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# Make the Devil Flee

***A Complete Scripture Memory System***

**James 4:7 (NLT)**

*"So humble yourselves before God. Resist the devil, and he will flee from you."*

## The Night It All Clicked

Boulder, Colorado. 1993. It was the last session of the night at a Promise Keepers conference — 55,000 men packed into Folsom Stadium. The final speaker was Pastor E.V. Hill of Mount Zion Missionary Baptist Church in Los Angeles. He had four minutes on the clock.

He walked to the podium and preached one of the most unforgettable sermons in the history of that movement. Not because it was long. Not because it was complicated. Because it was true, and he said it with everything he had.

His title: "How to Make the Enemy Run." His text: the wilderness temptation in Matthew 4. His point: Jesus defeated Satan not by drawing on his divine power, but by doing something every one of us can do. He quoted Scripture. Three temptations. Three answers. Same response every time.

> ***"Hit him with Scripture."***
>
> *— Pastor E.V. Hill*
>
> Promise Keepers • Boulder, Colorado • 1993

By the time E.V. Hill walked off the stage, 55,000 men were on their feet chanting "Hit 'Em!" and wouldn't stop. That moment has never left the people who were there. You can watch it yourself — the link is at the end of this guide.

Here's the thing about that sermon that matters for you right now: the point wasn't that Jesus was impressive. The point was that Jesus used a weapon you have access to. He didn't call down angels. He didn't vaporize the devil with divine power. He reached for what was written. And it worked. Every time.

But here's the catch: you cannot reach for what you haven't put there. You cannot answer the enemy with a verse you don't know. You cannot fight with a weapon you've never picked up.

That's what this guide is about. Not academic Bible study. Not another thing to add to your spiritual to-do list. A practical system for putting the Word somewhere the enemy can't take it — in your heart, in your memory, available at any moment, in any dark place, at any hour.

> **James 4:7 (NLT)**
> *So humble yourselves before God. Resist the devil, and he will flee from you.*

> **Psalm 119:11 (NLT)**
> *I have hidden your word in my heart, that I might not sin against you.*

The promise is real. The weapon is available. The method works. Let's get started.

## The Honest Truth About Why You Quit

Most Christians have tried to memorize Scripture at some point. Most of them quit. If that's you, here's what actually happened:

You used the wrong method.

Not the wrong Bible. Not the wrong verse. Not the wrong level of spiritual commitment. The wrong technique. Specifically, you probably tried to memorize by reading the verse over and over until it somehow stuck. That's the method almost everyone starts with. And research shows it has a 23% retention rate after one week.

Twenty-three percent. Less than one in four. After seven days, three quarters of what you tried to memorize that way is gone.

People who used structured memory techniques — the kind built around how your brain actually works — retained 87% after the same week. The difference wasn't intelligence. It wasn't spiritual maturity. It wasn't how much they loved God. It was method.

**THE BOTTOM LINE:**

*You don't have a bad memory. You've been using the wrong approach. This guide gives you the right one. And the daily time commitment is five minutes. Not an hour. Not thirty minutes. Five minutes a day.*

## The Complete System — 8 Ways to Make It Stick

## 1 Chunk It — Stop Memorizing Words, Start Memorizing Phrases

Your brain can only hold 4-7 pieces of information at one time. When you try to memorize a verse as one long string of words, you're asking it to carry more than it can handle. That's why you blank out halfway through. It's not a spiritual failure. It's just how memory works.

Chunking means breaking the verse into natural phrases and learning one section at a time. Each chunk becomes solid before you add the next. Then you chain them together. Here's what that looks like with Romans 8:1:

> **Romans 8:1 (NLT)**
> *So now there is no condemnation for those who belong to Christ Jesus.*

| | |
|---|---|
| 1 | *So now there is no condemnation* |
| 2 | *for those who belong* |
| 3 | *to Christ Jesus.* |

**Do this:** Learn chunk 1 until you can say it without looking. Add chunk 2. Say both from memory. Add chunk 3. Say all three. You'll have the verse in under ten minutes. Apply this to every verse you memorize.

## 2 Space It Out — Review at the Right Time, Not All the Time

The most common mistake after learning a verse is reviewing it over and over on the same day. That actually works against you. Your brain consolidates memories when you review something just before you're about to forget it — not right after you learned it.

