

2022-2023



# LISTEN TO MY VOICE

THE STORY OF SCRIPTURE



MEMORY VERSE  
CHALLENGE

## Why Memorize?

For millennia, humanity transmitted information primarily through memory. Family stories, cultural narratives, group values were all preserved in the collective mind of a people, passed down generation after generation. This all changed with the printing press, and then again with the onset of the internet. Today we commit very little to memory and instead dependent on these outside resources for all of our information. While this shift allows our brains to focus on more pragmatic tasks, it has brought about to unexpected side effects. First, it is easy to get swept away by the latest trend. Second, it is easy to experience information overload.

Memorization pushes back against both of these forces. When you memorize scripture, those words become an unchanging anchor in your mind and heart. They are not susceptible to the latest fad or trend, nor do they change over time. Rather, they become a stabilizing cognitive force. They enable you to call forth grounding truth in the midst of a shaky life. In the middle of suffering, you find yourself comforted by a scripture of hope that you have memorized. In a moment of anger, you are challenged by a word of forgiveness that you've committed to memory. Sometimes you need to recall these words for yourself, and sometimes for the sake of another. But, you cannot reap where you have not sown. You cannot use what you have not stored. You cannot utilize what you have not memorized. So challenge yourself to commit these twenty verse to memory. Your future self will be eternally grateful.

How to help memorize:

### **Read and Meditate**

The most common way most of us try to memorize Scripture is to read it over and over again. Then try to say it back to ourselves. This works really well, especially with little children.

### **Write It Into Your Heart**

When we write, we interact with information in a more personal, intimate way. Writing helps impress it upon our minds.

### **Sing It**

Many of the verses have songs associated with them or you can make up your own! Singing is a powerful memory tool.

### **Pray It**

Making scripture a prayer we say often through the day will help commit the verse to memory and place you in conversation with the Father.

5 Then the Lord came down in the cloud and stood there with him and proclaimed his name, the Lord. 6 And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, 7 maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation."

Exodus 34:5-7

4 Hear, O Israel: The Lord our God, the Lord is one. 5 Love the Lord your God with all your heart and with all your soul and with all your strength. 6 These commandments that I give you today are to be on your hearts.

Deuteronomy 6:4-6

1 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

Psalms 1:1-3

1 The Lord is my shepherd, I lack nothing.

2 He makes me lie down in green pastures,  
he leads me beside quiet waters,

3 he refreshes my soul.

He guides me along the right paths for his name's sake.

4 Even though I walk through the darkest valley, I will fear no evil,  
for you are with me; your rod and your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies.  
You anoint my head with oil; my cup overflows.

6 Surely your goodness and love will follow me all the days of my life,  
and I will dwell in the house of the Lord forever.

Psalms 23

5 Trust in the Lord with all your heart  
and lean not on your own  
understanding; 6 in all your ways  
submit to him, and he will make your  
paths straight.

Proverbs 3:5-6

8 He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

Micah 6:8

25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:25-27;33-34

37 Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ 38 This is the first and greatest commandment. 39 And the second is like it: ‘Love your neighbor as yourself.’ 40 All the Law and the Prophets hang on these two commandments.”

Matthew 22:37-40

1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was with God in the beginning. 3 Through him all things were made; without him nothing was made that has been made. 4 In him was life, and that life was the light of all mankind. 5 The light shines in the darkness, and the darkness has not overcome it.

John 1:1-5

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him.

John 3:16-17

33 “I have told you these things,  
so that in me you may have  
peace. In this world you will have  
trouble. But take heart! I have  
overcome the world.”

John 16:33

28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2

1 If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. 2 If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. 3 If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

I Corinthians 13:1-7

20 I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Galatians 2:20

8 Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. 9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. 10 Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Galatians 6:8-10

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 3:16-21

5 In your relationships with one another, have the same mindset as Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be used to his own advantage; 7 rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. 8 And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! 9 Therefore God exalted him to the highest place and gave him the name that is above every name, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2:5-11

12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Hebrews 4:12

2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance.

James 1:2-3