Making Disciples

Notes for Group Session Eleven

Memorizing and Meditating on Scripture

Session Goals

1. The disciple will practice memorizing a scripture verse and recall at least half of the verse after 5-6 minutes.
2. The disciple will identify a method to meditate on scripture.
3. The disciple will be able to explain a reason to pray scripture.

Review previous week's Bible Study

- Ask members to share what God was saying to them through the verse or verses.
- Also share any questions they might have.
- Ask them to share how they felt to apply it?
- Pray together about action steps if there were difficulties.

Memorizing Scripture

Why Memorize Bible Verses?

Jesus did it. He quoted the Old Testament 180 times in the New Testament.

We are told to in the Bible.

Colossians 3:16 "Let the word of Christ dwell in us richly…"

Deuteronomy 6:4-9 "Bind God's law on our forehead. Teach it to our children. Talk about it wherever we go."

Memorizing the Bible renews our mind.

Romans 12:2 "Be transformed by the renewing of your mind.

Memorizing the Bible helps us deal with temptation.

Ephesians 6:10-20 vs 17 "…Take the sword of the spirit, which is the word of God."

Matthew 4:1-11 "Jesus was led up by the spirit into the wilderness to be tempted by the devil, and after fasting 40 days and 40 nights, He was hungry. And the tempter came and said to him, 'If you are the son of God, command these stones to become loaves of bread', but he answered, 'It is written, man shall not live by bread alone, but by every word that comes from the mouth of God'. Then the devil took him to the holy city and set him on the pinnacle of the temple, and said to him, 'If you are the son of God, throw yourself down, for it is written, he will command the angels concerning you, and on their hands, they will bear you up, lest you strike your foot against a stone.' Jesus said to him again, 'It is written, you shall not put the Lord your God to the test.' Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, 'All these I will give you if you fall down and worship me.' And Jesus said to him, begone Satan, for it is written. 'You shall worship the Lord your God, and him only shall you serve.' And then the devil left him, and behold, angels came and were ministering to him.'"

Psalm 119:11 "Your word have I hidden in my heart that I might not sin against you."

Memorizing the Bible helps us live in obedience.

Psalm 119:9 "How can a young man cleanse his way? By taking heed according to your word."

Memorizing the Bible will bring God's blessing in our life.

Joshua 1:8 "The Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe according to all that is written in it. For then you will make your way prosperous and then you will have good success."

Helps us conform to Christ's Image.

Romans 8:13 "…for if you are living according to the flesh, you must die. But if by the spirit you are putting to death the deeds of the body, you will live."

Psalm 1:2-3 "But his delight is in the law of the Lord, and in his law, he meditates day and night. He shall be like a tree planted by the rivers of water that brings forth its fruit in its season, whose leaf also shall not wither, and whatsoever he does shall prosper."

Memorizing the Bible helps us to encourage believers.

Romans 15:4 "For whatever things were written before were written for our learning, that we through the patience and comfort of the scriptures, might have hope."

1 Thessalonians 4:18 "Therefore, comfort one another with these words."

Memorizing the Bible helps us to witness to unbelievers.

1 Peter 3:15 "But sanctify the Lord God in your hearts and always be ready to give a defense to everyone who asks you a reason for hope that is in you with meekness and fear."

Isaiah 55:11 "So shall my word be that goes forth from my mouth. It shall not return to me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it."

Hebrews 4:12 "For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart."

Jeremiah 23:29 "Is not my word like a fire? says the Lord, and like a hammer that breaks the rocks in pieces?"

Memorizing the Bible gives us a better understanding of God and His will.

John 8:31 "Jesus said, if you abide in my word. You are my disciples indeed."

John 14:21 "He who has My commandments and keeps them, it is he who loves me. And he who loves me will be loved by My Father. And I will love him and manifest Myself to Him."

Psalm 32:8 "I will instruct you and teach you in the way you should go, I will counsel you with my eye upon you."

