

QUIET TIME

Theme: Hide God's words in your heart

- Try to make a specific time every day to meet Jesus Christ through reading and meditating his Word.
- Pray, talk with Jesus Christ and make a few short notes about this Bible passage in your notebook.
- Record what you discover, what speaks to your mind and heart, what you find difficult or what you understood.

- Day 1 Matthew 4:1-11
Memorising Bible verses helps you to conquer evil
- Day 2^{BS} Psalm 119:9-16
Memorising Bible verses helps you to live pure
- Day 3 Matthew 19:3-6
Memorising Bible verses enables you to give God's answers to man's questions
- Day 4 2 Corinthians 10:3-5
Memorising Bible verses helps you to refute human arguments
- Day 5 Jeremiah 23:25-32
Memorising Bible verses helps you to refute false prophets (cf. Psalm 39:3-4; Jeremiah 5:14)
- Day 6 Exodus 32:9-14
Memorising Bible verses helps you to pray with conviction according to God's will
- Day 7 Deuteronomy 6:4-9
Memorising Bible verses enables you to develop biblical convictions and habits in your family
- Day 8 Psalm 1:1-3
Memorising Bible verses helps you to meditate on God, also at night when you cannot sleep
- Day 9 Matthew 5:43-48
Memorising Bible verses gives your teaching authority
- Day 10 Matthew 22:41-46
Memorising Bible verses enables you to refute wrong interpretation of the Bible
- Think about Deuteronomy 6:6-7.
First put God's words in your heart.
Then impress them upon your children. Talk much about God's words in your house and family.
 - Pray every day for someone or something specific and wait in expectation for what God is going to do (Psalm 5:3).

STUDY

Theme: Meditation and memorisation

Read study 37 carefully before the next meeting.
If you have questions, write them down and mail them to one of your group leaders.
We will seek an answer together.

BIBLE STUDY

Theme: God's Word is a light for my path

If you like, you may already prepare the Bible Study for the coming meeting by reading through the Bible passage.
Make use of the 5-step Bible Study method.
The Bible passage is: **Psalm 119:9-16,97-105**

MEMORISATION

1. Motivation

Jesus memorised Bible verses (Luke 4:4-13).
Are you doing that?

2. Memorisation

Memorise this verse in the Bible version of your choice.

MEMORISATION

Psalm 119:9,11

How can a young man keep his way pure?
By living according to your word.
I have hidden your word in my heart
that I might not sin against you

Psalm 119:9,11 (NIV)**3. Review and back-review**

Review the last 5 memorised verses once every day and back-review all other memorised verses once every three weeks.

37. Meditation and memorisation

How does someone remember his name? By often repeating his name! The way to remember God's Word is by often repeating it! When you remember God's Word, the Holy Spirit will bring it into your remembrance just when you need it and it will have a great effect in your thoughts, feelings and daily life.

Memorising Bible verses is something some Christians do easier than others. Children memorise things much easier than older people. Christians who are forbidden to possess a Bible in their country are very convinced and committed to memorise Bible verses. Also Christians who have been imprisoned for many years because they were Christians have benefited greatly from the Bible verses they had memorised before. Blind and illiterate people like to memorise Bible verses!

Other Christians witness how Bible verses they had memorised helped them in various circumstances (cf. A).

It is not so much memorising Bible verses, but rather remembering what is written in the Bible that is important! Remembering what is written in the Bible can happen in other ways as well, for example: by reading much in the Bible, by doing Bible study every week and by singing Bible verses that have been turned into songs.

There are Christians who make it their goal to read through the Bible once every year. Other Christians listen to the reading of the Bible while they are travelling to and from work (on a CD). Some Christians study one book in the Bible after the other. And other Christians write a Bible verse on a card and paste it onto a mirror or cupboard in order to meditate on it every time they see it. Other Christians read through the Bible in another language in order to understand and remember it better.

All these are practical methods to hide God's Word in your heart (Psalm 119:11).

