



*Spiritually Fit Scripture
Memorization and Meditation
Guide*



"M.A. Rosanoff, long associated with Thomas Edison, had worked futilely for over a year to soften the wax of phonograph cylinders by altering their chemical constitution. The results were negative. Rosanoff relates how he mused night after night trying to 'mentally cough up' every theoretical and practical solution. 'Then it came like a flash of lightning. I could not shut waxes out of my mind, even in my sleep. Suddenly, through headache and daze, I saw the solution. The first thing the next morning, I was at my desk; and half an hour later I had a record in the softened wax cylinder...This was the solution! I learned to think waxes...waxes...waxes, and the answer came without effort, although months of thought had gone into the mental mill.'"



SPIRITUALLY FIT

Introduction: Welcome to *Spiritually Fit* and a lifetime of enjoying the benefits of meditating on God's word! God has promised to prosper the lives of those who meditate upon His word! *Spiritually Fit* is a revolutionary system to help you not only memorize scripture but to take it to the next level and actually meditate upon those scriptures you have memorized with the intent of incorporating them into your everyday life.

With *Spiritually Fit* you will systematically memorize and meditate upon more scriptures than you thought possible. The *Spiritually Fit* system will enable you to memorize hundreds of verses and recall each of them instantly by chapter and verse and topic. You'll receive a comprehensive memorization plan, specially designed calendar chart to track your progress, and 11 sessions of detailed instructions, tips, insights and memorization tools per DVD to help you become *Spiritually Fit!* Your personal trainer, Pastor Gene LaValley, will keep you engaged and focused every step of the way, and you won't believe your results. *Bodily exercise is fine, but exercising yourself unto Godliness helps in every way in this life and the one to come. (1 Tim 4:8)*

The "secret" behind the *Spiritually Fit* system is the daily, verbal, repetition of the verses coupled with the unique review system which causes the scriptures to go from short to long term memory. The benefits of *Spiritually Fit* are numerous and incalculable – but most importantly, you saturate your mind with the Word of God, and you develop the critical ability to take charge of your own thought life and direct and focus your mind on what you and God want it focused upon, His Word! In doing so you position yourself to receive the blessing of God on all those who make *His law their delight and meditate on it both day and night! (Ps 1:2)*



Spiritually Fit Memorization Guide

The first thing to understand is that the goal of the *Spiritually Fit* is not to "merely memorize scripture", although this is a worthwhile goal. The goal is to draw closer to God and grow in grace and in the knowledge of our Lord Jesus Christ (*2 Peter 3:18*). Our goal is to also grow in faith and understanding of God by actually doing what the scriptures say (*John 7:17*). In other words, to not just be a "hearer" of the word but a "doer" of the word. (*James 1:22*) The goal of *Spiritually Fit* is to become a more Godly individual.

The *Spiritually Fit* system is a means to an end. We memorize the word of God as step **one** of a three step process. Step **two** is to meditate upon the word that we have hidden within our hearts and minds. Step **three** is to allow His word to guide our everyday lives, actions, decisions and lifestyles, thus drawing closer to Him. Someone has said that memorization without meditation is merely information and that meditation without obedience is like chewing without swallowing. In order to get the full benefit of God's word (which is a closer walk with Him) we must have the input of His word, the processing of His word within us and the actual application of His word in our everyday lives. This is where and when the blessing of God comes!

Many believers want to memorize the Word of God and many make many valiant attempts to do so. But, too often it is much like dieting, it only lasts for so long and then it's back to the old ways. There are several reasons for this, **first**, we usually follow the path of least resistance, and we lose motivation fairly rapidly. **Secondly**, we go the road alone, because it is hard to find someone else who is interested and if we do, they are usually on different schedules and have different memorization abilities.



Spiritually Fit Memorization Guide

With the *Spiritually Fit* system you have a personal trainer (...two are better than one... (Ecc 4:9)) and you are free to move at your own pace, moving through the lessons and sessions as quickly or as slowly as you need to, in order to absorb the Word of God.

Several things are unique to the *Spiritually Fit* system. **First**, you actually have someone to help you memorize scriptures – A Personal Trainer to help hide God’s word in your heart. **Secondly** is the emphasis on short (10 to 15 minute) daily memorization sessions. *Spiritually Fit* aims to help you develop a more disciplined schedule much like a physical work out video does. All too often when left to ourselves we begin well but quickly and almost without notice skip days and even weeks without reviewing the verses we have learned, much less learning new verses. **Thirdly** is the emphasis on verbal repetition of the verses in a location where you are uninhibited. This point is absolutely essential, especially in the beginning. It helps you gain and maintain mental focus and concentration. It seems almost “babyish” in the beginning – But it works!

The *Spiritually Fit* system works! If you will follow it for the first three months as it says – You will become much more *Spiritually Fit*! You will be on the road to a life of incredible inward joy, peace and fulfillment. There is nothing in the entire universe that can compare to God’s Word. Nothing is as pure or powerful as God’s word. Jesus tells us that we are to love the Lord our God with all our ...mind. How do we do that? The mind is created for thought. That means that we are to love God with and in our thoughts. The only way to do that is to have our minds on Him. We are admonished in (*Philippians 4:8*)

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Nothing else in life, except the Word of God, meets all these criteria. Isn’t it time to get Spiritually Fit? I am excited about what God is about to do in your heart and life! **JUMP RIGHT IN!**



The Most Powerful Force in the Universe

As a kid growing up we loved to watch the old *Superman* show. It would open up with the same thing every show – The Adventures of Superman “What is Faster than a speeding bullet? More powerful than a locomotive? Able to leap tall buildings at a single bound! Voices: “Look up in the sky! It’s a bird! It’s a plane! No, It’s Superman! ...

Now, that maybe true for the TV show, but what about real life? There are many powers in the world, political, military, physical, monetary, nuclear, but THE GREATEST POWER IN THE WORLD IS THE WORD OF GOD!