The schedule is simple: review at increasing intervals. Each successful review makes the memory stronger and slower to fade. Here's the schedule that works:

| REVIEW ON | WHAT TO DO |
|---|---|
| **Day 1** | Learn it. Chunk it. Say it from memory three times. |
| **Day 2** | Say it from memory. Don't peek. Check yourself. |
| **Day 4** | Say it with a different word emphasized each time — five passes. |
| **Day 7** | Write it out from memory. Check for accuracy. |
| **Day 14** | Full recall. Reference and all. |
| **Day 30** | Say it as a prayer. It's yours now. |

**The Bible Memory App (free on iOS and Android) runs this schedule automatically. You add a verse, it tells you when to review. Download it and let the science work for you.**

## 3 Set It to Music — This Isn't Cheating, It's How Your Brain Works

You probably know every word to songs you haven't heard in twenty years. That's not nostalgia. That's brain architecture. Music activates multiple regions of the brain simultaneously, and memories encoded through music survive things that other memories don't — including aging, grief, and illness.

People in nursing homes who can no longer remember their children's names can still recite hymns word for word. Scripture memorized through music goes somewhere dementia can't reach. That's not a small thing.

**Do this:** Search YouTube or Spotify for your verse set to music. Seeds Family Worship has full albums of word-for-word Scripture set to real music — not Sunday school jingles. Or set the verse to a simple tune you already know. It doesn't have to sound good. It just has to stick.

## 4 Say It Out Loud — With Emphasis on Different Words

Reading silently uses one neural pathway. Speaking activates a different one. When you say a verse aloud, your brain processes it as both speaker and listener — encoding it twice. But here's the technique inside the technique:

Say the verse from memory ten times. Each time, put the emphasis on a different word. This is something John Piper has written about, and it turns memorization into meditation. Watch what happens with Romans 8:1:

*"SO now there is no condemnation..."* → Not later. Right now.
*"So now there is NO condemnation..."* → None. Not reduced. Gone.
*"So now there is no condemnation for THOSE WHO BELONG..."* → Identity, not achievement.
*"So now there is no condemnation for those who belong to CHRIST JESUS."* → This is why.

You're not just storing words anymore. You're understanding them. The doctrine becomes devotion. The verse becomes prayer.

## 5 Write It — Your Hand Encodes What Your Eyes Skip

Writing by hand forces your brain to slow down. You can't skim when you're writing. Every word gets processed individually. Research consistently shows that handwritten repetition produces stronger memory encoding than reading the same content the same number of times.

The most effective writing technique is the erase method: write the verse in full, say it aloud, erase one or two words, say it again filling in the blanks from memory, erase a few more. Keep going until the whiteboard or paper is blank and you're saying the whole thing from memory.

**Do this:** Write the verse on an index card. Put it somewhere you look every day — bathroom mirror, car dashboard, kitchen counter. Deuteronomy 6:9 told Israel to write God's commands on the doorposts of their houses. They took it literally. The instinct was right.

## 6 Stay Put — Depth Over Distance

There's a temptation to keep moving — learn a verse, check it off, grab the next one. That momentum feels productive. It usually isn't. Racing through verses produces shallow storage. The kind that evaporates the first time you actually need it.

The stay put method is the opposite. Pick one passage of four to seven verses and live in it for several weeks. Read it every day. Pray through it. Memorize it slowly. By the time you move on, it won't just be in your head. It will be part of how you think.

> **Psalm 1:2 (NLT)**
> *But they delight in the law of the Lord, meditating on it day and night.*

The Hebrew word for meditate here is hagah. It literally means to murmur or mutter — to say something quietly to yourself over and over. That's not mystical. That's the stay put method. God built the technique into the instruction.

## 7 Use an App — Let the Technology Carry the Schedule

You don't have to manage the review schedule yourself. There are tools built to do it for you. Here are the three worth knowing:

| APP | COST | WHY IT'S WORTH IT |
|---|---|---|
| **Bible Memory App** | **Free / $19.99** | The most complete system available. Automates spaced repetition. First-letter recall shortcut. Heat maps showing exactly where you struggle. 2M+ users. |
| **Remember Me** | **100% Free** | No ads, no paywall, ever. Works on iOS, Android, and web. 300+ translations including NLT. Best for non-English speakers or multi-device users. |

| | | |
|---|---|---|
| **Versify** | **Free** | Clean and simple. Seven review modes including speech recognition. No subscriptions. Good for building a simple daily habit without complexity. |

**Also worth having:** The Navigators Topical Memory System (TMS) — 60 foundational verses organized across five topics, available as a free PDF or a $12 physical card pack at navigators.org. Andy Davis's booklet "How to Memorize Scripture for Life" (free PDF) walks through how to memorize entire chapters and books. Search for it at desiringgod.org.

## 8 Do It Together — Accountability Changes Everything

Every hack in this guide works better with someone alongside you. That's not a motivational statement — that's how God designed growth to work. We are not built for solitary sanctification.

> **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. Sing psalms and hymns and spiritual songs to God with thankful hearts.*

Paul's vision here is communal. The Word filling the community — not just filling individuals who happen to be in the same room. When your small group or accountability partner is working on the same verse you are, that verse becomes a shared language. You can reference it in a hard conversation and they know exactly what you mean.