A. EIGHT REASONS FOR MEMORISING BIBLE VERSES

1. Resist the power of evil

Read Ephesians 6:11,17. Bible verse which you have memorised will help you to resist the power of the evil one. "Take the sword of the Spirit, which is the word of God", that is, a few Bible verses (Greek: *rèma*) that precisely hits the nail on its head! E.g. the answer Jesus gave when he was tempted by Satan (Matthew 4:4; cf. Deuteronomy 8:3).

2. Live a pure and clean life within a sinful world

Read Psalm 119:9,11. Bible verses which you have memorised will help you to live a pure and clean life within a sinful world. "I have hidden your word in my heart that I might not sin against you." There are various ways to hide God's Word in your heart. Memorisation is one such a method.

3. Give God's answers to man's questions

Read Matthew 19:3-6; Luke 10:25-26. Bible verses which you have memorised will help you to give God's answers to man's questions. "Haven't you read that..." (Matthew 19:4), "What is written in the Law (Bible)? How do you read it?" (Luke 10:26).

4. Expose and refute wrong theories and false teachings

Read Matthew 22:23,29-32,41-46. Bible verses which you have memorised will help you to expose and refute wrong theories and false teachings. "You are in error because you do not know the Scriptures..." (Matthew 22:29). "Have you not read what God said to you?" (Matthew 22:31).

5. Develop biblical convictions and habits

Read Deuteronomy 6:6-9. Bible verses which you have memorised will help you to develop biblical convictions and habits within your family. "These commandments I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."

6. Teach more effectively

Read Matthew 5:21-22a; 7:28-29. Bible verse which you have memorised will make your teaching wiser and more powerful. "The crowds were amazed at his teaching, because he taught as one who had authority, and not as their teachers of the law."

7. Write and speak more effectively

Read Jeremiah 23:29; Hebrews 4:12; 2 Corinthians 10:3-5. Bible verses which you have memorised will make your writing and speaking about the Bible more powerful. "Is not my word like fire" declares the LORD, "and like a hammer that breaks a rock in pieces? (Jeremiah 23:29)." "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ" (2 Corinthians 10:3-5).

8. Pray with confidence according to God's will

Read Genesis 32:9-12; Exodus 32:9-14. Bible verses which you have memorised will help you to pray with confidence according to God's will. "Remember your servants Abraham, Isaac and Israel, to whom you swore by your own self: 'I will make your descendants as numerous as the stars in the sky'".

Meditating and understanding Bible verses is called: 'Christian meditation' and consists of the following practical steps:

1. Think

about the meaning of the words in the Bible verse. Ask yourself questions like: "Who? What? Where? When? Why? How?"

2. Pray

to God and ask him what he intends to say to you. During meditation discuss the meaning of the words and the possible applications in the Bible verse with him. Respond to what God says and clarifies to you.

3. Relate

the truths in the Bible verse to your personal life and to life in the world around you. Ask yourself questions like: "What do I need in the light of this Bible verse?" "Which truth would renew me or make me stronger?" "What does God want me to *know, believe, be or do?*"

4. Record

the most important thoughts of your meditation: the things you learned under step 1 to 3.

C. METHODFOR MEMORISING BIBLE VERSES

The following is a method for memorising and remembering Bible verses (and even Bible chapters): Memorising and remembering Bible verses is called: 'Christian memorisation' and consists of the following practical steps:

1. Choose

a practical system: making use of blank cards or a small pocketbook.

2. Meditate

the Bible verse and understand it before you memorise it.

3. Write

the Bible verse on the card or page of the notebook as follows:

(a) **ASSURANCE OF SALVATION (*)**
 (b) **1 John 5:11-13**
 (c) *And this is the testimony:
 God has given us eternal life
 and this life is in his Son.
 He who the Son has life; (**)
 he who does not have the Son of God
 does not have life.
 I write these things to you (***)
 who believe in the name of the Son of God
 so that you may know that you have eternal life.*
 (d) **1 John 5:11-13**

- (a) Write the title or subject on the first line.
- (b) Write the Bible reference on the second line.
- (c) Draw a line and write the Bible text, line for line on the card or page.
- (d) Write the Bible reference once more at the bottom of the text
- (e) and also on the back of the card or page.