God spoke, and the worlds were framed and formed. God’s word is eternal and unchanging. Heaven and earth will pass away, but God’s word will never pass away. (*Matt 5:24*). Countless tyrants have tried to destroy God’s word but it only caused it to increase. The atheist *Voltaire* boasted, “In twenty years, Christianity will be no more. My single hand shall destroy the edifice it took twelve apostles to rear.” But twenty years passed and Christianity remained. Voltaire, however, died, and even in death he remembered Christianity. The doctor who attended him records that his last words were: “*I am abandoned by God and man! I will give you half of what I am worth if you will give me six months of life. Then I shall go to hell; and you will go with me. O Christ! O Jesus Christ!*” Fifty years after Voltaire’s famous boast, and the house from which he assaulted Christ’s church with his pen was by then headquarters of the Geneva Bible Society, from which the church was mass-producing and disseminating Bibles.



Promises and Benefits Given To Those Who Meditate

Benefits! Here is a question that many people ask when seeking employment, “*What kind of benefits does this job offer?*” What are the benefits of scripture memorization and meditation? Again, the answer, Getting paid and paid well!

(Josh 1:8) This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

(Psa 1:2,3) But his delight is in the law of the LORD; and in his law doth he meditate day and night. {3} And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Good success! Whatever you do will prosper! That’s what we like to hear! This is not a magic formula – but a spiritual truth in the Kingdom of God. When we understand His word and obey it, the blessing of God rests upon us! We memorize in order to think about them during the day so that we can better understand them and then put them into practice For instance, imagine you are in a situation that is stressful and you are about to lose your temper and do something that you will later regret, then all of a sudden the words of *Ps 37:8* come to mind.... you obey it and save yourself from the potential disaster!

(Psa 37:8 KJV) Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.

This then becomes a way of life for you. You are much more content because you are in control of your emotions and spirit.

(Prov 16:32) He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

Spiritually Fit is designed to help us obey God’s word and provide a life that God can bless!



The Mind Is A Terrible Thing To Waste

This motto has been the motto of the United Negro College Fund since 1972. It expresses an incredible truth. It is possible to waste one of the greatest assets we have – Our minds! The human mind is the most complex and incredible three pounds in the entire universe. It still out paces any modern computer we have. But if we are not careful and purposeful, it can be wasted, and abused.

What we place into our minds makes all the difference in the world. Just like so many other complex machines, input equals output. Just like an automobile, fill it up with the wrong fuel or low grade fuel, forget to change the oil or other fluids and it won’t be long before your engine *locks up*. Our minds were meant to function with certain input and *lock up* on us with the wrong input. Our minds were created to meditate on His word. No other creature has this capacity. Therefore if we do not meditate on God’s word, we are wasting one of the minds primary purpose. I believe the Psalmist recognized this when he wrote....(*Psa 119:113*) *I hate vain thoughts: but thy law do I love.*

Jeremiah the prophet picks up on this when dealing with backslidden Israel. (*Jer 4:14*) *O Jerusalem, wash thine heart from wickedness, that thou mayest be saved. How long shall thy vain thoughts lodge within thee?*

Jesus gives us insight into the mind and its importance in the Kingdom of God. (*Mark 7:20-23 TLB*) *And then he added, "It is the thought-life that pollutes. {21} For from within, out of men's hearts, come evil thoughts of lust, theft, murder, adultery, {22} wanting what belongs to others, wickedness, deceit, lewdness, envy, slander, pride, and all other folly. {23} All these vile things come from within; they are what pollute you and make you unfit for God."*

This passage of scripture is one of the most profound and revealing verses in the entire Word of God. This is where we have the most problems in life, with our thoughts and thought life. In our technological age and society we must constantly guard what comes into our minds and what comes out of our thought life. If we do not address this issue in our lives, our usefulness in the Kingdom of God will never reach its full potential. The *Spiritually Fit* system is designed to help our thought lives!



Brain Stats

Brain Stats: The adult human brain weighs about 3 pounds. The adult human brain is about 2% of the total body weight. The human brain has about 100,000,000,000 (100 billion) neurons. The total surface area of the cerebral cortex is about 2500 sq. cm (~2.5 ft²) Unconsciousness will occur after 8-10 seconds after loss of blood supply to the brain. Essentially you and I have 15 times more neurons in our head than there are people on the planet.

The question has been asked, Did Einstein have a huge brain? The answer is, No, his brain was no bigger than average. His huge intelligence came from the number of connections he had between his brain cells. Every time you learn something new, you are making a new connection between two brain cells.

And God has put each of us in charge of this incredible “machine”. The challenge is to start making connections!



Make Hay While The Sun Shines

I had an algebra teacher in high school who would always use this phrase. The only problem is that I didn't really understand it then as I do now. Take advantage of the opportunity while you can. As it applies to scripture memorization and meditation you will find this happen to you more than once. Some days you will do well to remember your own name, much less memorize and learn new verses. But then on other days, things seem to just flow! You are able to memorize two, three four or even five new verses in a very short amount of time. Very often it just happens. You have your regular days of memorization and review, you have your tough days of review and learning new verses seems almost impossible. But then there are those wonderful days that make up for the bad ones! When you recognize that you are having one of those great days – go for it! And learn as much as you can. Don't miss that timing, take advantage of it.

Another popular phrase from yesteryear is “strike while the iron is hot”. This, of course, refers to the branding of cattle and the necessity of placing the brand on the cattle while the branding iron is still hot, otherwise it the brand won't be properly made. Again the thought is to make your move when you have the opportunity!



Day 6

Holding A Thought

I remember reading a book about Lou Ferrigno (aka *The Hulk*) and how he had an incredible one hand “pinch-grip” (i.e. holding something with just the fingers and thumb). But I wonder how long he can hold a thought?

I have read many studies about the brain and its relation to TV and video, and none of it was positive. The logic half of our brain is opposite of the visual half of our brain. Essentially, and without going into a lot of scientific and biological details, when we watch TV and videos, the part of our brain that deals with logic and words, shuts down. Therefore the problem that often occurs is that many individuals who have grown up watching media have a stunted or under developed brain. The logic side of the brain never properly or fully develops. The circuits and pathways do not develop as they should. Therefore the ability of those individuals to “hold a thought” is greatly hindered and even reduced.

