

Hiding God's word in our hearts

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Christian disciplines

Practices and habits found in Scripture that promote growth among believers in the Gospel of Jesus Christ

1 Timothy 4: 7b

^{7b} Discipline yourself for the purpose of godliness;

Examples of Christian Disciplines

- Prayer
- Fasting
- Worship & Fellowship
- Evangelism
- Scripture reading, **memorising** & reflecting

“I Know of no other single practice in the Christian life more rewarding, practically speaking, than memorizing scripture.”

-Chuck Swindoll-

Colossians 3: 16 (ESV)

¹⁶ Let the word of Christ dwell in you richly,
teaching and admonishing one another in all
wisdom, singing psalms and hymns and spiritual
songs, with thankfulness in your hearts to God.

Matthew 4: 4 (ESV)

⁴ But he answered, “It is written, ““Man shall not live by bread alone, but by every word that comes from the mouth of God.””

1 Peter 3: 15 (ESV)

¹⁵ but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect,

Psalm 119: 11 (ESV)

¹¹ I have stored up your word in my heart, that I might not
sin against you.

Why memorise Scripture?	
Reason	Verse(s)
We are instructed to	Colossians 3: 16, Deuteronomy 6:4-9
Conformity to Christ	Matthew 4: 1 -11
Helps share the Gospel/our Faith	1 Peter 3: 15
Triumph over sin and temptation	Psalms 119:9 -11, Ephesians 6: 13 – 17, Romans 8:13
Increases our Faith	Romans 10:17
Provides guidance and wisdom	Psalms 119:105
Helps us know the truth and keep us from error	Matthew 22:29

Ephesians 6: 11 – 17 (ESV)

¹¹ Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

Ephesians 6: 11 – 17 (ESV)

¹² For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Ephesians 6: 11 – 17 (ESV)

¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. ¹⁴ Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness,

Ephesians 6: 11 – 17 (ESV)

¹⁵ and, as shoes for your feet, having put on the readiness given by the gospel of peace. ¹⁶ In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one;

Ephesians 6: 11 – 17 (ESV)

¹⁷ and take the helmet of salvation, and the sword of the Spirit, which is the word of God,

Romans 8:13 (ESV)

¹³ For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

What do you remind yourself of when sin is at the door of your heart and when the enemy is lying to you about your identity in Christ?

Proverbs 6: 20 - 22

²⁰ My son, keep your father's commandment, and forsake not your mother's teaching. ²¹ Bind them on your heart always; tie them around your neck.

Proverbs 6: 20 - 22

²² When you walk, they will lead you; when you lie down, they will watch over you; and when you awake, they will talk with you.

Memorise to know God and quote to remind yourself that He is good, all satisfying, and powerful.

How to memorise Scripture

1. Read the Bible!
2. Start small, stay consistent
3. Put it everywhere
4. Add rhythm, dance, music, etc.
5. Repeat, repeat, repeat

1 Peter 3: 15 (ESV)

¹⁵ but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect,

1 Timothy 4: 7b

^{7b} Discipline yourself for the purpose of godliness;

The background of the image is a close-up of teal-colored water with visible ripples and light reflecting off the surface. A large, semi-transparent dark teal circle is centered in the frame, serving as a backdrop for the text.

MINISTRY

**SEE YOU
NEXT TIME!**