(e) **1 John 5:11-13**

4. Memorise the Bible verse in the correct way.

(*) Start every repetition at the beginning and say the subject or title, the Bible reference and the first line of the Bible verse aloud (audible). Repeat this several times until you can say this part without hesitance or mistake and without peaking at the Bible text.

(**) Start again at the beginning and say the subject, the Bible reference and the first and second line. Repeat this several times until you can say this part without hesitance or mistake and without peaking at the Bible text.

(***) Start again at the beginning and say the subject, the Bible reference and the first, second and third line and the Bible reference. Repeat this several times until you can say the whole Bible verse (including the subject and the Bible reference at the beginning and at the end) without hesitance or mistake and without peaking at the Bible text.

It is best if you can memorise aloud or at least in a whisper. You remember a Bible verse you see much better when you also hear it!

Memorise the Bible reference at the beginning and at the end, because it is the most difficult part to remember. This will also help you to recall either the contents of the Bible verse or the place it is written in the Bible.

Thus, the order of memorising a Bible verse is: the subject, the Bible reference, the whole Bible verse and the Bible reference again.

D. METHODFOR REVIEWING AND BACK-REVIEWING BIBLE VERSES

You must review the Bible verses which you have memorised before or otherwise you will forget them:

1. Review the last 5 memorised Bible verses in your memorisation etui every day.

You need to review every new Bible verse which you have memorised at least once every day for 5 weeks – that is 35 times.

Keep these 5 verses separate in your ‘memorisation etui’. After five weeks, you put the card which you have reviewed 35 times in your ‘memorisation box’.

If you memorise one new Bible verse every week, you must review the five most recent memorised Bible verses once every day.

2. Back-review all your past memorised Bible verses in your memorisation box once every three weeks.

You need to back-review your earlier memorised Bible verses at least once every three weeks if you wish to retain them. Therefore you need to back-review 1 out of every 20 Bible verses in your memorisation box once every day. Thus you back-review 5 earlier memorised Bible verses for every 100 earlier memorised Bible verses every day.

Summary:

Memorise one new Bible verse every week.

Review the last 5 memorised Bible verses (kept in your memorisation etui) every day.

And you back-review 5 earlier memorised Bible verses (kept in your memorisation box) for every 100 earlier memorised Bible verses every day (that is: if you already have so many memorised Bible verses).

In this way you review all your memorised Bible verses once every three weeks!

3. Carry

your five last memorised Bible verses and one out of every 20 earlier memorised Bible verses with you so that you may review them when you travel or have a spare moment. This allows you to meditate on God’s Word during the day and pray about its contents.

4. Check

whether you are still able to recall your memorised Bible verses without a mistake. This may be done two by two during every group meeting. Check whether the other person can recall the subject, the Bible reference and the Bible verse without a mistake. Sometimes you may prompt him by saying the Bible reference and at other times by saying the first line of the Bible verse.

E. LISTS OF MEMORISATION VERSES

1. The order of memorisation verses in this course

THE OLD TESTAMENT

- | | |
|---------------------------------|--------------------|
| 1 The Bible | 2 Timothy 3:16 |
| 2 The creation | Hebrews 11:3 |
| 3 The fall | Romans 3:23 |
| 4 Salvation | John 3:16 |
| 5 God speaks and acts | Isaiah 14:24 |
| 6 God’s covenant | Leviticus 26:12 |
| 7 Walking by faith | Hebrews 10:36 |
| 8 Forgiveness | Luke 17:3 |
| 9 The law | Romans 13:8 |
| 10 The historical books | 1 Corinthians 10:6 |
| 11 The theocracy | Acts 13:22b |
| 12 The poetical books | Proverbs 9:10 |
| 13 The prophetic books | Hebrews 1:1-2 |
| 14 Israel | Romans 10:12 |
| 15 The triumph of God’s kingdom | Daniel 2:44 |

