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## NECESSARY FOOD

*Hiding God's Word in Your Heart*

Study #14

“Neither have I gone back from the commandment of his lips; **I have esteemed the words of His mouth more than my necessary food.**” Job 23:12

**T**o ancient Job, God's Word was necessary – with good reason. Satan attacked him with a force that few have encountered! God's Word became more important to Job than food. Satan also wants to destroy your Christian life! *“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour (1 Pet 5:8).”*

Satan wants you to be completely ineffective for God. The



Christian life is a battle, and your chief enemy is the devil. A Christian who starts giving in to Satan will be plagued with discouragement, doubt, defeat, and more. There will be a lack of growth, victory, spirituality, holiness, witnessing to the lost, and a lack of ministering to others. The Word of God is the Christian's main

### Checklist

- This Lesson
- Spiritual Journal
- Gospel Tracts
- 15 Blank Memory Cards and 1 Ring

### For Next Session

- Lesson O

### Informal Conversation –

Ask about his week.  
Ask about answers to the prayer requests you have shared.

### Discuss Last Week's Assignments –

1. Ask him to share his Scriptural insights, prayers, and applications from his Spiritual Journal.
2. Share one of your Quiet Times.
3. Exchange highlights of your sermon notes.
4. Ask him about his effort of handing out a gospel tract.

Read page one with your Timothy.

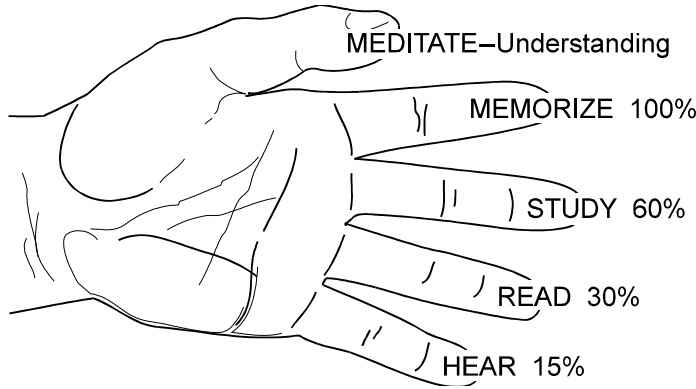
### Lesson Overview

- I. What Does the Bible Say About Scripture Memorization?
  - II. How to Memorize Scripture
- 108 Bible Verses All Christians Should Memorize

weapon in his battle against Satan. Get a good grip on the Sword of the Spirit, i.e., the Bible.

*“And take the helmet of salvation, and the sword of the Spirit, which is the word of God:” (Ephesians 6:17)*

Study the diagram below and think of the different ways you can get a good grip on the Word of God.



We remember about 15% of what we hear, 30% of what we read, 60% of what we study, and 100% of what we memorize. Then meditating on what we have learned adds to our deeper understanding of it.

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## **I. WHAT DOES THE BIBLE SAY ABOUT SCRIPTURE MEMORIZATION?**

It teaches memorization:

### **A. By Direct Command**

1. Look up Deuteronomy 6:6.  
Where are we commanded to have God’s Word? “...in thine H\_\_\_\_\_.”
2. Look up Proverbs 7:1-3.  
We are to write God’s Word upon “...the T\_\_\_\_\_ of thine H\_\_\_\_\_.”

**B. *By Implication***

Read Joshua 1:8 and Psalm 1:2. In both of these verses, what implies that the Scripture must be in the heart? \_\_\_\_\_

**C. *By Example***

1. Look up Psalm 119:11. What did the Psalmist do so that he wouldn't sin against God? "...*thy word have I H \_\_\_ in my H \_\_\_\_\_*..."

2. Look up Matthew 4:1-11. What did Jesus do in verses 4, 7, and 10 to combat the temptation of Satan? \_\_\_\_\_

3. The Apostle Paul freely quotes the Old Testament in his sermons in the book of Acts and throughout all of his epistles.



**Review** Matthew 4:1-11. Emphasize Jesus' use of Scripture in resisting temptation.

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**II. HOW TO MEMORIZE SCRIPTURE**

**A. *Select Your Verses***

1. The more meaningful the verse is to you, the easier it is to memorize.
2. Start a memory list.
3. Memorize a few verses on many topics rather than many verses on one topic.
4. After learning many verses topically, you may want to memorize favorite chapters or smaller books.

**Review** II. HOW TO MEMORIZE SCRIPTURE. This review will cover the remainder of the lesson.

**B. Use Small Index Cards**

**C. In your local Christian bookstore you will find verse packets already assembled. These will be packets of verses printed on small cards and arranged topically. Some of the advantages of using the card method is:**

1. They can easily be carried in your pocket or purse.
2. They are easy to rearrange and file.
3. They can be fastened to the wall, mirror, and so on, to be memorized while using your hands for other things.

**D. Principles Of Memorization**

There are three basic principles of memorization to apply. You can remember them by the acrostic AIR.