Memorizing the Bible makes us wise.

Psalm 19:7 "The law of the Lord is perfect, restoring the soul, the testimony of the Lord, is sure making wise the simple."

What is the best way to memorize the Bible?

- The Navigators topical memory system. (More detail found navlink.org/ memorize)

1. Choose a gospel truth that you want to understand more deeply.
2. Dig into the context.
3. Memorize in bite sized pieces.
4. Review with friends.

- The Bible Memory App, or other similar ones
- Fifty verses in free app, audio repeat and flash cards
- Repeat the verse several times then write down the first letter of each word of the verse somewhere prominent and letter by letter recall the words.
- Write a verse on an index card or on a spiral notebook, review it several times in the day, then attempt to say it while looking away.

- Put it to music and sing it.

- Say a verse over to yourself several times, write the verse on a whiteboard or mirror and erase one word at a time, then repeat including the omitted word until you have omitted all words.

- Wear the verse on a T shirt or carry it written on a bag or water bottle.

Activation to Practice

Choose a scripture below you do not know by heart and decide which method you want to use to memorize it, practice learning it for 5-6 min then repeat to the group.

John 3:16

Psalm 23

John 14:6

Genesis 1:1

1 John 1:9

Psalm 139:14

Hebrews 13:8

Meditating on the Word of God

What does it mean to meditate on the word of God?

Psalm 119:15 "I will meditate on your precepts and fix my eyes on your ways."

- To reflect on the word.

- To focus on the scripture for a period.

To say the verse or phrase over and over, to think about it deeply so that we can understand and remember, worship, and apply what we have read.

How is it different from other forms of meditation?

We are specifically presenting meditating on scripture here, there are forms of meditation that focus on other things but here we want to learn and practice filling out thoughts with what the Bible says.

Psalm 1:2-3 "But his delight is in the law of the Lord, and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that brings forth fruit in his season his leaf also shall not wither, and whatsoever he does shall prosper."

What happens when we meditate on God's word?

Meditating on the Bible gives us an answer when someone criticizes us.

Psalm 119:42 "So shall I have an answer for him who reproaches me for I trust in your word."

It helps us to obey God.

Psalm 119:44 "So shall I keep your law continually forever and ever."

Psalm 19:11 "I have hidden your word in my heart that I might not sin against you."

Joshua 1:8 "Keep this book of the law always on your lips. Meditate on it day and night so that you may be careful to do everything written in it. Then you will be prosperous and successful."

His word comforts us.

Psalm 119:50 "This is my comfort in my affliction for your word has given me life."

It glorifies God.

Psalm 19:14 "May the words of my mouth and the meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer."

Meditating on the word gives us peace.

Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast because they trust in you."

It helps us worship, to acknowledge His greatness.

Psalm 19:14 "Let the words of my mouth and the meditation of my heart be acceptable in thy sight, oh Lord, my strength, and my Redeemer."

Psalm 77:11-12 "I will remember the deeds of the Lord. Yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds."

Psalm 104:34 "May my meditation be pleasing to him, as I rejoice in the Lord."

It transforms us, it gives the word greater depth.

Romans 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you might prove what is that good and acceptable and perfect will of God."

It gives us a love for the Bible.

Psalm 119:47 "And I will delight in your commandments, which I love."

Psalm 119:48 "And I will meditate on your statutes."

Psalm 119:97 "Oh how I love your law, it is my meditation all day"

It helps us connect with God.

Psalm 19:7 "The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple."

What is the best way to meditate on the Bible?

1. Start by reading a small portion of the Bible, ask The Holy Spirit to give you understanding.
2. Repeat the verse, speak it several times aloud to yourself.
3. Ponder the verse, focus on its meaning.
4. Write it down, try to understand what it means. As you write, also include what the Holy Spirit is saying to you about the verse.
5. Talk to God about the verse. Express gratitude for what he's shown you.
6. Think about how you can actively apply it to your life.

