

# HIDING GOD'S WORD IN OUR HEARTS



The Bible is the sword of the Spirit of God. In our personal battles, we must each individually take up that sword and fight. It is our responsibility to confess our sin, learn Scripture to combat the lies that led us into sin, deliberately think about the Scriptures, and then apply our lives. This is how the victory that Christ has won over sin becomes ours. We can get to where God's taking us! Scripture is our offensive weapon against our enemy.

It's extremely important to practice self-control over our thoughts. That's the only way our words and actions can truly be godly and joyful. The Bible teaches us to gain victory over our thoughts through knowing and meditating on Scripture (Joshua 1:8-9, Psalm 119:9-11, John 17:17, Philippians 4:8a). Be encouraged to find Scriptures that pertain to your personal battles, in order to fight victoriously. Here are a few lists to help you choose what you need.

<p>Fight the fire of <b>ANGER</b>:</p> <ul style="list-style-type: none"> <li>♥ Proverbs 14:17, 29, 15:18, 25:28, 29:11</li> <li>♥ Ephesians 4:26, 31-32</li> <li>♥ Colossians 3:8, 12-13</li> <li>♥ James 4:1-4a</li> </ul> <p>In Christ, we become women of <b>forgiveness, self-control, and kindness.</b></p>	<p>Pull up every root of <b>BITTERNESS/RESENTMENT</b>:</p> <ul style="list-style-type: none"> <li>♥ Ephesians 4:26, 31-32</li> <li>♥ Colossians 3:12-15</li> <li>♥ Hebrews 12:14-15</li> <li>♥ Deuteronomy 29:18</li> <li>♥ Ezekiel 36:26</li> </ul> <p>In Christ, we become women of <b>tender mercy.</b></p>
<p>Catch <b>CARELESS WORDS</b>:</p> <ul style="list-style-type: none"> <li>♥ Psalm 19:14</li> <li>♥ Proverbs 12:18, 15:28, 21:23, 29:20</li> <li>♥ Ephesians 4:29, 5:4</li> <li>♥ Colossians 4:6</li> <li>♥ James 1:26, 3:6</li> </ul> <p>In Christ, we become women who <b>speak with edifying grace.</b></p>	<p>Structure your heart against <b>COMPLAINING</b>:</p> <ul style="list-style-type: none"> <li>♥ Psalm 19:14</li> <li>♥ Proverbs 12:18, 15:28, 21:23, 29:20</li> <li>♥ Ephesians 4:29, 5:4</li> <li>♥ Colossians 4:6</li> <li>♥ Romans 1:21</li> <li>♥ 1 Thessalonians 5:16-18</li> <li>♥ James 1:26, 3:6</li> </ul> <p>In Christ, we become women of <b>gratitude.</b></p>
<p>Deny the dead-end desire of <b>SELF-PITY</b>:</p> <ul style="list-style-type: none"> <li>♥ Hebrews 13:5b-6</li> <li>♥ Romans 5:3-4, 8:28, 35, 37</li> <li>♥ Philippians 1:6, 4:11-13</li> <li>♥ 2 Corinthians 5:17, 10:12</li> <li>♥ Psalm 84:10-12</li> <li>♥ James 4:6, 10</li> <li>♥ 2 Peter 2:21, 23</li> </ul> <p>In Christ, we become women <b>without aversion to grace - who rejoice in difficulty, welcome rebuke with thick skin, and control our thoughts with joy.</b></p>	<p>In the storms, cease all <b>WORRY/ANXIETY</b>:</p> <ul style="list-style-type: none"> <li>♥ Psalm 73:25-26, 84:10-12, 94:18-19, 121:1-2</li> <li>♥ Romans 5:3-4</li> <li>♥ 1 Peter 5:7</li> <li>♥ Philippians 4:6-7, 11-12</li> <li>♥ Colossians 3:2, Psalm 42:11</li> <li>♥ Isaiah 41:10, 13, 43:2</li> <li>♥ Matthew 6:34, 2 Corinthians 12:9</li> </ul> <p>In Christ, we become women who <b>pray and surrender to the safety of God's sovereign fatherly care.</b></p>

Repetition is the key to memorization. If you use the card-box method described below, you will work on three cards per day. Then, controlling our thoughts by what we know is the key to applying our lives. Here's a testimony from one FFC woman, let it encourage and spur us on: " I can't tell you how the Lord has laid it on my heart to seek His word and to plant it in my heart = to be without excuse."

# CARD BOX METHOD FOR SCRIPTURE MEMORY

The card-box method is a life-style suggestion\* for tucking God's Word all the way into our long-term memories. It would work well in our accountability relationships. Recite at least one verse/week to each other as part of your discipleship. Here's what you'll need, and what to do:

1. **INDEX CARDS** (you can buy, create, or ask me for 3x5 cards). Copy verses that you already know onto cards, and write cards for verses you want to memorize. Teams can work together to choose new verses on relevant put-offs and put-ons.
2. **CARD BOX** (you may have an old wooden index card box, or plastic 3x5 boxes cost a buck at dollar stores, or you could even make a pretty cardboard box).
3. **DIVIDERS** (cut 10 sheets of cardstock into quarters, or ask me for dividers). It helps to use three different colors; then you'll need 1 sheet of one color for the daily verse divider, 2 sheets of another color for the day-of-the-week verse dividers, and 8 sheets of yet another color for the day-of-the-month verse dividers.
  - On top of one divider, write **DAILY**.
  - On top of seven dividers, write **MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY**. These are your **DAY-OF-THE-WEEK** dividers.
  - On top of thirty-one dividers, write the numbers **1-31**. These are your **DAY-OF-THE-MONTH** dividers.
4. For the verses you already know, depending on how many cards you have, place one behind each **DAY-OF-THE-WEEK** divider. If you have more than 7, place the rest behind **DAY-OF-THE-MONTH** dividers. If you have more than 38, double up behind **DAY-OF-THE-MONTH** dividers.
5. For the verses you want to learn, stack all but one in front of the **DAILY** divider. Place one behind the **DAILY** divider; this will be the one you work on first.
6. Each day, take out three verse cards, one from behind each divider. For example, on Sunday March 30 – pull the daily verse, the Sunday verse, and the 30 verse. Carry these cards with you to work on in the car or while you wait, or place them where you stand often. Review them before bed. Work with your accountability partner to talk about ways to better develop this habit. And, each week, strive to recite three verses to each other.
7. When you have memorized and recited the **DAILY** verse, move a **DAY-OF-THE-WEEK** verse behind a **DAY-OF-THE-MONTH** divider, and place your **DAILY** verse into the empty **DAY-OF-THE-WEEK** slot. Then put a new verse behind the **DAILY** slot. You're all set to work on three new verses!

This is a really cool way to grow the discipline of learning Scripture, and it provides a tangible accountability check. After we recite the verses to each other, share how God has used them to convict us of sin and grow us in repentance. This will help bring our conversation and prayer for one another into what's practically going on in our own and our sisters' hearts.

May God be glorified as we grow in obedience to His Word,

With love in the Lamb, Ruth Froese

\*This is a simplified & modified version of the Charlotte Mason Method, <http://simplycharlottesmason.com/timesavers/memorysys/>