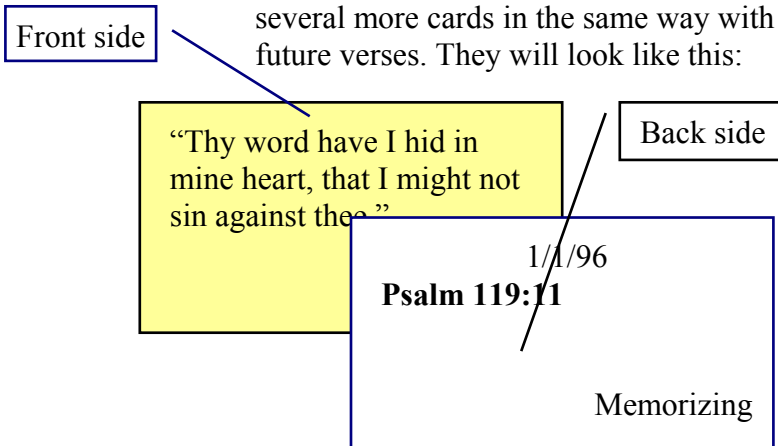
1. Association – this principle would involve studying the context and background of the verse and associating it with that setting.
2. Impression – impress your mind in every way possible. Here are some ideas:
  - a. Quote the verse out loud.
  - b. Write the verse.
  - c. Visualize the verse.
  - d. Involve as many as your senses as possible in memorizing the verse. Speak it aloud with emphasis. Walk while memorizing and use gestures (both facial and body language).
3. Repetition – this is the process of over-learning, and it is the key to memorization. You should learn it so well that you can quote it while your mind is occupied with something else.

NOTE: The human mind has an unlimited capacity for storing facts. Most psychologists agree that most

people never use more than 5-10% of their mental capacity. You have the brain power – USE IT!

**E. The Method Explained**

1. Set a goal of how many verses you plan to memorize this week, this month, and this year. Let's start with a verse a week (52 verses a year is a good beginning).
2. Write the first verse on the front side of an index card. Write the reference at the top on the back side along with today's date (this helps you keep the cards in order). Prepare several more cards in the same way with future verses. They will look like this:



3. Using the principles of memorization, you work on the verse until you can say it word perfect along with the reference. If it is a long verse, break it into phrases. After applying the principles of association and impression, repeat the first phrase with the reference a number of times and then add the second phrase and so on until you can quote the entire verse with the reference. Now you begin the process of spaced repetition. **The first day** quote the verse

aloud with the reference twenty-five times, checking the card from time to time to be sure you are saying it correctly. Each time you quote the verse, make a mark with your pen on a piece of scrap paper. When you complete your work on that verse for the day you will have made twenty-five marks. ###  
### ### ### ### These marks may seem unnecessary, but they will aid you in several ways.

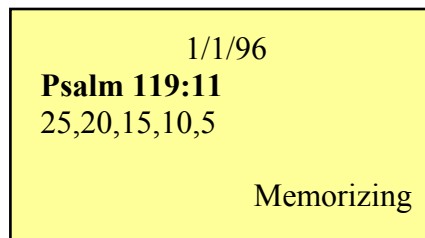
- They give you a specific goal to work towards.
- They help you concentrate.
- They give you a feeling of accomplishment and success when you finish.
- They prevent you from omitting any portion of this important process.

After quoting the verse twenty-five times, write 25 on the back of the verse card.

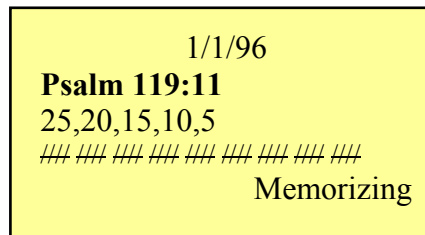
4. **The second day** you look at the reference on the back of the card you will be unable to recall the words. With a little work, you can quote it once again without error. Using the marks (###) to aid you, quote the verse and reference aloud twenty times. Then write 20 on the back of the card.
5. **The third day** repeat the same procedure. You again will have to look at the verse to refresh your mind. Quote the verse fifteen times using the marks ( ### ), and write 15 on the back of the card.
6. **The fourth day** quote the verse ten times and write a 10 on the back of the card. By now you will be remembering much of the

verse without having to look back at it to refresh your memory.

7. **The fifth day** quote the verse five times and write a 5 on the back of the card. Do not be discouraged if you forget the verse from day to day as you are learning it. In order to memorize something, you must learn it, forget it, learn it, forget it, learn it, and you've got it. Sometimes it may even take four or five sessions of working on a verse before you can recall it word perfect.
8. Once you take a verse through this five-day procedure the back side of your card will look like this:



9. For the next forty-five days, quote the verse once a day and put a slash mark on the back of the card. At the end of forty-five days the card will look like this:



10. By this time you will have worked on the verse for fifty days (25,20,15,10,5, and once

a day for forty-five days). You will know well enough to quote it in your sleep! Now it is completely memorized.

Take your second and subsequent verses through this entire procedure. You can memorize a verse a week this way or a verse a day. If you memorize several verses a week the procedure for the first verse and the subsequent verses will overlap. You will work on verse one, then do verse two, three, and so forth. It will not take you long.