The way to develop this ability is the same way we develop any other muscle – through exercise and repetition, in conjunction with eliminating any behavior that is counterproductive. A good analogy is that of dieting combined with exercise. I am not saying that all those who have watched a lot of TV and videos cannot hold a thought at all. Obviously that would be an exaggeration. I am saying that many have not fully developed the mental discipline to hold a thought or the ability to maintain mental focus and concentration for extended periods of time. Many youth today struggle when it comes to maintaining focus and attention in the very basic areas of education. Memorizing the Word of God helps us to “hold a thought”. At first this is very difficult for many people. Why? Because they have not developed this skill. Memorizing is the first step in holding a thought. This is why we repeat the verses out loud. Much of the time spent repeating the verse out loud is simply trying to concentrate and focus, developing our grip. And any individual, with enough practice can successfully meditate on God’s word. It is well worth the effort! This is our aim and goal at *Spiritually Fit*, to assist you and help you hold a thought!



Day 7

I’m Bored

I picked up this article from Times News in March 2010. “*Man Cites Boredom After Arrest On Streking Charge*” He told police he was “bored and didn't have anything else to do.”

“I’m bored” has become the great excuse today. With some people if it’s boring then that task automatically qualifies as optional. But if you haven’t figured this out yet, most of life is boring. Think about all the things in life that are boring yet very necessary. Driving to work along the same route every morning is boring. Taking out the trash, vacuuming, cleaning the bathroom, mowing the lawn, doing laundry, all boring! But because something is boring doesn’t dismiss its importance!

Memorizing scriptures can be, at times, boring. But it is when you understand the spiritual necessity of this, that you by pass the “boring” excuse and do it anyway. Why? Because scripture memorization is necessary, and if you do it on a regular basis and experience the results, it stops being boring and actually becomes exciting. The act of memorizing is not what is so exciting, but it is the fruit and rewards of the labor that makes it so worthwhile.

When I memorize scripture I follow a set routine. I print out the verse or verses on a separate piece of paper other than my bible. I carry this paper with me all the time. Next, I find a time and a place where I can read and recite the verse (s) out loud to myself over and over again until I am able to recite the verse without looking at the sheet of paper. I cannot over emphasize the need to be somewhere you can recite out loud without being intimidated or embarrassed.

Something else that works for me, but may not work for everyone is “pacing”. I am able to memorize verses much faster and with a much greater retention rate if I pace back and forth as I read and reread and recite out loud the verse. So when memorizing, I usually find myself in a room all by myself, pacing back and forth for about 15 to 20 minutes going over one or two verse until I have them down pat. Then I recite the newly learned verses along with the other ones I have previously learned. With *Spiritually Fit* you can do this on a regular basis. And in doing this on a regular basis, you will find that you are able to occupy your mind with these same verses, especially when you am doing a repetitive task that doesn’t require much thought.



Repetition, Repetition, Repetition

In real estate the mantra is location, location, location. Well, what location is to business and real estate, repetition is to memorization and meditation. When it comes to memorization, there is absolutely no substitute for repetition! Memorization is the first step towards meditation, which is the next step towards fully integrating the words of God into your everyday life.

Think with me about any professional athlete, the quarterback, pitcher, basketball player or pro golfer. How many practice free throws do you think Michael Jordan has shot in his life time? Or how many practice pitches do you think Randy Johnson has thrown since he was in Little League? How many buckets of balls has your average PGA player hit? How about your average high school quarterback, how many passes has he thrown? No doubt, thousands upon thousands. The point being that in order to excel at even the high school level requires lots of reps!

Now compare the importance of and necessity of learning the scriptures to any or even all of these other activities. This alone ought to cause us to stop and reevaluate our priorities. *Jesus said, heaven and earth will pass away but his word will never pass way. (Matt 24:35).* Memorization of and meditation on the words of God is an eternal investment well worth the time and effort and “reps” it takes!

Spiritually Fit is designed to help you get in the necessary “reps” when it comes to the Word of God. When athletes are in the midst of a tight game, for those who have put in the necessary “reps” every move is instinct. They have trained their minds and body. The same true with the Christian life, only much more is at stake. *Spiritually Fit* will help get you ready for the game called Life!



Illegal Parking

In the city where I live, there are parking meters downtown. The time limit for parking is two hours. After that you will receive a ticket for being illegally parked. There are, however, several spots around the downtown area, if you know where to look, that you can legally park all day long.

I want to apply this analogy of parking to our thought life. We need a spot to “legally” park our minds, and thoughts. How often are our thoughts “illegally” parked? In other words, they are in a spot that they ought not to be! And many times it’s as if we can’t find a legal spot to park! It seems as if the only spots available are illegal! Memorization and meditation on the Word of God, is the art of finding a legal parking spot every time! One of the most frustrating experiences is not being able to find a parking place.

How about the frustration of not being able to find a parking spot for your thoughts? Wouldn’t it be great if, no matter where you went, you could take your parking spot with you? A portable parking spot! If anyone is ever able to invent that, they would be an instant millionaire. We can do this with our minds and I would even dare say, we MUST! How? By developing the habit of memorization and meditation. When our minds are not actively engaged in our employment or with some other necessity of life, they can be trained to automatically go to the word of God. This is a habit we develop and maintain. It does not and will not happen automatically. It is a result of your decision.

(Psa 77:11-12) I will remember the works of the LORD: surely I will remember thy wonders of old. {12} I will meditate also of all thy work, and talk of thy doings.

David made a deliberate choice to remember the works of the Lord and another deliberate choice to meditate on all God’s works. You can do the same. The thoughts that are running wild in our minds can be taken captive and made to bow to the Lordship of Jesus Christ! Just like a wild crazy man running around in society will be cornered and made to surrender and then placed under lock and key and armed guard, so too our thoughts can be brought into complete subjection to the Lordship of Jesus Christ! No longer illegally parked, no longer tormenting us! Our thoughts can be a blessing!



