

# How to Stash God's Word in Your Heart

I used to believe that memorizing scripture was just too difficult to do without excessive effort. Then, one afternoon while cruising down the highway and listening to an oldies station on Spotify, I became very convicted. Why is it that I know many songs from my younger days by heart but can't memorize God's word? Some things we commit to memory without even trying. But often we don't put much effort into stashing God's word in our hearts.

Part of memorization is repetitive hearing. That's why when we listen to songs repeatedly, they become solidified in our brains. It can be the same with scripture. Try these tips for stashing God's word in your heart, ready to be pulled out when you need encouragement, courage to keep going, or strength to fight against sin.

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## • Put it on repeat.

Using the voice memo app on your phone, or another such voice recording platform, read any verses you want to memorize out loud multiple times in a row, making sure to also give the reference such as, "Philippians 4:8." Then, when you are doing the dishes, folding laundry, or out for a walk, listen to the voice recording and say the scriptures out loud with it. The repetition helps to solidify the words in your brain.

## • Make it stick.

Use sticky notes to give you visual reminders to practice your verses. Place them on your bathroom mirror, the dashboard of your vehicle, or on your computer screen. But don't just write out the entire verse. Write the verse but leave out key words, replacing them with a blank. For each sticky note, choose different words to turn into blanks. Seeing these throughout your day will help you to recall and store the words of the verse in your soul.

## • Create a lettered cheat sheet.

An easy way to help solidify a verse to memory is to simply jot down the first letter of every word in the verse. Then, as you familiarize yourself with the words, you will be able to do it by just looking at the string of letters. Here is an example:

“Hatred stirs up conflicts, but love covers all offenses.” Proverbs 10:12

So, your cheat sheet would look like this: HSUCBLCAO

Write these letters on a notecard or sticky note and place them where you will see them often.

## • Keep a progress journal.

Purchase a pretty journal to keep track of your progress. Once you have memorized a verse or passage, write it down in your journal, along with a reference. It is encouraging to see the verses stack up.

## • Make it an experience

Often tasks we are trying to complete can become more pleasant when they are hitched to an experience we find gratifying. Do this with scripture memory. For example, maybe have a favorite chair, cozy throw blanket, and beverage to drink that you only enjoy when you are working on your verses. In the warmer times of year when I could be outside on my front porch rocker, I like to do my scripture memory out there. Or I will take a blanket and sit out near the edge of our property where there are woods and wildlife. Hearing the birds chirp, seeing the squirrels run around, and breathing in the fresh air is something I adore. When I tether this to working on my verses, it makes me excited to go do it.

## • Enlist the help of a friend.

One of my close friends also has a desire to memorize scripture. And so, we leave voice messages to each other, reading our scriptures out loud each week. Then, once a month, we do it over FaceTime to make sure we are not cheating. We must stare straight at our phones' cameras as we recite our passages. The accountability is so helpful and doing it with someone else makes it fun.

## • Reward yourself.

Set some goals for scripture memory and then reward yourself once you meet them. Perhaps after you have memorized five verses, you get to treat yourself to a favorite beverage at a local coffeehouse. Once you have memorized 10 verses, you will treat another friend who is also working on memorization to lunch at a local café. Is there a set of Bible highlighters or a cute basket to keep all your Bible study supplies and you've been eyeing? Tell yourself you will purchase them once you've reached your next goal.

## • Finally, here are some great passages to memorize to get you started.

Carve out some time this week to stash God's word in your heart. You can do it! I believe in you. (These verses are taken from the Christian Standard Bible® Copyright © 2017 by Holman Bible Publishers.)

“My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger...” James 1:19

“The Lord is near the brokenhearted; he saves those crushed in spirit.” Psalm 34:18

“Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go.” Joshua 1:9

“Pleasant words are a honeycomb: sweet to the taste and health to the body.” Proverbs 16:24

“Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.” Philippians 4:8