



God's Word

store it in your heart

Start Here

During your journey with God, you have heard and read many verses from the Bible. What is one of your favourite verses? Why?

Can you share more than one verse?

Discuss

Top class musicians practice so much that playing their instrument is second nature to them, helping them perform in front of thousands of people. Athletes practice their sport so much that they develop 'muscle memory', which helps them compete effectively, even under great pressure.

What is something that is difficult for other people, but which you have done so much that it has become second nature to you?

Main Idea

The more we store God's Word in our hearts, the more fruitful our journey becomes.

At first, studying and focusing on God's Word can be challenging. There is much we don't easily understand. But the more we meditate on it and allow our minds and hearts to be filled with it, the more strength, insight and guidance we receive.

Explore the Word

Read the following passages. For each one, note and discuss the benefits and blessings of knowing God's Word.

Discuss how each of these blessings would impact your life.

1. Psalm 37:31
2. Psalm 1
3. Psalm 119:105

Practice Together Now

One important way of filling our minds and storing God's word in our hearts is memorization.

When we memorize a verse, we can meditate on it, absorb it into our beings, and bring it to mind quickly when it matters.

So, let's start memorizing key verses to help us on our journey.

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There are countless wonderful verses in the Scriptures which help us in different seasons of life. God can also speak through us to others when we share a verse.

Use the rest of the time to memorize Scripture together.

- Choose a verse.
 - Use the list below or any verse that is special to you.
- Memorize the verse.
 - Spend a few minutes memorizing it, then share it from memory with each other.
- Meditate on the verse you have chosen.
 - Take two minutes to think about every word in the verse.
 - Put the emphasis on different words every time you say the verse.
 - For example, Psalm 105:4 “**Look** to the Lord and his strength; seek his face always.” (NIV)
 - Then: “Look to the Lord and his **strength** ; seek his face always.”
 - Then: “Look to the Lord and his strength; **seek** his face always.”
- Share with each other what blessed and encouraged you as you meditated on the verse.
- Write the verse down so that you can review it daily.
 - Perhaps put it on a reminder that will pop up daily on a phone or other device.

If you have time, you can do this together with more than one verse.

Review your Practice Daily

- Repeat the verse you memorized daily.
- Share it with others explaining why you love it. Call them or text it to them, or share the verse on social media.
- Use the verse you memorize to speak the Word of God into relevant situations you encounter throughout the week. For example, when having to make an important decision, repeat and pray through Psalm 105:4.
- As you spend time with God, choose three more verses to memorize, and repeat the process above. Here are a few suggestions to get you started:
 - 2 Timothy 1:7
 - Psalms 56:3
 - Romans 10:9
 - Romans 3:23-24
 - Luke 9:23
 - Matthew 11:28
 - Philippians 4:4
 - Proverbs 3:5
 - Psalms 119:105