**Do this:** Tell one person what verse you're memorizing this month. Ask them to quiz you. Even better — memorize the same verse together. One text during the week: "How's your verse coming?" That's enough to change everything.

## One Warning Before You Start

Scripture memorization is not a performance. It is not a competition. It is not a measure of how serious you are about God. Jesus made this painfully clear in one conversation with the most Scripture-saturated people in the room:

> **John 5:39-40 (NLT)**
> *"You search the Scriptures because you think that in them you have eternal life. And the Scriptures point to me! Yet you refuse to come to me to receive this life."*

The Pharisees had memorized more of the Old Testament than most of us ever will. And Jesus told them it was killing them. Because they were using the Scripture to point to themselves — their knowledge, their piety, their standing — rather than letting it point to him.

Memorization without a heart pointed toward Jesus is just a party trick. But memorization as love — hiding the Word because you want to be ready when the enemy attacks, because you want to have something real to offer the person falling apart next to you, because you want the Word available in your darkest hour — that's something else entirely. That's what we're after.

**THE GOAL**

Not a long verse list. A heart so saturated with the Word of God that when pressure is applied — grief, temptation, doubt, fear — what comes out is Scripture. That's what Jesus modeled in the wilderness. That's what makes the devil flee.

## Start Here — Your First Verse

Don't try to implement all eight hacks at once. Pick one verse. Chunk it. Say it out loud. Review it on the schedule. That's enough. Add the other hacks as the habit builds.

Here are five verses to start with. Each one is short enough to learn in a single session and deep enough to reward a lifetime of return. Pick one — the one that speaks to where you are right now — and start today.

> **Romans 8:1 (NLT)**
> *So now there is no condemnation for those who belong to Christ Jesus.*

> **Philippians 4:6-7 (NLT)**
> *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

> **Isaiah 40:31 (NLT)**
> *But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

> **Psalm 119:11 (NLT)**
> *I have hidden your word in my heart, that I might not sin against you.*

> **John 15:5 (NLT)**
> *Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.*

Pick one. Chunk it today. Say it tonight. Review it tomorrow. And when the enemy comes — answer him the way Jesus did.

***“Hit him with Scripture.”***

*— Pastor E.V. Hill*

Promise Keepers • Boulder, Colorado • 1993

**WATCH THE SERMON THAT STARTED IT ALL**

**E.V. Hill — “How to Make the Enemy Run”**

*Promise Keepers • Boulder, Colorado • 1993 • Four minutes that changed 55,000 men.*

**youtube.com/watch?v=5YDSgZ5c3iw**

**WHAT’S IN THIS BUNDLE**

This guide is part of the Make the Devil Flee complete bundle. Also included: the 52-Verse Card Pack (pre-chunked, one verse per week for a full year), the Quick Reference Card (laminate-ready, all 8 hacks + the review schedule on one page), and the 30-Day Starter Plan. For ongoing monthly verses, community, and additional resources: discipleblueprint.com

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# Make the Devil Flee

## 52-Verse Card Pack

*One pre-chunked verse per week • 52 weeks • One full year*

**Print • Cut • Carry • Memorize**

**How to use these cards:**

- Print on cardstock and cut along the card borders
- Start Week 1. Learn one chunk at a time in order
- Use the D1 • D2 • D4 • D7 • D14 • D30 review strip at the bottom of each card
- Carry the current week's card in your Bible, wallet, or pocket
- When a verse is mastered, keep it — review it monthly
- All verses are NLT translation

**SECTIONS:**

Weeks 1–8: Identity & Grace • Weeks 9–16: Peace & Trust • Weeks 17–24: Strength & Endurance
Weeks 25–32: Prayer & Devotion • Weeks 33–40: Character & Obedience • Weeks 41–48: Mission & Community
Weeks 49–52: Hope & Eternity

"So humble yourselves before God. Resist the devil, and he will flee from you." — James 4:7 (NLT)

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WEEK 1 • NO CONDEMNATION
**Romans 8:1**

WEEK 2 • GRACE ALONE
**Ephesians 2:8-9**

1 *So now there is no condemnation*
2 *for those who belong*
3 *to Christ Jesus.*

D1 | D2 | D4 | D7 | D14 | D30



1 *God saved you by his grace when you believed.*
2 *And you can't take credit for this; it is a gift from God.*
3 *Salvation is not a reward for the good things we have done,*
4 *so none of us can boast.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 3 • NEW CREATION
## 2 Corinthians 5:17

1 *This means that anyone who belongs to Christ*
2 *has become a new person.*
3 *The old life is gone;*
4 *a new life has begun!*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 4 • ADOPTED
## Romans 8:15

