

## STUDY & MEMORIZATION

Psalm 119

### Awareness

Before listening, reflect:

- What do you believe about the Bible? How much time do you spend with scripture each day, each week?
- Have you ever memorized verses or passages? What was that process like? Can you still recall them from memory? How did that process affect your faith?

Scripture is the common thread between many spiritual disciplines; study, memorization, contemplation, and meditation all encourage the individual to interact with and engage scripture, the medium through which God chose to reveal himself to us. What better way to grow in relationship with God than to try these techniques and spend time with the book he inspired to share himself with us?

### Reflection

- Of the four disciplines discussed in the program, which ones are you excited to try? Are any intimidating to you? Why do those particular disciplines excite or intimidate you?
- What external circumstances or internal thoughts/perceptions about yourself keep you from spending the amount of time with God through scripture that you desire?
- In the second segment, Dave Bast and Scott Hoezee discuss with Jon Brown the Bible's command to "eat this book" and what it means to internalize scripture. What did you learn from this conversation? How did it challenge you? In what ways are you already consuming scripture and making it part of you? In the areas with room for improvement, what realistic commitments are you willing to make that will lead you toward progress?
- What are some examples of how you've seen the living, active word of God at work in you?

### Related Passages

- **Ezekiel 3:1**
- **Joshua 1:7-9**
- **Romans 15:4-6**

### Conclusion

Read Psalm 119 again. Ask the Lord to open your ears to hear him speak through his word; ask him to open your eyes to recognize his work and movement in your life. Request his Holy Spirit to enlighten you and make the Word part of you as you spend time with it and internalize it. Tell him your commitments and request accountability. Close by praying through Psalm 119. Consider praying through small segments of Psalm 119

each day before spending time with scripture.

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<https://groundwork.reframedia.com/episodes/study-memorization>

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