

The Transformative Power of Scripture Memory and Meditation

1. Strengthens Our Faith - It's one thing to be a Christian yet it's another to be a mature Christian. Maturity in Christ doesn't come with age. It comes with growing in your knowledge and application of God's Word.

1 Peter 2:1-2 (NLT) *So get rid of all evil behavior. Be done with all deceit, hypocrisy, jealousy, and all unkind speech. 2 Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, 3 now that you have had a taste of the Lord's kindness.*

Hebrews 5:13-14 (Amplified Bible) *For everyone who lives on milk is [doctrinally inexperienced and] unskilled in the word of righteousness, since he is a **spiritual** infant. 14 But solid food is for the [spiritually] mature, whose senses are trained by practice to distinguish between what is morally good and **what is** evil.*

- **Romans 10:17 (NLT)** *So faith comes from hearing, that is, hearing the Good News about Christ.*
- **Psalms 119:11 (NLT)** *I have hidden your word in my heart, that I might not sin against you.*
- **Colossians 3:16 (NLT)** *Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives.*
- **Matthew 4:4 (NLT)** *But Jesus told him, 'No! The Scriptures say, People do not live by bread alone, but by every word that comes from the mouth of God.'*
- **Hebrews 11:1 (NLT)** *Faith shows the reality of what we hope for; it is the evidence of things we cannot see.*

David and Goliath: David's meditation on God's past faithfulness helped him face Goliath with confidence.

The Disciples: After Jesus' resurrection, the disciples remembered His words, which strengthened their faith to spread the Gospel.

2. Guides Our Decisions - When you know the Word, you can easily align your decisions with it and clearly identify if something is good for you or not.

- **Proverbs 3:5-6 (NLT)** *Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.*
- **Psalms 119:105 (NLT)** *Your word is a lamp to guide my feet and a light for my path.*
- **James 1:5 (NLT)** *If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.*
- **Isaiah 30:21 (NLT)** *Your own ears will hear him. Right behind you a voice will say, 'This is the way you should go, ' whether to the right or to the left.*
- **Proverbs 16:3 (NLT)** *Commit your actions to the Lord, and your plans will succeed.*

Joseph in Egypt: His faith in God's guidance enabled him to make wise decisions that ultimately saved many lives.

Esther: She sought God's wisdom through prayer and fasting before making a crucial decision to approach the king.

3. Transforms Our Character - When you are committed to something, there is fruit / evidence. We don't know people by their words, we know them by their fruit (what they produce).

Matthew 7:15-20 (NLT) *Beware of false prophets who come disguised as harmless sheep but are really vicious wolves. 16 You can identify them by their fruit, that is, by the way they act. Can you pick grapes from thornbushes, or figs from thistles? 17 A good tree produces good fruit, and a bad tree produces bad fruit. 18 A good tree can't produce bad fruit, and a bad tree can't produce good fruit. 19 So every tree that does not produce good fruit is chopped down and thrown into the fire. 20 Yes, just as you can identify a tree by its fruit, so you can identify people by their actions.*

- **II Timothy 3:16-17 (NLT)** *All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.*
- **Romans 12:2 (NLT)** *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*
- **Philippians 4:8 (NLT)** *And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*
- **Galatians 5:22-23 (NLT)** *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*
- **Titus 2:11-12 (NLT)** *For the grace of God has been revealed, bringing salvation to all people. And we are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God.*

The Apostle Paul: His transformation from persecutor to apostle highlights the power of God's Word in reshaping character. Zacchaeus: After encountering Jesus, his life changed dramatically, demonstrating how meditation on Christ's teachings transformed his heart.

4. Fosters Intimacy with God - When you are really close to someone, you can almost always predict their moves even find yourself finishing their sentences. The closer you are to God through scripture memory and meditation, the more you sound like Him, look like Him and make moves the way He would.

When you are close to Him through memorizing His Word and meditation, hearing His voice and knowing His ways is easy. Example of how easy it is to call or text your Father when you are his child, where others may have to wade through protocols and wait a long time to get to him.

- **Psalm 1:2-3 (NLT)** *But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.*
- **Joshua 1:8 (NLT)** *Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.*
- **John 15:7 (NLT)** *But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted!*
- **Psalm 119:147-148 (NLT)** *I rise early, before the sun is up; I cry out for help and put my hope in your words. I stay awake through the night, thinking about your promise.*
- **I John 4:16 (NLT)** *So we have come to know and believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in them.*

Mary, Mother of Jesus: She pondered God's words, deepening her relationship with Him.

Daniel: His commitment to prayer and meditation on God's Word established a close connection that sustained him through trials.

We must actively engage in scripture memory and meditation. It strengthens faith, guides decisions, transforms character, and fosters intimacy with God. We must commit to memorizing verses and making meditation a daily practice.