

FIGHT BACK WITH JOY

SCRIPTURE MEMORIZATION CARDS

Scripture memorization is a spiritual discipline useful for filling our minds with what our hearts need. Psalms 119:11 (NIV) says, "I have hidden your word in my heart that I might not sin against you." When we memorize Scripture, it's easier to share the good news of Jesus, remain anchored in God's truth in difficult situations, and learn to meditate and delight in God's law (see Ps. 1:2).

If you're like me, memorization doesn't always come easily. When spending time disciplining myself in Scripture memorization, I have to think of mnemonic games or tricks to get each verse or passage to stick. I encourage you to do the same. Here are a few helpful hints that may assist you as you memorize each session's verses:

- Choose a translation that is easiest for you to remember or one you are most familiar with.
- Practice by writing out the verse three times. Each time begin writing without looking.
- Spend time dissecting the verse and meaning using the surrounding verses and a commentary. Scripture memory is easier when the passage is fully understood.
- Read the verse aloud three times, then try to recite it without looking.
- Use Google to see if any worship songs have been written about the passage you're memorizing or make up your own song to practice reciting.
- Find an accountability partner with whom you can recite verses together.
- Set a goal date to have a certain Scripture memorized.
- Write out the Scripture on colorful pieces of paper or paint on a canvas with your favorite Pinterest materials. Hang the artwork around your home or workplace to be reminded of the verse often.
- Write out the individual words on different note cards, mix them up, then try and put the words back in order.
- Be sure to break down the verse you're memorizing into smaller chunks to make it easier to swallow.

Don't get discouraged! Scripture memorization is a discipline which requires practice. I hope the flash cards will be something you carry with you throughout the next six weeks as you begin the process of memorizing.

SESSION 1: SECRETS OF JOYFUL PEOPLE

In your presence there is fullness of joy; at your right hand are pleasures forevermore.

—Psalm 16:11 (ESV)

SESSION 2: THE HIDDEN TREASURE OF JOY

Do not grieve, for the joy of the LORD is your strength.

—Nehemiah 8:10 (NIV)

SESSION 3: POKE HOLES IN THE DARKNESS

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

—James 1:2-4 (NIV)

SESSION 4: A SIDE OF JOY NO ONE TALKS ABOUT

Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the Lord; I will take joy in the God of my salvation. God, the Lord, is my strength; he makes my feet like the deer's; he makes me tread on my high places.

—Habakkuk 3:17-18 (ESV)

SESSION 5: THE HOLY MESS OF JOY

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

—Romans 5:3-5 (ESV)

SESSION 6: WHAT TO DO WHEN THOSE YOU LOVE ARE HURTING

There is no greater love than to lay down one's life for one's friends.

—John 15:13 (NLT)