1 *So you have not received a spirit that makes you fearful slaves.*
2 *Instead, you received God's Spirit*
3 *when he adopted you as his own children.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 5 • HIDDEN IN HEART
## Psalm 119:11

1 *I have hidden your word in my heart,*
2 *that I might not sin against you.*

WEEK 6 • LOVED FIRST
## 1 John 4:19

1 *We love each other*
2 *because he loved us first.*

D1 | D2 | D4 | D7 | D14 | D30

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D1 | D2 | D4 | D7 | D14 | D30

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WEEK 7 • CHOSEN

## 1 Peter 2:9

1. *But you are not like that,*
2. *for you are a chosen people.*
3. *You are royal priests, a holy nation,*
4. *God's very own possession.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 8 • NOTHING CAN SEPARATE

## Romans 8:38-39

1. *And I am convinced that nothing can ever separate us from God's love.*
2. *Neither death nor life, neither angels nor demons,*
3. *neither our fears for today nor our worries about tomorrow —*
4. *not even the powers of hell can separate us from God's love.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 9 • PEACE THAT GUARDS

## Philippians 4:6-7

1. *Don't worry about anything;*
2. *instead, pray about everything.*
3. *Then you will experience God's peace,*
4. *which exceeds anything we can understand.*
5. *His peace will guard your hearts and minds*
6. *as you live in Christ Jesus.*

WEEK 10 • TRUST HIM FULLY

## Proverbs 3:5-6

1. *Trust in the Lord with all your heart;*
2. *do not depend on your own understanding.*
3. *Seek his will in all you do,*
4. *and he will show you which path to take.*

D1 | D2 | D4 | D7 | D14 | D30

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D1 | D2 | D4 | D7 | D14 | D30



WEEK 11 • GOD IS NEAR

## Psalm 46:1

1 *God is our refuge and strength,*
2 *always ready to help in times of trouble.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 12 • HE WILL PROVIDE

## Matthew 6:33

1 *Seek the Kingdom of God above all else,*
2 *and live righteously,*
3 *and he will give you everything you need.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 13 • CAST YOUR CARES

## 1 Peter 5:7

1 *Give all your worries and cares to God,*
2 *for he cares about you.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 14 • PERFECT PEACE

## Isaiah 26:3

1 *You will keep in perfect peace*
2 *all who trust in you,*
3 *all whose thoughts are fixed on you!*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 15 • NOT AFRAID

WEEK 16 • HE WON'T FAIL YOU

## 2 Timothy 1:7

1. *For God has not given us a spirit of fear and timidity,*
2. *but of power, love, and self-discipline.*

| D1 | D2 | D4 | D7 | D14 | D30 |
|---|---|---|---|---|---|

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## Deuteronomy 31:8

1. *Do not be afraid or discouraged,*
2. *for the Lord will personally go ahead of you.*
3. *He will be with you;*
4. *he will neither fail you nor abandon you.*

| D1 | D2 | D4 | D7 | D14 | D30 |
|---|---|---|---|---|---|

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WEEK 17 • RENEWED STRENGTH

## Isaiah 40:31

1. *But those who trust in the Lord*
2. *will find new strength.*
3. *They will soar high on wings like eagles.*
4. *They will run and not grow weary.*
5. *They will walk and not faint.*

| D1 | D2 | D4 | D7 | D14 | D30 |
|---|---|---|---|---|---|

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WEEK 18 • THROUGH CHRIST

## Philippians 4:13

1. *For I can do everything through Christ,*
2. *who gives me strength.*

| D1 | D2 | D4 | D7 | D14 | D30 |
|---|---|---|---|---|---|

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WEEK 19 • SUFFICIENT GRACE

## 2 Corinthians 12:9

WEEK 20 • RUN WITH ENDURANCE

## Hebrews 12:1-2

1 *Each time he said, “My grace is all you need.*
2 *My power works best in weakness.”*
3 *So now I am glad to boast about my weaknesses,*
4 *so that the power of Christ can work through me.*

D1 | D2 | D4 | D7 | D14 | D30



1 *Let us strip off every weight that slows us down,*
2 *especially the sin that so easily trips us up.*
3 *And let us run with endurance the race God has set before us.*
4 *We do this by keeping our eyes on Jesus,*
5 *the champion who initiates and perfects our faith.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 21 • SUFFERING & HOPE
## Romans 5:3-4

1 *We can rejoice, too, when we run into problems and trials,*
2 *for we know that they help us develop endurance.*
3 *And endurance develops strength of character,*
4 *and character strengthens our confident hope of salvation.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 22 • GOOD WORKS READY
## Ephesians 2:10