Other creative ways to meditate on scripture are coloring a picture with the scripture, Bible journaling, Hand lettering it and placing it someplace prominent in your home.

Praying Scripture

Why do we pray scripture?

Praying scripture ensures that we are praying God's will because it's coming directly from God's word.

James 4:3. "When you ask, you do not receive because you ask with wrong motives."

It helps us to pray confidently.

1 John 5:14-15 It ensures God hears us and will answer our prayers.

Matthew 21:22 "And whatever you ask in prayer, you will receive if you have faith."

In the Old and New Testament God's people prayed scripture.

Nehemiah 9:35-37 "For they have not served You in their kingdom, or in the many good things that You gave them, or in the large and rich land which You set before them; nor did they turn from their wicked works. Here we are, servants today! And the land that You gave to our fathers, to eat its fruit and its bounty, here we are, servants in it! And it yields much increase to the kings you have set over us, because of our sins; also, they have dominion over our bodies and our cattle at their pleasure; and we are in great distress."

Acts 4:24-26 "So when they heard that, they raised their voice to God with one accord and said: "Lord, You are God, who made heaven and earth and the sea, and all that is in them, who by the mouth of Your servant David have said: 'Why did the nations rage, and the people plot vain things? The kings of the earth took their stand, and the rulers were gathered together against the Lord and against His Christ.'"

Jesus prayed scripture.

Matthew 27:46 "And about the ninth hour Jesus cried out with a loud voice, saying, 'Eli, Eli, lama sabachthani?' that is, 'My God, My God, why have You forsaken Me?'"

It glorifies God the Father.

John 15:7-8 "If you abide in me, and my words, abide in you, ask whatever you wish, and it will be done for you. By this my father is glorified, that you bear much fruit, and so prove to be my disciples."

It helps you focus on what is most important.

James 4:3 "You ask and do not receive, because you ask amiss, that you may spend it on your pleasures."

It helps you focus on praying.

Matthew 26:41 "The spirit is willing, but the flesh is weak."

Because scripture is truthful.

Psalm 119:160 "The sum of your word is truth, and every one of your righteous ordinances is everlasting.

It kindles your affections.

As you remind yourself of His promises, gratitude and affection grow.

It helps you express yourself.

Psalm 145:1-3 "I will extol thee, my God, O king, I will bless thy name forever and ever."

How do we pray using scripture?

Whenever you pray, ask God to cleanse you and repent of any sin that you may have committed since you last prayed before starting the steps.

1. Recognize the context. Read several chapters or verses. Before and after the passage. To ensure you understand what the passage is about. Ask the Holy Spirit to help you.
2. Select applicable passages that apply to what you want to pray. Some parts of a passage may be more useful than others.
3. Pray from your perspective, write it down or say it out loud.
4. Personalize your praise.

Discuss examples according to the needs of one or two group members.

For example, if someone needs to make a decision about a job or a home purchase and they aren't sure what to do, there are many possible passages to pray. For instance:

Psalm 3:6 "In all your ways acknowledge him and he will make straight your paths." By praying this verse we're asking him to make the way clear and straight before us, while reminding our hearts that he's already promised to do it.

Isaiah 30:21 "And your ears shall hear a word behind you saying, 'This is the way, walk in it.' when you turn to the right or when you turn to the left."

Proverbs 16:3 "Commit your works to the Lord and your plans will be established."

Meditate on these words and then pray them in relation to your personal circumstances.

Romans 10:17 "Faith comes by hearing, and hearing by the Word of God."

As we meditate and pray these scriptures back to God, we know that He has already promised to answer. Our faith has been increased through meditation and we know it is God's desire to direct us based on these scriptures.

Praise and thank Him for answering your prayer. Make that personal.

Action Steps

- The disciple will recite the scripture he or she chose to memorize in this session next week.

- The disciple will share how he/she used scripture to ask for something specific.