

Scripture Memorization

One of the most effective ways of internalizing the truth of Scripture is to memorize it. There are many benefits to memorizing Scripture. One is that the memorized passage becomes available to us at all times, especially in those moments when we most need it: moments of temptation, discouragement, doubt or insecurity. The Psalmist says this about Scripture memorization: “I have hidden your word in my heart that I might not sin against you” (Psalm 119:11). Having the truth of Scripture in our heads and our hearts keeps us from straying into sinful behavior.

There are numerous ways to memorize Scripture and it usually takes some experimentation to find the approach that is most effective for you. Here are a few memorization techniques that are worth trying:

- One approach is simple repetition. If the passage is long, just try to memorize the first sentence. Read the sentence aloud five times. Then, try to recite the sentence without looking at it. If you get stumped, glance at the sentence for help. Follow this approach with the rest of the passage.
- Another really helpful way to memorize is to utilize memorization apps like Verses App, Scripture Typer or Fighter Verses. These apps use different creative—even fun—methods to help you commit a passage to memory.
- Another approach is to write or type multiple copies of the passage and put those copies in places where you will see them throughout the day: the refrigerator, the bathroom mirror, your desk. As you see the passage throughout the day, you are reminded to practice it, which keeps it front-of-mind more frequently.
- Some people find the handwriting method to be a helpful memorization technique. The handwriting method is simply to hand copy the passage over and over. Handwriting is an effective memorization technique because it causes you to slow down and be deliberate in your reflection on each word, which helps to lock it into your mind.
- Practicing with others is also a helpful technique. Give someone (your spouse, child, co-worker, neighbor) a copy of the passage you are memorizing on it. Recite the passage for them and ask for their help if you get stuck.

A great passage to start memorizing is 2 Timothy 3:16-17:

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.”

Consider experimenting with one or more of the techniques above to memorize this passage over the course of the next week.