.



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Preparation

1. Pick a verse or a short passage to memorize
2. Write it on a note card
3. Write the reference at the top of the card
4. Turn the card to the back
 - a. Write the reference on the bottom
 - b. Write "1st, 2nd, 3rd, 4th" (see sample)

Doing it

1. Repetition each day.

Say the verse out loud. At first you will need to read it, but soon you will recall more and more of it without looking.

Repeat it:

- 25 times the 1st day
- 20 times the 2nd day
- 15 times the 3rd day
- 10 times the 4th day.

Notate the number of times you say the verse next to the corresponding day on the back side of the card. Use the "chicken scratch" method – making a mark each time you say the verse.

2. Daily.

After your first four days, you will say this verse ONCE each day for 45 days. Notate this just below "4th". Begin a new verse on this day – saying it 25 times.

3. Weekly.

When you've said the verse for 45 days, write the name of the day you finish under your 45 chicken scratches. Then say the verse once each week on that day each week, for 7 weeks.

4. Monthly.

You should know the verse VERY well at this point – you've said it 122 times!! In order to remember it, though, it is best to review it once a month. So, on the 1st of each month (or whatever date you choose to use) review all of your monthly verses.

You will eventually be doing

1. One verse many times each day
2. Some verses once each day
3. Some verses once each week
4. Some verses once each month

This memory method is taken from Ron Hood's booklet *How to Successfully Memorize and Review Scripture*.

Sample Card

1st |||| |||| |||| |||| ||||
2nd |||| |||| |||| ||||
3rd |||| |||| ||||
4th |||| ||||

|||| |||| |||| |||| |||| |||| |||| |||| ||||
Tuesdays |||| ||

Psalm 119:11