Day 10

That's Personal

When I was growing up and playing sports, every team I ever played on had a coach and sometimes two or three. The coaches coached everyone. Then we had (in football) the offensive line coach, the defensive secondary coach, the quarterbacks coach, etc. But the idea of a personal trainer was unheard of! Years later, when my children were playing ball, several of their teammates had their own *personal trainers* in addition to the regular coaching staff. And now, even kids in little league have individual trainers and position specific coaches! Go to any local health club and you can hire a personal trainer who can tailor a work out plan to you.

Well if this is true for physical exercise, and even necessary in many instances, how much more for something as important as learning the Word of God! We all know that we need to memorize and meditate upon scripture. Just like we all know we need to lose weight and exercise. But very often it takes the help and assistance of a personal trainer supply the additional motivation to get us going and to keep up going. That is the theory behind *Spiritually Fit* - To give you the necessary assistance in the art and discipline of memorizing and meditating on the Word of God! To help you “push through” the tough spots and navigate around the common errors and pitfalls of those who start well but usually just fall by the wayside after about two or three weeks.

It the goal of Spiritually Fit to provide you with an individualized “workout” schedule, uniquely tailored to suit your needs and desires when it comes to memorizing and meditating upon the WOG. There is great flexibility with this system. We start off slow, as you would in a modern health club, learning technique and form. Then gradually work our way up to different levels of spiritual fitness.

The goal is not to see how many scriptures we can memorize, but to provide, within ourselves, a reservoir of scriptures to draw from for the purpose of thinking about them during the day and night, with the end result being that of growing closer to God through obedience of His word.



Day 11

John 3:16

In 2009 the Florida Gators led by Heisman Trophy winner Tim Tebow were playing Oklahoma for the BCS National Championship. Tim Tebow is an outspoken Christian and would place scripture verses on the patches underneath his eyes. He placed the verse *John 3:16* under his eyes during the championship game. That night and the next day Google reported it was the most searched item of that day.

One of the young boys in church came up to me and told me of an incident that happened to him at his Christian school, he said, “*My teacher asked whoever had a scripture memorized to please stand. All but one or two students stood. Then she said, If the only scripture you have memorized is John 3:16 please sit down. Everyone in the class sat down except me.*” This is not degrading *John 3:16*. But it does illustrate a point – the bible is filled with many other verses – *Jesus said Man does not live by bread alone but by EVERY WORD that comes from the mouth of God! (Matt 4:4)*

If you are going to live a successful Christian life, you are going to have to have more than one scripture in your arsenal. Remember "**Barney**" **Fife** the fictional character in the TV program *The Andy Griffith Show*, portrayed by comic actor Don Knotts? Remember, Barney Fife only had one bullet? Not much a threat and he didn't inspire a lot of confidence in a crisis. When the enemy of your soul hits you with lies about God's love for you, *John 3:16* might serve as an adequate defense to quench the fiery darts of the wicked one. But you better have more than one bullet in your weapon!

Every army has more than one weapon with which they wage their warfare! In our modern military, there exists a wide variety of weapons, and not only weapons, but entire weapons systems! During the Gulf War the Patriot Missile System was used to shoot the Scud missiles out of the sky. But the Patriot Missile System was virtually useless when it came to the advancement of ground troops. For that, many other weapons systems were employed, from the M16 rifle to the M1A1 Abrams tank, to the feared C-130 gunships.

As Christians, you and I need all of the word of God in our spiritual arsenal. I thank God for *John 3:16*, but I also thank God for *Malachi 3:16* and *1 Cor 3:16*, *Col 3:16*, *2 Tim 3:16* and *1 John 3:16* and others! Spiritually Fit is designed to equip you with as much as you need to win every battle and come out victorious.



Day 12

Pollution

There is much talk today about saving the planet and global warming and green house gases, and the cause is from manmade pollution from factories and cars and industry. Well, the Bible has something to say about pollution and it has everything to do with being man made but nothing to do with carbon emissions or our carbon footprint. It all has to do with our thought life! Polluted thoughts are the biggest problem on the planet!

*(Mark 7:20) He said, That which cometh out of the man, that defileth the man.
(Mark 7:20 TLB) And then he added, "It is the thought-life that pollutes.*

Jesus goes on to identify some of those pollutants that they are guilty of:

(Mark 7:21-23 TLB) For from within, out of men's hearts, come evil thoughts of lust, theft, murder, adultery, {22} wanting what belongs to others, wickedness, deceit, lewdness, envy, slander, pride, and all other folly. {23} All these vile things come from within; they are what pollute you and make you unfit for God."

So what do we do now? (Besides cry out to God for help and mercy!) We fill our hearts and minds with the cleansing word of God. Not just memorization and meditation, but obedience!

(Psa 119:9-11) Wherewith shall a young man cleanse his way? by taking heed thereto according to thy word. {10} With my whole heart have I sought thee: O let me not wander from thy commandments. {11} Thy word have I hid in mine heart, that I might not sin against thee.

This doesn't "just happen" – it takes deliberate effort and action on our part. God has given us His word for a reason. It's up to us to use it correctly and apply it properly to maintain our Spiritual Fitness before a loving holy God.



Day 13

Mind Control

As soon as someone hears these words they usually think of some weird cult or group. But if we just stop and think about this for even a few seconds, isn't this what most of life is all about? Controlling our thoughts. In school, teachers are trying to get us to control our minds and focus them on the subject at hand. How many times have we been told as children to "pay attention" or in other words, focus your mind and thoughts and attention to the task at hand.

All we are really saying is that we as human beings must control our thoughts, i.e. our minds. Who hasn't had the unfortunate experience of having their thoughts get out of control at various times in their lives? Who hasn't had to "settle down" and gather our thoughts and get control of ourselves? Maybe you received some bad news or some misinformation that had been erroneously passed on to you. You had to control your thoughts until you were able to get the proper and correct information. Again – Getting your mind under control!

