

QUICK START

A Bible Memory Win in 10 Minutes

STEP 1: CHOOSE A VERSE BELOW (OR FIND YOUR OWN)

2 TIMOTHY 3:16	PROVERBS 4:5-6	ROMANS 5:8	PSALM 46:10-11
ROMANS 12:1	GALATIANS 2:20	EPHESIANS 2:8-9	1 PETER 5:7

STEP 2: READ THE VERSE OUT LOUD 5 TIMES

Using whichever translation of the Bible you frequently read or study, recite the verse out loud five times. Doing so engages multiple senses and forces you to think about what you want to memorize.

STEP 3: WRITE OUT THE VERSE BY HAND

Use the space below to write out the verse by hand. Take your time and consider each word you write. When you're finished, remove that portion of the paper and keep it with you throughout the day to review.

STEP 4: SPACED REPETITION REVIEW

Create a reminder to review the verse 20 minutes after you memorize it, then after 2 hours and finally after 24 hours. This spaced repetition will help to move the verse from short-term memory to long-term memory.

20-2-24



READY FOR MORE?

The hardest part of memorizing Scripture is simply getting started, and you've done it! At this point, you have a decision to make:



DO YOU WANT TO MAKE THIS A CONSISTENT HABIT?



If so, the next few pages of this start guide are going to walk you through the five keys to building Scripture memory as a long-term spiritual discipline.



START WITH WHY

Before you begin, it's important to articulate your "why." How do you want God to use the internalization of His Word in your life?



HOW TO CHOOSE A PASSAGE

You don't have to choose random Bible verses. Start with a curated list and then build your own collection of "must-memorize" verses or passages.



METHODS OF MEMORIZATION

Repeating a verse over and over again is one way to do it, but there are also numerous creative methods and techniques that are worth trying.



BUILDING THE HABIT

Life is busy, but time spent memorizing the Bible is never wasted. Creating daily and weekly habits is what will turn this into a consistent practice.



REVIEW SO YOU DON'T FORGET

Without a strategic review plan, it's easy to lose what you've spent so much time memorizing. Prepare to review before you get started.

WHAT'S YOUR "WHY"

There are many good reasons to memorize Scripture, but "I know I should" can only take you so far. Identifying your personal "why" gives you a meaningful reason to begin—and something to return to when motivation fades.

Your "why" can help you choose what to memorize, connect what you learn to everyday life, and keep going when life gets busy. Here are a few examples to consider:

1. To build greater intimacy with God
2. To know my faith and the Bible more
3. To be able to share my faith w/ others
4. To resist temptation, fear or sadness
5. To pray Scripture over others & myself

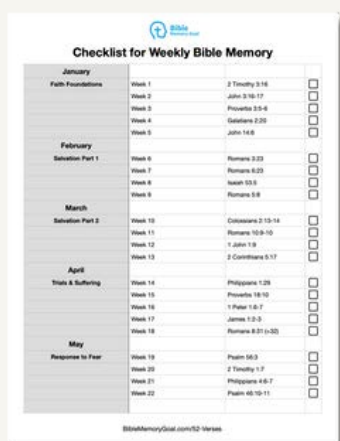
Your why could incorporate a couple of these examples or your own. It doesn't need to sound impressive. It just needs to matter to you. Take a minute to pray and write down what comes to your heart when you think about why you want to memorize the Bible.

WRITE YOUR WHY

CHOOSING VERSES

There are over 31,000 verses in the Bible, and figuring out which of those to memorize can be overwhelming! Knowing your “why” can narrow down the list of verses to choose from.

Thankfully, there are numerous resources to help you make this decision. Here are a few to get you started.



52 BIBLE VERSES FOR THE YEAR (FREE)

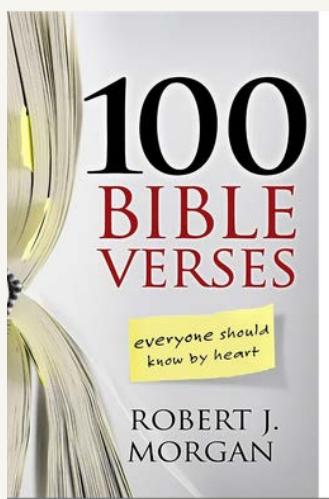
This downloadable checklist of weekly Bible verses covers foundational passages on salvation, fear, suffering, praise, and forgiveness.



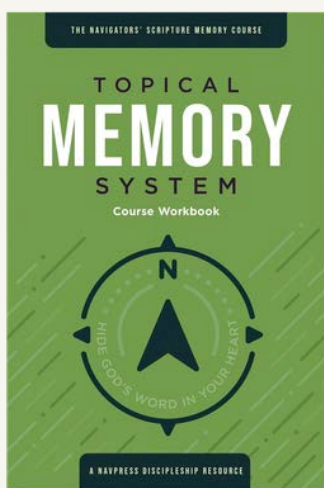
[DOWNLOAD THE PDF](#)



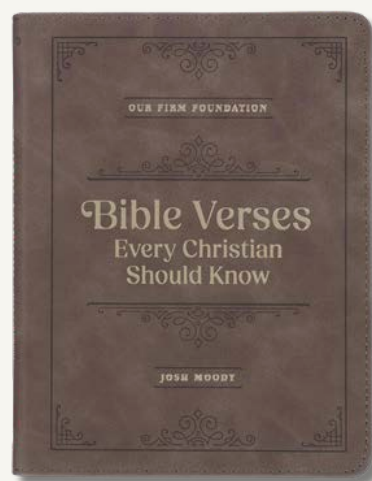
If you prefer a printed book that you can work through, these are a great place to start:



amazon



amazon



amazon

Once you build confidence in your memory, it's worth challenging yourself to whole chapters (e.g., try a psalm) or even a small epistle like James, Ephesians or Philipians. Find a passage that has meaning to you, that your pastor is preaching or that you're currently studying.