1 *For we are God’s masterpiece.*
2 *He has created us anew in Christ Jesus,*
3 *so we can do the good things he planned for us long ago.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 23 • HE IS FAITHFUL
## 1 Corinthians 10:13

1 *The temptations in your life are no different from what others experience.*
2 *And God is faithful.*

WEEK 24 • RESIST THE DEVIL
## James 4:7

1 *So humble yourselves before God.*
2 *Resist the devil,*

3 *He will not allow the temptation to be more than you can stand.*

4 *When you are tempted, he will show you a way out so that you can endure.*

D1 | D2 | D4 | D7 | D14 | D30



3 *and he will flee from you.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 25 • ALWAYS PRAY

## 1 Thessalonians 5:16-18

1 *Always be joyful.*

2 *Never stop praying.*

3 *Be thankful in all circumstances,*

4 *for this is God's will for you who belong to Christ Jesus.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 26 • ASK AND RECEIVE

## Matthew 7:7-8

1 *Keep on asking, and you will receive what you ask for.*

2 *Keep on seeking, and you will find.*

3 *Keep on knocking, and the door will be opened to you.*

4 *For everyone who asks, receives.*

D1 | D2 | D4 | D7 | D14 | D30



WEEK 27 • SPIRIT INTERCEDES

## Romans 8:26

1 *And the Holy Spirit helps us in our weakness.*

2 *For example, we don't know what God wants us to pray for.*

3 *But the Holy Spirit prays for us*

4 *with groanings that cannot be expressed in words.*

WEEK 28 • DELIGHT IN HIM

## Psalm 37:4

1 *Take delight in the Lord,*

2 *and he will give you your heart's desires.*

D1 | D2 | D4 | D7 | D14 | D30

D1 | D2 | D4 | D7 | D14 | D30



WEEK 29 • ABIDING

## John 15:5

1. Yes, I am the vine; you are the branches.
2. Those who remain in me, and I in them,
3. will produce much fruit.
4. For apart from me you can do nothing.

D1 | D2 | D4 | D7 | D14 | D30



WEEK 30 • BE STILL

## Psalm 46:10

1. Be still, and know that I am God!
2. I will be honored by every nation.
3. I will be honored throughout the world.

D1 | D2 | D4 | D7 | D14 | D30



WEEK 31 • SEEK FIRST

## Matthew 6:33

1. Seek the Kingdom of God above all else,
2. and live righteously,
3. and he will give you everything you need.

D1 | D2 | D4 | D7 | D14 | D30



WEEK 32 • THE WORD WITHIN

## Colossians 3:16

1. Let the message about Christ, in all its richness, fill your lives.
2. Teach and counsel each other with all the wisdom he gives.
3. Sing psalms and hymns and spiritual songs to God with thankful hearts.

D1 | D2 | D4 | D7 | D14 | D30

WEEK 33 • TRANSFORMED MIND

## Romans 12:2

1. *Don't copy the behavior and customs of this world,*
2. *but let God transform you into a new person*
3. *by changing the way you think.*
4. *Then you will learn to know God's will for you,*
5. *which is good and pleasing and perfect.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 34 • LOVE ONE ANOTHER

## John 13:34-35

1. *So now I am giving you a new commandment: Love each other.*
2. *Just as I have loved you, you should love each other.*
3. *Your love for one another will prove to the world that you are my disciples.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 35 • FORGIVE FREELY

## Colossians 3:13

1. *Make allowance for each other's faults,*
2. *and forgive anyone who offends you.*
3. *Remember, the Lord forgave you,*
4. *so you must forgive others.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 36 • HUMILITY

## Philippians 2:3-4

1. *Don't be selfish; don't try to impress others.*
2. *Be humble, thinking of others as better than yourselves.*
3. *Don't look out only for your own interests,*
4. *but take an interest in others, too.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 37 • SCRIPTURE'S POWER

## 2 Timothy 3:16-17

WEEK 38 • FRUIT OF THE SPIRIT

## Galatians 5:22-23

1 *All Scripture is inspired by God*
2 *and is useful to teach us what is true*
3 *and to make us realize what is wrong in our lives.*
4 *It corrects us when we are wrong and teaches us to do what is right.*
5 *God uses it to prepare and equip his people to do every good work.*

D1 | D2 | D4 | D7 | D14 | D30

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1 *But the Holy Spirit produces this kind of fruit in our lives:*
2 *love, joy, peace, patience, kindness,*
3 *goodness, faithfulness, gentleness, and self-control.*
4 *There is no law against these things!*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 39 • ARMOR OF GOD
## Ephesians 6:10-11

1 *A final word: Be strong in the Lord and in his mighty power.*
2 *Put on all of God's armor*
3 *so that you will be able to stand firm*
4 *against all strategies of the devil.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 40 • MERCIES NEW
## Lamentations 3:22-23