This is what memorizing the Word of God and meditating on the Word of God is all about. It is YOU directing your own thoughts. So often our minds are allowed to wander anywhere and everywhere they want to, or to where advertisers want them to go, and many times to where they should never go. God has placed us in charge of our minds. We have been commanded by the Lord Jesus Himself to love God with all of our minds (*Matt 12:30*). The only way that is possible is to first get control of our thoughts.

In the Bible the Apostle Paul in writing to the church in the city of Philippi gives them some very sound advice on what to think about. He offers a list of things to think about and dwell on...in other words we decide what our minds are going to think on

(Phil 4:8 KJV) Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

One of the greatest challenges and greatest disciplines a believer in Jesus Christ can develop is that of controlling their thoughts and directing them towards the Word of God in memorization and meditation. This is the aim and goal of *Spiritually Fit*. You can do this!



The Four R's - Recite, Repeat, Review, Retain

I am definitely not the first one to discover this fact, but when I did it really helped me to memorize scriptures and that was reciting the verses out loud. It helps me to focus and concentrate. I once read (don't ask me where or even when for that matter – I can't remember!) that President Abe Lincoln had an extremely good memory and that one of the things he attributed his outstanding memory to was the fact that he read everything out loud. He said that not only did his eyes see it but his ears heard it. That sounds good enough for me. So rule # 1 – Recite out loud.

The second rule I have found really helps me is to repeat the verse out loud over and over and over during an individual session. I recite out loud and repeat it out loud. This is why I recommend that you be somewhere you can do this without fear of embarrassment or interruption.

Rule # 3 is Review. You may have the verse completely memorized on Tuesday but by Thursday of next week, you have forgotten it or at least parts of it. My advice is to recite the verse out loud each day during your memory session for the entire month. Here is the schedule I advise you to follow.

Let's give a practical example. In January you learn ten verses that have to do with *anger*. You learn these ten verses and memorize them and know them inside and out. Then in February you learn another ten verses and these ten have to do with fear. So during February you learn these verses about fear and review your verses about anger. To review them you simply recite them by memory once each day. This review will usually take about three to five minutes. Now it is the month of March and you are ready to start another topic with ten scriptures and this month's topic is salvation. So here is how you would do this – you are learning your new verses concerning salvation, and then reciting out loud on a daily basis all your verses about fear, but only reciting the verse references for your scriptures on anger. During the month of April, you start another set of ten scriptures, this time under the topic of repentance. As you are learning these new verses you review your previous verses on Salvation by reciting each verse out loud from memory on a daily



basis, as well as the verse references from your scriptures on fear and you don't do your scriptures on anger at all. Below is a chart that might help you better understand and visualize the schedule.

Topic/ Month	January	February	March	April	May	June
Anger	Learn	<i>Full Review</i>	Verse Ref Rvw	No Rvw	As Needed	As Needed
Fear		Learn	<i>Full Review</i>	Verse Ref Rvw	No Rvw	As Needed
Salvation			Learn	<i>Full Review</i>	Verse Ref Rvw	No Rvw
Repentance				Learn	<i>Full Review</i>	Verse Ref Rvw
Pride					Learn	<i>Full Review</i>

The Aim Is Long Term Retention – Placing them in your long term memory until reciting them becomes instinct. Then you can recall it at any time you desire and enjoy hours of joyful meditation on God's holy word!



Day 15

Two Birds With One Stone

I'm not sure where this phrase came from but it's point is well taken. Using the Spiritually Fit system of memorization you can accomplish two worthy goals at the same time. What am I referring to? I am referring to you memorizing the scriptures and your children learning them as well. You might even say killing three birds with one stone. You also get to spend great family time together. Let me give you an example. When my three boys were little, it was always an effort to put them to bed. They always wanted me to stay in the room with them and talk and spend time with them. I said I would if we did scriptures together. Well, they loved it and I did to. We would usually spend between ten and thirty minutes together laughing and going over the scriptures together. By the time my oldest was in first grade he had thirty scriptures memorized. The Spiritually Fit System is designed for you and your loved ones to go through together. Too many families plop themselves in front of the TV and do not interact at all much less exalt the name of Jesus. With Spiritually Fit you can do both at the same time!



Day 16

Mental Blocks and Barriers and Pushing Through

(2 Sam 5:20 TLB) So David went out and fought with them at Baal-perazim and defeated them. "The Lord did it!" he exclaimed. "He burst through my enemies like a raging flood." So he named the place "Bursting."

One thing I have learned about memorization is that there are times you will encounter mental blocks and barriers. There are times that you will recite and repeat a portion of a verse thirty times or more and then not remember a single word you have just said. You begin to think, *"Am I losing it? I just repeated these five words out loud thirty three times in a row and now ten seconds later I can't remember a single word I said? What's wrong with me?"* Let me assure you, there is nothing wrong with you. You are normal. You are just distracted and having one of *"those"* days!

The key is not to give up or quit. You might have two or three of *those* days in a row. Maybe an entire week! There have been times when I haven't been able to learn a new scripture for....longer than I care to admit. If you just remain at it and don't give up, you'll experience the breakthrough you desire.

Life is full of delays and setbacks and barriers. The key is not to get side tracked or to lose heart nor sight of the goal. There are times when you won't meet your goals. The thing to do is make the necessary adjustments and keep moving in the right direction and push through. We know it's true in all other areas of life. What makes us think it wouldn't be true for memorizing the word of God. This is what Spiritual Fitness is all about!



A House of Cards

Memory verse cards left all over the house doesn't go over real well with the wife. The use of index cards v. memory sheets v. other methods is what I want to briefly discuss. The key is what works for you. I have problems with cards. I will leave them all over everywhere and find it hard to carry them around in bundles held together by a rubber band. Another problem I have had is losing them or misplacing them for a few weeks at a time. Also, I need memory cards that I can afford to stain, mark on, write on or lose and then replace easily and quickly. Handwritten index cards are fine, and I used them years ago, but that was before everyone had a computer and printer. (That tells you how old I am.). My *memory sheet* is what I use now – I can fit about 40 scripture verses on a single sheet (front and back using # 10 or # 11 New Times Roman font) and have room enough to write in the margins, the little bits of insights that I am able to gain while memorizing and meditating. These sheets fold very easily and fit into my pocket without causing a huge bulge. They are usually easily accessible and readable and I can print off several of them at a time in case I lose/misplace one of them. I just find that they are much more useful. I usually place ten similar topical verses together and the sheet holds a total of forty verses. All of these factors help me to stay Spiritually Fit!