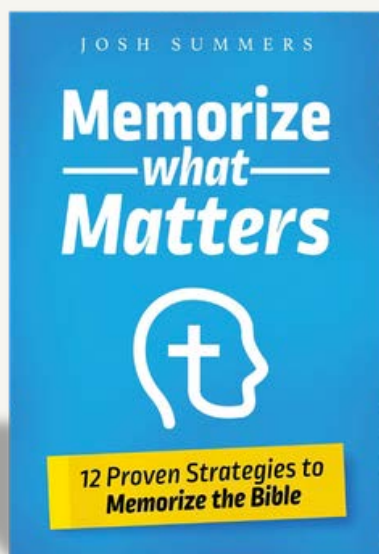
MEMORY METHODS

God designed your brain with an incredible capacity to learn and remember, but without the proper training, it's hard to realize that potential. If your idea of memorizing something is to simply repeat it over and over again hundreds of times, the good news is that there are quite a few different methods that might fit your learning style. For example, you could:

1. Write the verse(s) on a 3x5 card
2. Record a voice note on your phone
3. Write it on your bathroom mirror
4. Use a mobile app for memory
5. Turn the verse into a song
6. Turn the words into an image story
7. Circle and underline key words
8. Write the first letter of each word
9. Create hand motions for each phrase
10. Create a mind/memory palace

Use as many of your senses as possible. Say the verses. Listen to the verses. Write out the verses. Visualize the verses. Each new connection makes the memory stronger.

Whichever method you prefer, challenge yourself to try one new method this week. See how it works and adjust accordingly. And if you want a deeper explanation of different memory methods, check out this book:



MEMORIZE WHAT MATTERS 12 Proven Strategies to Memorize the Bible

If you want to jump further into the world of memory methods and techniques, this book covers 12 strategies that have been proven to work with all different learning styles. You can grab a copy on Amazon or get the PDF version for 50% off.



BUILD THE HABIT

The challenge of memorizing Scripture is moving from desire to habit. You need to find a cadence that works for your schedule and stage of life. Here are some ideas to get started:



SET 1-WEEK EXPERIMENTS

Try a schedule for a week and adjust as necessary for the next.



BE FLEXIBLE

Set a goal to memorize 3-5 days a week, then be flexible on which days work for that week.



START HABIT STACKING

Choose a habit you already do consistently (e.g., brush teeth, commute to work) and attach your Bible memory time to it.



GIVE YOURSELF GRACE!

When creating a new habit, try not to miss two days in a row. But even if you do, give yourself grace!

PREPARE TO REVIEW

Memory decays over time...that's not evidence of your bad memory; it's the way we were designed! The best way to move verse memorization from short-term to long-term memory is to space it out over time. Create the resources you'll need (flashcards, voice recordings, first-letter grids) and use them in increasingly longer intervals, known as "spaced repetition."

SPACED REPETITION:



Below are links to additional review resources that you can download to use for review:

[MEMORY GRID WORKSHEET](#)

["SPACED STACKING" REVIEW](#)

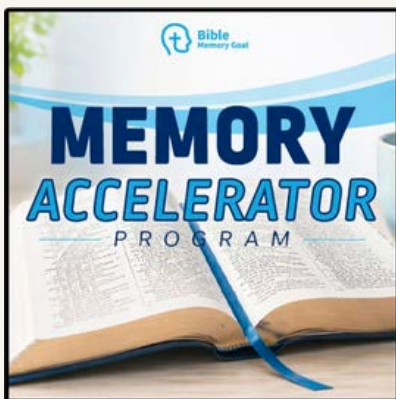
[30-DAY CALENDAR EXAMPLE](#)

WHAT NEXT?

If you've made it this far...**congratulations!** This is just the beginning. The time you invest memorizing God's Word will reap tenfold dividends later in life.

However, even the greatest resources pale in comparison to the power of community. We encourage you to find other people in your life who can share your passion for memorizing God's Word and keep you accountable to doing it consistently.

And if it's hard to find such people in your life, here are two options for you to consider:



MEMORY ACCELERATOR PROGRAM

Receive personalized coaching, small group accountability and guided resources in this 6-week program that runs a few times every year. We only have 100 spots for each cohort!

[**JOIN THE WAITLIST**](#)



FREE ONLINE COMMUNITY

Join thousands of people from around the world who connect over a common love of Bible memory. Share your wins, ask questions and be encouraged - it's free to join!

[**BIBLE MEMORY COMMUNITY**](#)