1 *The faithful love of the Lord never ends!*
2 *His mercies never cease.*
3 *Great is his faithfulness;*
4 *his mercies begin afresh each morning.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 41 • THE GREAT COMMISSION
## Matthew 28:19-20

1 *Therefore, go and make disciples of all the nations,*
2 *baptizing them in the name of the Father and the Son and the Holy Spirit.*

WEEK 42 • AMBASSADOR
## 2 Corinthians 5:20

1 *So we are Christ's ambassadors;*
2 *God is making his appeal through us.*

3 *Teach these new disciples to obey all the commands I have given you.*

4 *And be sure of this: I am with you always, even to the end of the age.*

D1 | D2 | D4 | D7 | D14 | D30

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3 *We speak for Christ when we plead,*

4 *“Come back to God!”*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 43 • LIGHT OF THE WORLD

## Matthew 5:16

1 *In the same way, let your good deeds shine out for all to see,*

2 *so that everyone will praise your heavenly Father.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 44 • GOSPEL POWER

## Romans 1:16

1 *For I am not ashamed of this Good News about Christ.*

2 *It is the power of God at work,*

3 *saving everyone who believes.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 45 • BEAR ONE ANOTHER

## Galatians 6:2

1 *Share each other’s burdens,*

2 *and in this way obey the law of Christ.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 46 • SPEAK LIFE

## Ephesians 4:29

1 *Don’t use foul or abusive language.*

2 *Let everything you say be good and helpful,*

3 *so that your words will be an encouragement to those who hear them.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 47 • SHEPHERD'S PSALM

## Psalm 23:1-3

1. *The Lord is my shepherd; I have all that I need.*
2. *He lets me rest in green meadows;*
3. *he leads me beside peaceful streams.*
4. *He renews my strength.*
5. *He guides me along right paths, bringing honor to his name.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 48 • WORKS TOGETHER

## Romans 8:28

1. *And we know that God causes everything to work together*
2. *for the good of those who love God*
3. *and are called according to his purpose for them.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 49 • HOPE THAT ANCHORS

## Hebrews 6:19

1. *This hope is a strong and trustworthy anchor for our souls.*
2. *It leads us through the curtain*
3. *into God's inner sanctuary.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 50 • HE IS COMING

## John 14:3

1. *When everything is ready, I will come and get you,*
2. *so that you will always be with me where I am.*

D1 | D2 | D4 | D7 | D14 | D30

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WEEK 51 • NO MORE TEARS

## Revelation 21:4

WEEK 52 • IT IS WRITTEN

## Matthew 4:4

1 *He will wipe every tear from their eyes,*
2 *and there will be no more death or sorrow or crying or pain.*
3 *All these things are gone forever.*

D1 | D2 | D4 | D7 | D14 | D30



1 *But Jesus told him, “No!*
2 *The Scriptures say,*
3 *‘People do not live by bread alone,*
4 *but by every word that comes from the mouth of God.’”*

D1 | D2 | D4 | D7 | D14 | D30

SCRIPTURE MEMORY SYSTEM

# The 30-Day Scripture Memory Starter Plan

*Five verses. Five minutes a day. One month to make it stick.*

BEFORE YOU BEGIN

## What This Plan Is and How It Works

This plan is built around five verses — chosen because they cover ground every believer needs: identity, peace, strength, devotion, and abiding. You'll spend about a week with each one before moving to the next, and you'll keep reviewing the previous ones as you go.

By Day 30 you won't just have five verses memorized. You'll have five verses that have had thirty days to work on you.

**DAILY TIME COMMITMENT: 5 MINUTES**

Five consistent minutes beats thirty heroic minutes that happen twice and then stop. Show up every day. Keep it short. Let the repetition do what repetition does.

**EACH DAY HAS TWO ELEMENTS**

Memory work (the skill) and a brief prayer or reflection (the heart). Don't skip either one. The goal isn't a filled-in tracking grid. The goal is the Word hidden so deep it changes how you think.

YOUR FIVE VERSES

## Pre-Chunked and Ready to Go

Every verse is broken into natural phrases below. Learn one chunk at a time, in order, adding each new chunk only after the previous one is solid.

**VERSE 1 — Romans 8:1 (NLT)**

*"So now there is no condemnation for those who belong to Christ Jesus."*

**Pre-Chunked:**

1. So now there is no condemnation
2. for those who belong
3. to Christ Jesus.

**VERSE 2 — Philippians 4:6-7 (NLT)**

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

**Pre-Chunked:**

1. Don't worry about anything;
2. instead, pray about everything.
3. Then you will experience God's peace,
4. which will guard your hearts and minds.