Offense v. Defense

Fantasy football is almost a billion dollar industry today. And the debate rages amongst that crowd, what is more important offense or defense. The truth is that both are necessary. But you can't win if you don't score. Too often scripture memorization is seen as a defense against the attacks of hell. Primarily because of Jesus' use of scripture during His temptation in the wilderness is seen as being defensive in nature.

(Mat 4:3-4) And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. {4} But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

The defensive nature of scripture is a valid use. However the Bible speaks about the sword of the Spirit and the shield of faith, and that God is our shield and exceeding great reward. The sword is more often used as an offensive weapon rather than a defensive one. Granted, without a good defense, you won't win too many ballgames, but in order to score you must have a good offense.

Many believers miss out on the primary purpose of the scriptures, I refer to it as the believer's offense – and that is meditation upon the scriptures. This is what arms us for battle! The reason Jesus was able to cite those scriptures during His temptation in the wilderness was because He had spent years thinking about the scriptures and meditating on the truths of the Word of God. It was from this reservoir of truth in proper context that the Spirit within Him drew from and battled the enemy. This is the positive aspect of the scriptures and the primary purpose of the scriptures! This also explains why so many believers seem powerless during their temptations in the wilderness. Their well is empty, there is nothing to draw from except possibly their favorite (and sometimes only memorized) verse *John 3:16*.



Day 19

Is It In You?

Gatorade sports drink has an evidently very effective commercial with this tag line, “Is It In You?” No doubt you have seen it. The athlete is exercising and straining and working hard and giving it his all our effort. The sweat is pouring off him, only it isn’t sweat, its Gatorade. And the point is very clear, he is sweating out Gatorade and that is sustaining him in all his toil. Is it in you?

Well, the analogy is a fairly simple one. What comes out of you when the pressures of life are upon you? When the rigors of job, family, school, children, marriage, finances are all weighing you down and pressing in upon you? What come out of your every pore? The love of God?

A very interesting and heart rending and heart moving picture is Jesus on the Cross. What was in Him came out. Under the greatest pressure and strain ever experienced by a human being Jesus showed us all what was in Him, “*Father forgive them for they know not what they do.*” (Luke 23:34). That which was in Him came out and it was the purest love that has ever been seen.

Now, we as Christians and followers of Jesus Christ are called to have His same love within us. We are called to make the word of God alive in our own lives. So the question is, Is It (God’s Word) In You? This is what Spiritually Fit is all about. A concentrated and deliberate effort to store the word of God within our hearts so that when the heat is on and the pressure builds the world sees what is in us – Jesus Christ



Day 20

Spare Time

Every now and then you read about someone who doesn’t make a lot of money yet they have saved a large portion of their paycheck by simply and dutifully putting their daily spare change into a jar, bottle or piggy bank. This has always been astonishing to me. Because the little bit of change we accumulate on a daily and weekly basis doesn’t seem like much in and of itself. But it is amazing how quickly it can add up.

Now, let’s apply that same principle to time. The only difference is that you cannot save or store up time. But think with me about how much “spare time” we accumulate during the day. If, somehow, we could store it up and use it – think how much we would accumulate in a week or month. Waiting at a “long” traffic light, one or two minutes. Stuck in rush hour traffic, ten or fifteen minutes or more. Waiting in the doctor’s office, another thirty minutes. Standing in the checkout line at your favorite grocery store or Walmart, another ten minutes, stuck behind a school bus dropping off or picking up very slow walking children, forever! The list is virtually endless, five minutes here, ten there, it all adds up very quickly.

Now, wouldn’t you like to make use of that time! Wouldn’t it be great if you could actually put that time to GOOD USE and it could be a blessing, rather than wasting it or, even worse, allowing your temper and impatience to turn it into a curse.

The only way I have found that this can be done is through memorization and meditation on God’s word. You might find this hard to believe but I have actually found myself hoping for a red traffic light so that I could check a scripture I am *stuck* on. I have found my impatience starting to rise up, and been able to bring it into subjection, not just by counting to ten but by meditating on a certain verse or verses, and all of a sudden the situations in life that used to frustrate me are being turned into a blessing. I’m sure that if my wife or children read this they will remind me of it during the next traffic jam we are in. Becoming Spiritually Fit is truly a blessing in every aspect of our lives.



S.O.P. or Default Mode

In the military we were constantly training, usually going over the same tasks over and over and over again. The reason was to be certain that we could do them no matter what situation we found ourselves in, whether it be the heat of battle, day time or night, hot or cold, Alaskan mountains covered with snow or Panamanian jungle. Each task had its own specific procedure. We called it S.O.P. – Standard Operating Procedure. It didn't matter who was doing it, it was to be done the same way by everyone in every unit, every time. That way even if you just transferred in from another unit, you could and would fit right in because you already knew the procedures! We could complete our tasks, almost without even thinking. I was trained to literally be able to take apart my weapon and put it back together blindfolded. The reason? Because I may have to do it in the complete dark of night!

I said all that to say this, we as Christians need an SOP or default mode for our minds, especially during those times of intense mind-battles. The default mode is an automatic set of procedures that you go through when you come under attack by the enemy of our souls! Your mind automatically kicks into action almost as if it were on autopilot. The default mode are scriptures that your mind automatically goes to when the attacks of hell are launched! It is the Spiritual S.O.P. your mind automatically triggers when under attack. For me one of those scriptures is *Gen 15:1*...

(Gen 15:1) After these things the word of the LORD came unto Abram in a vision, saying, Fear not, Abram: I am thy shield, and thy exceeding great reward.

