



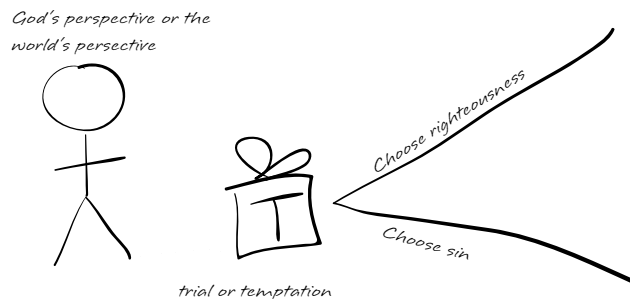
## Scripture Memory

### Conversation On the Journey

#### Protection from Specific Sin

In Psalm 119:9-16, the Psalmist teaches that as a young man the Word will keep you from specific sin (keep his way pure). The key is this - "Thy Word I have treasured in my heart." That means more than just hearing it or even reading it. It means treasuring it, valuing it, reflecting upon it, and clinging to it. He rejoices in God's testimonies and meditates on His precepts. A precept is what God is saying about how to live. "I shall delight in thy statutes."

Meditate - In Hebrew, this word is taken from a word referring to how a cow chews the cud, meaning the cow eats some grass, chews it, swallows it, later regurgitates it, and chews on it some more. The following diagram illustrates how memorization and meditation on Scripture keep us from sin:



The little gift represents a trial or temptation. Everyday when we face temptation, what will determine whether we sin, or obey God, is whose perspective (God's or the world's) you run through your mind at the moment of trial or temptation.

Example: You are tempted to worry about finances, or health issues, or getting on the internet to view pornography, or getting in a serious relationship with a non-Christian. In each case, there are specific Scriptures that you can run through your mind to help you deal with these temptations or trials. Or, you can just give in to what the world says. But to resist, you need to have those Scriptures already in your mind, ready to be recalled and applied at the moment of temptation.

#### 2. The memorized Word will renew your mind, leading to a transformed life.

In Romans 12:2, Paul says not to be conformed to this world, instead be transformed. How? By renewing your mind and seeing life from God's perspective (truth) not the world's perspective (lies).

### This Week's Excursion

In this lesson, you can help your disciple understand the importance of getting God's Word into his life, and understand why the Word is vital to produce change in his life as he faces trials and temptations. The goal is to motivate the disciple to select specific Scripture to memorize and meditate upon so that he is able to recall and apply it as needed throughout the day.

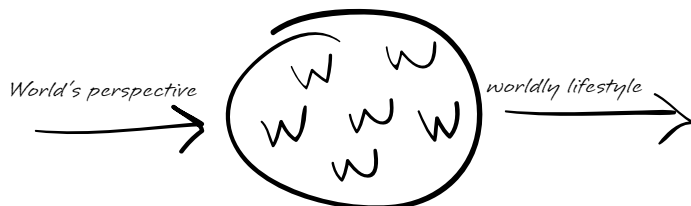
### Next Steps

Here are two ideas for memorization and meditation.

Select an area of your life that represents the biggest area of temptation or trial for you right now. What would that be? Would it be lust, sexual temptation, anxiety over circumstances, drinking, being critical of others, anger, dating a non-believer? Then find a couple of key verses that speak to the above issue, very specifically. Commit to memory a couple of verses. Write them on a 3 by 5 card to keep in your pocket or Bible, or post them on a mirror in the bathroom or on the refrigerator. Memorize and meditate on them every



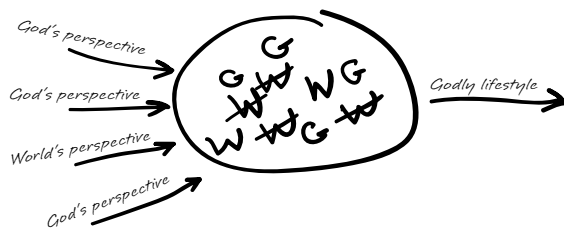
As a non-believer, your mind was programmed for years with the world's perspective on life; your mind was filled with (W's), leading to conformity to this world. After you become a believer, you begin to get God's perspective in (G's) through Quiet Times, Bible studies, sermons at church, talks with believers, memorization, and discipleship. You begin to replace the W's with G's, resulting in a transformed, godly lifestyle.



You might ask a few questions like: What are some ways you have noticed, since becoming a Christian, that you see the world differently? Give me three ways you think about life differently than other non-Christians you know.

Example: Before you became a believer you had the world's perspective on sex. Then you are exposed to the truth about God's perspective on waiting for sex until marriage. As you embrace God's perspective and fill your mind with it, your lifestyle will change as a result. The more opportunities you take to get God's Word into your life, the more your life will be transformed. Consider this hypothetical weekly schedule:

168	hours in a week
- 48	hours spent sleeping
<hr/>	
120	awake
- 5	hours combined between QT's, discipleship appointments, and church in a week
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115	hours left in which your mind is still being bombarded with W's



With so many waking hours in which our mind is being filled with the world's perspective, it should not surprise us that our life is transformed so slowly. Therefore, we need a very aggressive approach to getting God's perspective into our mind more often and throughout the day. That is where memorization and meditation come in, and choosing to take more opportunities to get G's in throughout the week, like through small group Bible Study, discipleship appointments, hanging with believers more often, retreats and conferences, etc.

End

### Next Steps Con't

day, pray them back to God, review them, say them out loud as you exercise- whatever it takes.

\*Note to discipler - offer accountability. Help your disciple identify the area he most needs help on, and also assist him to find the appropriate Scriptures.

Select key verses related to truths you want to really have down, not necessarily just related to a temptation or trial. Some examples of key doctrines or verses may include:

Deity of Christ; Authority of Bible; the Holy Spirit's role; prayer promises; verses of hope and comfort, e.g., Rom 8:28, etc.

Get your disciple started. I suggest you start with the first suggestion during the appointment. Identify an area of temptation or trial, help him find a verse to get started on, offer accountability to get it memorized, and then ask him about it the next time you see each other.