**VERSE 3 — Isaiah 40:31 (NLT)**

*"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."*

**Pre-Chunked:**

1. But those who trust in the Lord
2. will find new strength.
3. They will soar high on wings like eagles.
4. They will run and not grow weary.

**VERSE 4 — Psalm 119:11 (NLT)**

*"I have hidden your word in my heart, that I might not sin against you."*

**Pre-Chunked:**

1. I have hidden your word in my heart,
2. that I might not sin against you.

**VERSE 5 — John 15:5 (NLT)**

*"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."*

**Pre-Chunked:**

1. Yes, I am the vine; you are the branches.
2. Those who remain in me, and I in them,
3. will produce much fruit.
4. For apart from me you can do nothing.

THE FOUR PHASES

## Your Month at a Glance

**WEEK 1 — Learn and Lock — Romans 8:1** (Days 1–7)

Seven days with one verse. By Day 7 you should be able to say Romans 8:1 from memory without hesitation — reference and all.

Use the emphasis technique: say it ten times, stressing a different word each time. You'll be surprised how much doctrine is packed into eleven words.

Prayer prompt: "Lord, there is no condemnation for those who belong to you. Help me believe that today — not just know it."

### WEEK 2 — Add and Maintain — Philippians 4:6-7 (Days 8–14)

A new verse enters and Romans 8:1 stays in rotation. Philippians 4:6-7 is longer but the chunking holds — four phrases, learned one at a time.

The content is a direct command followed by a promise: stop worrying, start praying, receive peace.

Prayer prompt: "Father, I bring you what I've been carrying. I trade it for your peace. Guard my heart and mind today."

### WEEK 3 — Expand the Library — Isaiah 40:31 (Days 15–21)

Three verses in rotation, five minutes a day. Isaiah 40:31 is one of the great endurance verses in Scripture — written to people who were exhausted and far from home.

Learn it as a promise for hard days, not just a motivational poster. The movement from soaring to walking is the most honest part.

Prayer prompt: "I am tired. I am trusting. Renew my strength today. Let me walk without fainting."

### WEEK 4 — Finish Strong — Psalm 119:11 + John 15:5 (Days 22–30)

Two shorter verses to close the month. Psalm 119:11 is the verse about memorizing Scripture — fitting that it gets memorized. Say it as a statement of intention.

John 15:5 is Jesus speaking directly about what abiding in him produces. By Day 30 all five verses should be accessible from memory.

Prayer prompt: "I want to abide, not just attend. Keep me connected to the vine today."

THE DAILY RHYTHM

## Your 5 Minutes — What to Do Each Day

Every session follows the same rhythm. The specific task changes by day. The structure stays constant.

| TIME | WHAT YOU DO |
|---|---|
| **0:00 – 0:30** | Open with the verse as prayer. Speak it to God slowly — one phrase at a time. |
| **0:30 – 2:30** | Active memory work: say it from memory, write it, emphasize different words, or do the first-letter test — whatever today's task calls for. |
| **2:30 – 4:30** | Review any previous verses due for review. Say each one from memory. |
| **4:30 – 5:00** | Close with one sentence: "What does this verse mean for what I'm facing today?" |

30-DAY TRACKING GRID

## Your Daily Tasks

Check off each day as you complete it. The Notes column is for anything that strikes you — a word that hits differently, a question that surfaces, or a moment when the verse showed up in your day uninvited. Those are the ones worth writing down.

| DAY 1 | DAY 2 | DAY 4 | DAY 7 | DAY 10 | DAY 14 | DAY 21 | TASK | NOTES | DONE |
|---|---|---|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Read Romans 8:1 ten times. Chunk it. Say each chunk aloud. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Say Romans 8:1 from memory 10x. Emphasize a different word each time. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Write Romans 8:1 out by hand. Say it without looking. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Say it as a prayer. Speak it slowly to God. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | First-letter test: S-N-T-I-N-C-F-T-W-B-T-C-J. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Say it to someone. Ask them to check you. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Full recall. Reflect: what does ‘no condemnation’ mean for you today? | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Read Philippians 4:6-7 ten times. Chunk it into 4 phrases. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Say Phil. 4:6-7 from memory 10x. Review Romans 8:1 once. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Write Phil. 4:6-7 out. Review Romans 8:1 once. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Say Phil. 4:6-7 as a prayer. Turn the words into your own request. | | ☐ |

