

# MEMORIZATION AND MEDITATION

## *“Deepening our intimacy with God through Memorizing and Meditating on His Word”*

“I have hidden your word in my heart that I might not sin against you.” Psalm 119:11

### 1. Memorization – impacts my mind

#### A. Methods of Memorization

1. Listen to the passage again and again
2. Read it out loud
3. Recite one verse completely before going on to the next
4. Partnership memorization
5. Healing

#### B. Benefits of Memorization

1. “Giving an answer for the hope” – I Peter 3:15
2. Know God’s heart – II Peter 3:18
3. Weapon for the Holy Spirit’s Use – II Corinthians 10:5
4. Pray scripture – Jonah 2:

#### C. Accountability and Goals

### 2. Meditation – impacts my character

#### A. Methods of Meditation

1. Pray over a passage
2. Listen over a passage
3. Worship over a passage
4. Cross reference ideas and concepts
5. Personalize a passage

#### B. Results of Meditation

1. Success – Joshua 1:8
2. Prosper - Psalm 1:2-3
3. Restores my soul - Psalm 19:7
4. Wisdom - Psalm 119:98
5. Insight - Psalm 119:99
6. Joy - Jeremiah 15:16
7. Blessing - James 1:25

### 3. Practice