

Chapter 2 – Memory work

Written by EssJee

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"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." (Joshua 1:8)

To renew ones memory, one must start to use scriptures.

Remember old thoughts or habits were form because of some kind of information what entered your heart, it entered your heart over a period of time or with repetition. To renew ones thoughts, one must deliberately take control over it. It is more less the same how men, got to train there eyes not to look at anything un Godly. They call this bouncing of eyes, were one if you sense a pleasurable image coming your way , a man will train his mind and eyes to bounce of away from that image, by looking another way or close his eyes till that image passes.

To guard your heart you must also have some kind of defence mechanisms. For example; when a lie tries to enter your heart, one must first identify the lie and discern between good and evil. This is where your Scripture Memory work comes in. Remember the part in the bible where the enemy satan tempted Jesus in the dessert. Jesus knew the scripture by heart. Every time the enemy will try to tempt Jesus, The Lord will say 'satan its written' and the enemy must flea.

In Hebrews 4:12 it is written that the word of God is like a double edge sword that cut through anything. On numerous occasions in the bible it is mentioned that the word of God is like a sword. OK, how does one start with scripture memory work?

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You can start of by choosing any three scriptures, and then adding one or two scriptures each week. Write them down, and start to repeat them in your mind, over and over and over. Try to this purposefully, doing this during the day and night. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy-- think about such things. Whatever you have learned or received or heard from me, or seen in me-- put it into practice.

And the God of peace will be with you. Philippians 4:8-9

For more Information on

[Memorizing and Meditating on Scripture](#)

please click on the link.

My challenge to you is to make scripture memorization a part of your life and to be determined to renew your mind, so that you can be Christ minded. After a few days from doing this you will sense that this scriptures are evaporating all the wrong thoughts in your heart and mind. Please

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remember to always ask the Holy Spirit to help you in this process. Keep on doing this each and every day of the week, over a period of time you will be so filled with the word of God that it will start to become a way of life for you. God's word will start to penetrate your conscience and your thought reference; it will increase your faith and at the end will let your Hope grow in the Lord and His promises to you.

Practical Exercise – Phase Two

Here some example scriptures, that can give you a kick start in you memory work.

Ephesians 4:23-24

I am renewed in the spirit of my mind and I put on the new self, which in the likeness of God, has been created in righteousness and holiness of the truth.

II Timothy 1:7

Father, I thank you that I do not have a spirit of fear, but I have a spirit of power, a spirit of love and a spirit of a sound, strong, firm, safe, stable and disciplined mind which produces Godly thoughts.

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I Corinthians 13:7

I set my mind to believe, bear, hope and endure all things.

Memory Tips

1. Try to read the scriptures before you go to sleep and when you wake up in the morning.
2. They say that ones mind is like a computer; with what you go to sleep with, you wake up with the next morning. Also with what you start your day with will 90% determine how your attitude towards your day will be, negative or positive.
3. Read the scripture's to yourself out loud and if possible look your self in the mirror if you do this exercises.
4. Try to repeat the words to yourself over and over.
5. Try to use different colours in your scriptures (like above).

Here is some more examples you can use;

- I confess I'm blessed.
- I confess I'm healed.
- I confess I have wisdom.
- I confess I'm happy.
- I confess I have the money I need.
- I confess I have the job I need.
- I confess I'm a soul winner.
- I confess I have the right answer in every situation.
- I confess I'm the head and not the tail.
- I confess I will not give up.
- I will not let go of my confession of faith.
- I will not be discouraged when I don't see results. Therefore I refuse to throw away my confidence.
- I will not change my confession.
- My love will not grow cold.

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- I abide in love.
- I remain in love, I confess my marriage is healed and my spouse is saved.