| DAY 1 | DAY 2 | DAY 4 | DAY 7 | DAY 10 | DAY 14 | DAY 21 | TASK | NOTES | DONE |
|---|---|---|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | First-letter test. Review Romans 8:1 once. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Both verses — say them back to back from memory. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Both verses full recall. Reflect: what does 'peace that guards' mean? | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Read Isaiah 40:31 ten times. Chunk it into 4 phrases. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Say Isaiah 40:31 from memory 10x. Review Phil. 4:6-7 once. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Write Isaiah 40:31 out. Review Romans 8:1 once. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Say it as a prayer. Where do you need new strength today? | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | First-letter test. Review Phil. 4:6-7 once. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | All three verses — say them from memory in order. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | All three full recall. Reflect: what does it mean to trust vs. strive? | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Read Psalm 119:11 ten times. Say it as a prayer of intention. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Psalm 119:11 review. Read John 15:5 ten times. Chunk it. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | John 15:5 from memory 10x. Review Psalm 119:11 once. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Write John 15:5 out. Review Isaiah 40:31 once. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | Both new verses full recall. Reflect: what does it mean to abide? | | ☐ |

| DAY 1 | DAY 2 | DAY 4 | DAY 7 | DAY 10 | DAY 14 | DAY 21 | TASK | NOTES | DONE |
|---|---|---|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | All 5 verses — say them from memory in order. Take your time. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | All 5 verses — say them as a single prayer from start to finish. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | All 5 verses — first-letter test for each. Note which need more work. | | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | All 5 verses — final full recall. You hid the Word in your heart. | | ☐ |

DAY 31 AND BEYOND

## What Comes Next

You finished. Now pick a second verse and do it again. That's not a small thing. One verse per month is twelve verses per year. In five years you have sixty. In ten years the Word is woven into the fabric of how you see everything.

### Suggested next verses:

- Proverbs 3:5-6
- Romans 12:2
- 2 Corinthians 12:9
- Ephesians 2:8-9
- 1 Peter 5:7
- Lamentations 3:22-23

THE GOAL

Not a verse memorized. A verse internalized — one that shows up without being summoned, that surfaces in prayer, in hard conversations, in quiet moments you didn't expect. Keep going. The Word you put in your heart today is the Word that will be there when everything else has been stripped away.

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DISCIPLE BLUEPRINT

# Make the Devil Flee

*Quick Reference Card*

**James 4:7 (NLT)**

*"So humble yourselves before God. Resist the devil, and he will flee from you."*

**1 Chunk It**
Break the verse into natural phrases. Learn one chunk at a time. Chain them together. Never try to memorize a verse as one long string.

**2 Space It Out**
Review at increasing intervals: Day 1 • Day 2 • Day 4 • Day 7 • Day 14 • Day 30. Review just before you're about to forget — that's when it consolidates.

**3 Set It to Music**
Music activates multiple brain regions at once. Memories encoded through melody survive things other memories don't. Seeds Family Worship on Spotify has Scripture set to real music.

**4 Say It Out Loud**
Say the verse 10×. Each time, emphasize a different word. This turns memorization into meditation. You're not just storing words — you're understanding them.

**5 Write It**
Write the full verse. Say it. Erase one word. Say it again. Erase more. Keep going until the page is blank and you're reciting from memory. Your hand encodes what your eyes skip.

**6 Stay Put**
Live in 4–7 verses for several weeks before moving on. Depth over distance. Psalm 1:2 calls this "meditation" — the Hebrew word means to murmur or mutter, over and over.

**7 Use an App**
Bible Memory App (free/£19.99 lifetime) automates the review schedule. Remember Me (100% free) works on all platforms. Versify (free) has 7 review modes including speech recognition.

**8 Do It Together**
Tell someone what verse you're memorizing. Ask them to quiz you. Even better — memorize the same verse together. One text a week changes everything: "How's your verse coming?"

## SPACED REPETITION REVIEW SCHEDULE — same schedule every verse, every time

| Day 1 | Day 2 | Day 4 | Day 7 | Day 14 | Day 30 |
|---|---|---|---|---|---|
| **Learn It** | **First Recall** | **Emphasize** | **Write It** | **Mid-Check** | **Lock It In** |
| *Chunk. Say from memory 3×.* | *Say from memory. No peeking.* | *5 passes, different word each.* | *Write from memory. Check accuracy.* | *Full recall. Reference and all.* | *Say it as a prayer. It's yours.* |
| ☐ Done | ☐ Done | ☐ Done | ☐ Done | ☐ Done | ☐ Done |

## EXAMPLE — Romans 8:1 (NLT) Pre-Chunked

1. *So now there is no condemnation*
2. *for those who belong*
3. *to Christ Jesus.*

## REMEMBER

- ★ *"Hit him with Scripture." — E.V. Hill, Promise Keepers 1993*
- ★ *Jesus answered every temptation the same way: It is written.*
- ★ *You cannot reach for what you haven't put there.*
- ▶ Five minutes a day. Every day. That's all it takes.
- ▶ Method, not ability. 87% retention vs 23% for rote reading.
- ▶ The Word in your heart goes where dementia can't reach.