ACTION STEP 11 | MEDITATION AND MEMORIZATION

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*When I remember you upon my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I will sing for joy.*

Psalm 63: 6-7

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THE DISCIPINE OF MEDITATION

Meditation can seem like a vague New Age word unrelated to Christian disciplines. However, the spiritual discipline of meditation for the Christian is a fruitful component to renewing the mind and being shaped further into the image of Christ. Where many methods of mediation look to clear the mind, Christian meditation looks to focus it. Specifically focusing it on the Lord and thus most often, His Word.

There are many practical ways one can focus the mind for Christ-centered mediation such as: prayer, journaling, and solitude. The tool that this exercise will focus on is memorization of Scripture. *Memorization leads to mediation[[1]](#footnote-1)* When our minds are focused on knowing scripture the natural overflow is meditation: to reflect, consider, and gain a deeper understanding of God and His word.

TIPS AND TRICKS

But what if I am bad at memorization? The practice of memorization and mediation is a discipline, which means that by nature it will require practice, planning, and a strategy. Disciplines never just happen, that is why they are called disciplines! If you struggle with memorization try these tools:

1. *Set and schedule and stick to it*: If you have a photographic memory, plan to learn the passage quickly. If not, go at your own pace. Whatever you decide, plan a time to memorize the passage by. Give yourself a deadline.
2. *Put it somewhere you will see if often*: The bathroom mirror, your car, the refrigerator door. Make it visible and when you see it, say it. Print out the page below for personal use.
3. *Remember your incentive:* If someone agreed to give you $100 for memorizing scripture, most people would make sure it happened. And though it sounds cheesy, what we gain when we know and mediate on the word of God is a far greater and eternal reward!

PASSAGE RESPONSE

Read through Psalm 63 and work through the following questions over the next week as you memorize it:

1. Day 1 reading: What is God revealing to you about Himself through this Psalm? About you? Share your answer with your sponsor.
2. Day 3 of memorization: Has God revealed anything new to you in regard to this passage? Have any verses, personal reflections, or thoughts been recurrent? Share your answer with your sponsor
3. Day 7 of memorization: Consider these questions on light of your time in this passage. Share your answers with your sponsor. Check in with your sponsor: What am I feeling? What am I doing? What am I thinking? What am I thinking about doing?

PSALM 63

1 O God, you are my God; earnestly I seek you;  
 my soul thirsts for you;  
my flesh faints for you,  
 as in a dry and weary land where there is no water.  
**2** So I have looked upon you in the sanctuary,  
 beholding your power and glory.  
**3** Because your steadfast love is better than life,  
 my lips will praise you.  
**4** So I will bless you as long as I live;  
 in your name I will lift up my hands.

**5** My soul will be satisfied as with fat and rich food,  
 and my mouth will praise you with joyful lips,  
**6** when I remember you upon my bed,  
 and meditate on you in the watches of the night;  
**7** for you have been my help,  
 and in the shadow of your wings I will sing for joy.  
**8** My soul clings to you;  
 your right hand upholds me.

**9** But those who seek to destroy my life  
 shall go down into the depths of the earth;  
**10** they shall be given over to the power of the sword;  
 they shall be a portion for jackals.  
**11** But the king shall rejoice in God;  
 all who swear by him shall exult,  
 for the mouths of liars will be stopped.

1. 20 Capitol Hill Baptist. “Class 4: Bible Intake (Part 2).” Core Seminars | Capitol Hill Baptist, https://www.capitolhillbaptist.org/sermon/class-4-

   bible-intake-part-2/ [↑](#footnote-ref-1)