THE NEW TESTAMENT

- | | |
|---------------------------------|---------------------|
| 16 The life of Christ | John 1:14 |
| 17 The death of Christ | 1 Peter 3:18a |
| 18 The resurrection of Christ | 2 Corinthians 5:15b |
| 19 The sovereign rule of Christ | 1 Corinthians 15:25 |
| 20 Seek God’s kingdom | Matthew 6:33 |
| 21 The Christian Church | Matthew 18:20 |
| 22 Spiritual growth | Psalms 1:3 |
| 23 Disciples | Luke 9:23 |
| 24 Workers | Ephesians 4:12 |
| 25 Leaders | 1 Peter 5:2 |
| 26 Relationships | Proverbs 27:17 |
| 27 Spiritual warfare | James 4:7 |
| 28 The Holy Spirit | John 16:8 |
| 29 My task | Colossians 4:17 |
| 30 The second coming of Christ | Matthew 24:14 |

PRACTICAL DISCIPLESHIP

- | | |
|-----------------------------|---------------------|
| 31 Quiet time | Revelation 3:20 |
| 32 Assurance of salvation | Philippians 1:6 |
| 33 The highest priority | Mark 12:30 |
| 34 God’s guidance | Psalms 32:8 |
| 35 Bible study | Acts 17:11 |
| 36 Bible interpretation | 2 Timothy 2:15 |
| 37 Bible memorisation | Psalms 119:9,11 |
| 38 Bible application | John 14:23 |
| 39 Praying God’s Word | 1 John 5:14 |
| 40 Prayer is a conversation | Matthew 7:7 |
| 41 Intercession | Colossians 4:12b |
| 42 Christian fellowship | John 13:34 |
| 43 Witnessing | Matthew 10:32 |
| 44 Evangelism | Acts 17:2b-3a |
| 45 Serving | Mark 10:45 |
| 46 Giving | 2 Corinthians 9:6-7 |
| 47 Planning | Proverbs 20:18 |
| 48 Self-esteem | Isaiah 43:4 |
| 49 Sanctification | Hebrews 12:14 |
| 50 Life-style | Philippians 4:11b |

2. The order of these memorisation verses in the Bible

BOOKS OF THE LAW

6 Leviticus 26:12 God's covenant

POETICAL BOOKS

22 Psalm 1:3 Spiritual growth
 34 Psalm 32:8 God's guidance
 37 Psalm 119:9,11 Bible memorisation
 12 Proverbs 9:10 The poetical books
 46 Proverbs 20:18 Planning
 26 Proverbs 27:17 Relationships

PROPHETICAL BOOKS

5 Isaiah 14:24 God speaks and acts
 48 Isaiah 43:4 Self-esteem
 15 Daniel 2:44 The triumph of God's kingdom

GOSPELS

20 Matthew 6:33 Seek God's kingdom
 38 Matthew 7:7 Prayer is a conversation
 42 Matthew 10:32 Witnessing
 21 Matthew 18:20 The Christian Church
 30 Matthew 24:14 The second coming of Christ
 45 Marks 10:45 Serving
 33 Mark 12:30 The highest priority
 23 Luke 9:23 Disciples
 08 Luke 17:3 Forgiveness
 16 John 1:14 The life of Christ
 4 John 3:16 Salvation
 42 John 13:34 Christian fellowship
 47 John 14:23 Bible application
 28 John 16:8 The Holy Spirit

HISTORICAL BOOKS

11 Acts 13:22b The theocracy
 43 Acts 17:2b-3a Evangelism
 35 Acts 17:11 Bible study

LETTERS OF PAUL

3 Romans 3:23 The fall
 14 Romans 10:12 Israel
 9 Romans 13:8 The law
 10 1 Corinthians 10:6 The historical books
 19 1 Corinthians 15:25 The sovereign rule of Christ
 18 2 Corinthians 5:15b The resurrection of Christ
 45 2 Corinthians 9:7 Giving
 24 Ephesians 4:12 Workers
 32 Philippians 1:6 Assurance of salvation
 50 Philippians 4:11b Life-style
 39 Colossians 4:12b Intercession
 29 Colossians 4:17 My task
 36 2 Timothy 2:15 Bible interpretation
 1 2 Timothy 3:16 The Bible