What I have found is that if my mind automatically goes there and begins to recite this verse or one of several others (John 1:1-14; Ps 37:8; Rom 1:16...), that after about one to two or at the most three minutes, the battle has greatly subsided and I have retained the victory! The Spiritually Fit system is training for complete victory in spiritual warfare!



There's A Hole In The Bucket

When I was a child my father was in the army and we were stationed in Germany. We did not own a TV and loved to sit and listen to the radio. One of our favorite little shows was something we came to know as “*There's A Hole In The Bucket.*” It was a funny exchange between a husband and wife and the problem they had with a hole in a bucket. The husband would open the exchange, which was sung in a semi-opera fashion, and goes like this...

There's a hole in the bucket, dear Liza, dear Liza, There's a hole in the bucket, dear Liza, a hole.
Well fix it, dear Henry, dear Henry, dear Henry, Well fix it, dear Henry, dear Henry fix it
With what shall I fix it, ...dear Liza...
With straw, ...dear Henry...
The straw is too long, ...
Well cut it, ...
With what shall I cut it, ...
With an axe, ...
The axe is too dull, ...
Then sharpen it, ...
With what shall I sharpen it, ...
With a stone, ...
The stone is too dry, ...
Then wet it, ...
With what shall I wet it, ...
With water, ...
In what shall I fetch it, ...
With a bucket, ...
BUT THERE'S A HOLE IN THE BUCKET, ...!!!

This alone shows us how far we have come in entertainment. My analogy is that too many believers have a hole in their bucket and it never gets fixed! I believe the biggest “hole maker” for Christians today is immorality in movies and the improper use of the internet. We will never get Spiritually Fit if this “hole” isn't repaired and maintained. One of the great blessings of the *Spiritually Fit* system and plan is the ability to train our minds and control our thoughts.



Day 23

Google Wants To Be The Third Half of Your Brain

"Sergey Brin wants Google to become the "third half of your brain." "That's what he said at today's big search event, where Google released Google Instant, its fast, streaming search results. "We're not exactly certain what Brin meant, but we think he was trying to say Google will know what you want in a search, perhaps *even before you know*." [Emphasis is mine.] So, the recent comment from Google's CEO Eric Schmidt does indicate the direction that Google is taking. Schmidt said "*I actually think most people don't want Google to answer their questions. They want Google to tell them what they should be doing next.*" I was hoping that the Google founders were somehow different from the CEO and that "Don't be evil" still meant paramount for them. I guess I was naive, after all these years.¹

God has given us a brain and the function of the brain, among other many things, is conscience thought. We are the ones who are to determine what we think about, what our minds dwell on and what comes in and more importantly what stays in. Jesus says that we are to love the Lord our God with all of our mind! (*Mark 12:30*).

(Psa 10:4) The wicked, through the pride of his countenance, will not seek after God: God is not in all his thoughts.

(Isa 55:7) Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.

(Jer 4:14) O Jerusalem, wash thine heart from wickedness, that thou mayest be saved. How long shall thy vain thoughts lodge within thee?

This is what the *Spiritually Fit* system is all about. Helping individuals discipline their minds and encouraging them to determine their own thoughts centered around God's holy word, rather than giving that responsibility and privilege and joy over to someone, or even something else.



Day 24

Cougar Power

I went to a small high school in San Antonio, Texas named Cole High School. Our School mascot was a Cougar. While I was there the coaches started a weight training program and those involved were awarded different "Cougar Power" shirts depending on how much they were able to lift in the bench press. I weighed 127 pounds as a junior in high school and I was trying to get my green "Cougar Power" shirt which meant I could bench press 200 lbs! I got "stuck" at 195 for about 16 weeks and never did get the shirt during the school year. My problem was this; I kept working harder and harder and never gave my muscles a chance to recover. During the summer I had stopped lifting for about two months and when I stopped by the weight room, just for fun I tried 200 and it went up in a flash! I actually was able to do 225 that day. And I learned something - My recovery time was just as important as my actual lifting schedule. I had overloaded my muscles.

So too with memorization – If you are not careful, you can overload your brain, especially in the beginning, and get stuck at certain levels! At one time I had memorized large portions of the bible and had a very aggressive review schedule, about ten chapters a day. It wasn't long before my brain finally rejected the entire process. I had overloaded it. It took me a couple of years to get motivated again to memorize scriptures. Now being a bit older and wiser I have learned a few things and techniques that allow me to learn, review and retain and enjoy more deeply the word of God!

¹ <http://ex-skf.blogspot.com/2010/09/googles-sergey-brin-wants-third-half-of.html>



Wandering Minds Are Unhappy!

"A human mind is a wandering mind, and a wandering mind is an unhappy mind," wrote psychologists Matthew Killingsworth and Daniel Gilbert of Harvard University in the journal *Science*. "The ability to think about what is not happening is a cognitive achievement that comes at an emotional cost." The study tracked 2,250 people via the trendy iPhone gadgets using an application, or app, that contacted volunteers at "random intervals to ask how happy they were, what they were currently doing, and whether they were thinking about their current activity or something else that was pleasant, neutral or unpleasant." When the results were tallied, people had answered that their minds were wandering 46.9 percent of the time. By examining the mind-wandering responses, researchers found that "only 4.6 percent of a person's happiness in a given moment was attributable to the specific activity he or she was doing, whereas a person's mind-wandering status accounted for about 10.8 percent of his or her happiness."²

So the opposite would be true. Minds that are fixed on a specific task or thought experience greater satisfaction and enjoyment! Once again the word of God proves true and science and research finally catches up with the scriptures!

(Psa 1:1-2) Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. {2} But his delight is in the law of the LORD; and in his law doth he meditate day and night.

The word "blessed" means extremely happy! One translation reads, Oh how happy.... Or Oh the happiness of Those who meditate upon God's word! SO many people say, I just want to be happy. Well, here is God's answer and promise from His word! Not just *Spiritually Fit*, but happy too!

² <http://sg.news.yahoo.com/afp/20101112/tls-health-us-brain-internet-aeafa1b.html>



Got Milk?