Once you have taken a verse through the first fifty days, review it once a week for seven weeks and then once a month thereafter. For complete information on this memorization plan invest in the book How To Successfully Memorize & Review Scripture, by Ron Hood. It can be purchased at our church bookstore. It is the best method of Bible memorization on the market. You will be pleased with the spiritual growth that you will experience from hiding God's Word in your heart.

***F. Start Today!***

1. Choose a time of day that you can consistently devote to memorization.
2. Use the verses you memorize. Here are some suggestions. Use verses:
  - a. In witnessing
  - b. In letters to friends and relatives
  - c. In teaching
  - d. In counseling and comforting
  - e. In defending the faith
  - f. In answering questions
  - g. In prayer

**Encourage** your Timothy to start memorizing the 108 Bible verses at the end of this lesson.



- h. In combating temptation, worry, and evil thoughts

**SPIRITUAL GROWTH ASSIGNMENT**

- ❑ Read your O Lesson (**O**bedience) and answer all the questions. Look up the lesson’s Bible references in God’s Word.
- ❑ Continue reading through the New Testament *at your own pace*.
- ❑ Take sermon notes using your *Spiritual Journal* and be prepared to share highlights next week.
- ❑ Give out copies of *The Amazing Story Behind Amazing Grace*.
- ❑ Where would you like to meet for next week’s session?
- ❑ Be sure to bring your Bible, pen, O Lesson, and *Spiritual Journal*.

**Encourage** your Timothy and cast a vision for him regarding spiritual growth.

Pray for him and have him pray aloud.

**REMEMBER!!!**  
**Turn in the “Discipler Report Back” page by dropping it off at the Hospitality Booth in the church foyer.**

## **108 BIBLE VERSES ALL CHRISTIANS SHOULD MEMORIZE**

Sin	Rom. 3:10,23	Rom. 5:12	1 Cor. 6:9,10
Death and Hell	Rom. 6:23	Heb. 9:27	Rev. 21:8
Christ died for us	John 3:16	Rom. 5:8	1 Pet. 3:18
Salvation in Christ	John 14:6	Acts 4:12	1 Tim. 2:5,6
Not by works	Rom. 4:4,5	Eph. 2:8,9	Titus 3:5
Must repent	Luke 13:3	Acts 3:19	Acts 8:22; 26:20
Must receive	John 1:12	John 3:36	Rev. 3:20
Assurance of salvation	John 10:27,28	Phil. 1:6	1 John 5:11-13
Confess sins daily	Psalms 38:18	Proverbs 28:13	1 John 1:9
The Word of God			
Inspiration	2 Tim. 3:16,17		
Hear it	Rom. 10:17		
Read it	Rev. 1:3		
Study it	2 Tim. 2:15		
Memorize it	Psalms 119:9-11		
Meditate on it	Joshua 1:8	1 Tim. 4:15	
Obey it	James 1:22	James 4:17	
Prayer	Matt. 21:22	Phil. 4:6,7	1 John 3:22
Christ the center	John 15:5	2 Cor. 5:14,15	Col. 3:23,24
Fellowship	Acts 2:42	Heb. 10:25	1 John 1:3
Surrender	Rom. 6:12,13	Rom. 12:1,2	1 Cor. 10:31
Witness	Matt. 28:19,20	Mk. 8:38; Acts 1:8	2 Cor. 5:19,20
Holy Spirit	1 Cor. 6:19,20	1 Cor. 12:13	Gal. 5:16,17
Promises of:			
His presence	Josh. 1:9	Isa. 41:10	Heb. 13:5,6
His protection	Psalms 34:7	Psalms 91:10,11	Proverbs 1:33
His provision	Matt. 6:33	Rom. 8:32	Phil. 4:19
His peace	Psalms 119:165	Isa. 26:3	John 14:27
His forgiveness	Psalms 86:5	Psalms 103:10-12	Eph. 4:30-32
His guidance	Psalms 119:105	Proverbs 3:5,6	John 7:17
His strength	Psalms 27:14	Isa. 40:31	Heb. 4:16
His victory	1 Cor. 10:13	1 Cor. 15:57,58	Phil. 4:13

# Discipler Report Back



I met with \_\_\_\_\_ on  
\_\_\_\_/\_\_\_\_/\_\_\_\_ and reviewed the contents of this  
lesson. My comments regarding the discipleship time  
together are:

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*(make comments only if they are needed to help the Pastoral  
staff assist you in ministering to this person)*

Discipler's Name \_\_\_\_\_

*Please drop this off at the Hospitality Booth in the  
church foyer on the first service after conducting  
this session. This will help the Pastoral staff stay  
current with the status of our new converts and  
new members being discipled.*

*Thank You*

**This is a  
sample of  
the  
“Discipler  
Report  
Back” page  
that you  
removed  
from the  
back of your  
Timothy’s  
lesson.**

**Return that  
sheet to the  
Hospitality  
Booth in the  
church foyer.**