GENERAL LETTERS

13 Hebrews 1:1-2 The prophetic books
 7 Hebrews 10:36 Walking by faith
 2 Hebrews 11:3 The creation
 49 Hebrews 12:14 Sanctification
 27 James 4:7 Spiritual warfare
 17 1 Peter 3:18a The death of Christ
 25 1 Peter 5:2 Leaders
 40 1 John 5:14 Praying God's Word

REVELATION

31 Revelation 3:20 Quiet time

3. Other possible memorisation verses

<p><i>A. Christian assurances</i></p> <ol style="list-style-type: none"> 1. Salvation. John 10:28 2. Answered prayer. John 16:24 3. Victory. 1 Corinthians 10:13 4. Forgiveness. 1 John 1:9 5. Gods' guidance. Proverbs 3:5-6 	<p><i>B. New life in Christ</i></p> <ol style="list-style-type: none"> 1. Christ. 2 Corinthians 5:17 2. Word. Matthew 4:4 3. Prayer. John 15:7 4. Fellowship. 1 John 1:7 5. Witnessing. Matthew 10:32
<p><i>C. The gospel</i></p> <ol style="list-style-type: none"> 1. Sin. Romans 3:23 2. Judgement. Ecclesiastes 12:14 3. Atonement. Romans 5:8 4. Gift. Ephesians 2:8-9. 5. Faith. John 1:12 	<p><i>D. Discipleship</i></p> <ol style="list-style-type: none"> 1. Lordship. Romans 12:1-2 2. Denial. Luke 9:23 3. Serving. Mark 10:45 4. Giving. 2 Corinthians 9:6-7 5. Making disciples. Matthew. 28:18-20
<p><i>E. Christian character</i></p> <ol style="list-style-type: none"> 1. Christ likeness. 2 Corinthians 3:18 2. Purity. 1 Peter 2:11 3. Love. Mark 12:30-31 4. Faith. Romans 4:20-21 5. Humility. Philippians 2:3-4 	<p><i>F. Preparation for marriage</i></p> <ol style="list-style-type: none"> 1. Both believers. 2 Corinthians 6:14 2. Same life-goals. Amos 3:3 3. Self-control. 1 Thessalonians 4:3-5 4. Proper time. Ecclesiastes 8:5b-6a 5. Right priorities. Matthew 6:33
<p><i>G. Christian marriage</i></p> <ol style="list-style-type: none"> 1. Leave. Genesis 2:24 2. Love. Ephesians 5:23,25 3. Submission. Titus.2:4-5 4. Resolve conflicts. Matthew 5:23-24 5. Faithful. Proverbs 3:3-4 	<p><i>H. Christian parenthood</i></p> <ol style="list-style-type: none"> 1. Invest. 2 Corinthians 12:14b-15a 2. Develop. Proverbs 22:6 3. Instruct. Deuteronomy 6:6-7 4. Raise. Ephesians 6:4 5. Discipline. Proverbs 13:24
<p><i>I. Kingdom of God</i></p> <ol style="list-style-type: none"> 1. Enter. John 3:3,5 2. Welcome. Luke 18:16-17 3. Proclaim. Matthew 24:14 4. Never look back. Luke 9:62 5. Triumph. Daniel 2:44 	<p><i>J. Christian Church</i></p> <ol style="list-style-type: none"> 1. Building. 1 Peter 2:5 2. Activities. Acts 2:42 3. Ministries. Ephesians 4:12-13 4. Leadership. Acts 20:28 5. Glory. Ephesians 3:20-21
<p><i>K. God's greatness</i></p> <ol style="list-style-type: none"> 1. Incomparable. Isaiah 40:25-26 2. Glorious. 1 Chronicles 29:11 3. Sovereign. Ephesians 1:11-12 4. All-knowing. Hebrews 4:13 5. Almighty. Jeremiah 32:17 	<p><i>L. God's resources</i></p> <ol style="list-style-type: none"> 1. Presence. Hebrews 13:5-6 2. Word. Psalm 119:105 3. Power. Isaiah 41:10 4. Wisdom. James 1:5 5. Healing. 2 Chronicles 7:14