One of the most successful advertising campaigns is known by the two words "*Got Milk?*" You can tell because it is imitated in other commercials. Personally I love to drink milk. As we all know it starts out as green grass and ends up as white milk (unless it's a brown cow and then it's chocolate milk!). It starts out as green grass and then is eaten by a cow and it winds its way through four separate cow stomachs before it comes out as milk. It is chewed and chewed and re-chewed in order to get all of the nutrients out of it.

The cow has four stomachs or digestive compartments

1. **reticulum** (the hardware stomach, where foreign objects collect that cannot pass through the digestive system)
2. **rumen** (where bacteria break down cellulose and fibre from plant material)
3. **omasum** (absorbs water and digestible nutrients)
4. **abomasum** (which would be the true stomach, as in humans)

Now, this isn't a lesson in bovine anatomy, but it does present a good picture of the process of meditation. The first step is memorization. This is a picture of getting the grass into the stomach. And then, once fully memorized, with each session of meditating on the words of God, we absorb more and more and more. When we meditate on the word of God we break it down and think about each word separately and in context. Very often it brings to mind another verse or passage of scripture and before we know it we are being fed the word of God! The first step is memorization, and then review and successive levels of meditation. This will keep us *Spiritually Fit*!



Day 27

A Nest In Your Hair

The old saying, you can't stop a bird from flying over your head, but you can stop him from making a nest in your hair.

Once again we want to address the truth of being able to control our thought life. We must be in charge of our own thoughts. God holds us accountable for our thoughts. The enemy of our soul loves to shoot his fiery darts into our minds hoping that the fire will spread. In the days when Paul made that analogy to the enemy shooting these fiery darts, he was alluding to the practice of the enemy shooting a flaming arrow onto a thatched roof and that roof then catching on fire and that fire spreading very quickly to other houses and then the entire town would be ablaze. There isn't a person who reads this guide who hasn't experienced this with either a vain thought or old memory that enters and tries to set your mind on fire with godless thoughts. The ability to control, direct and focus your thoughts is crucial in life.

In the book of Romans the apostle Paul says that the path that leads to a reprobate mind includes not wanting to retain God in their knowledge. The Psalmist says of the evil man, that God is not in his thoughts.

(Rom 1:28) And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient;

(Psa 10:4) The wicked, through the pride of his countenance, will not seek after God: God is not in all his thoughts.

We are just the opposite of these, we want God in all our thoughts and we want our minds fixed on Him and His holy word! It is to this end that we strive for Spiritual Fitness.



Day 28

What Ya Think'n? You Don't Want To Know....

God is interested in our thoughts. Over and over in the gospels is reveals how Jesus, "knew their thoughts"... Consider these scripture verses from the Old Testament books of Isaiah and Ezekiel

(Isa 55:7) Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.

(Ezek 8:12) Then said he unto me, Son of man, hast thou seen what the ancients of the house of Israel do in the dark, every man in the chambers of his imagery? for they say, The LORD seeth us not; the LORD hath forsaken the earth.

(TLB) Then the Lord said to me: "Son of dust, have you seen what the elders of Israel are doing in their minds? For they say, 'The Lord doesn't see us; he has gone away!'"

(Isa 59:7) Their feet run to evil, and they make haste to shed innocent blood: their thoughts are thoughts of iniquity; wasting and destruction are in their paths.

In these cases there is a judgment on what people are thinking, but God also takes note of those who think on His name and He rewards them accordingly. Especially when many of those around them have no fear of God.

(Mal 3:16-17) Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name. {17} And they shall be mine, saith the LORD of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him.

What a tremendous blessing to know that God is interested in our thought life and will help us in this great area of need.



Day 29

Bodily Exercise

Think of all the fitness clubs and spas and gyms and work out centers.... All for a body that isn't going to live much past 75 to 80 years old. I'm not knocking physical exercise, in fact I really enjoy physical exercise. But either way, this body isn't going to last forever. But, what the Bible refers to as the spiritual man will last forever! And the truth is, we can exercise the spiritual man inside of us with benefits in this life and the one to come. This is an intriguing thought. Benefits in the life to come by exercising yourself spiritually here and now? I wonder what those benefits are? Of course eternal life is the main one. An eternity with Jesus Christ, there is nothing better. The Bible does say that the saints will rule the world with Jesus.

(Luke 19:17) And he said unto him, Well, thou good servant: because thou hast been faithful in a very little, have thou authority over ten cities.
(1 Cor 6:3) Know ye not that we shall judge angels? how much more things that pertain to this life?

Where does the necessary wisdom for this come from? From God's word! The ancient kings of Israel were commanded to write the law on a daily basis. I don't think very many of them did this and that would explain why the majority of them were described as either wicked or not following in the ways of King David.

(Deu 17:18-19) And it shall be, when he sitteth upon the throne of his kingdom, that he shall write him a copy of this law in a book out of that which is before the priests the Levites: {19} And it shall be with him, and he shall read therein all the days of his life: that he may learn to fear the LORD his God, to keep all the words of this law and these statutes, to do them:

The writing of the law kept their minds engaged and their attention focused on God's word. Now I don't know of too many people who write anything now-a-days. Most text, type or record. But the principle is to have our minds and attention focused upon God's word. This is more important than any and all physical exercise! But most of us are a bit "flabby" physically and just plain old out of shape. And if this is true physically, how much more spiritually. But we are called to be renewed inwardly on a daily basis.



Day 30

Lose 50 Lbs Overnight!

Now we know that this might be a bit of an exaggeration, but we've all seen those ads that promise incredible dieting results in very little time and with little to no effort. The only problem is that they are not true. If they were true, they wouldn't need to advertise it, people would be beating down their door! The same is true with Spiritually Fit. We are not promising immediate results in no time and with minimal effort. That is not reality. However, just as with many diet and exercise programs, if an individual with stick with it, and remain consistent and steady and do just a little bit each day, it isn't that long before they begin to see tangible results. And if they continue over a longer period of time they will see even greater results. And if they maintain that diet and exercise plan as a lifestyle they will enjoy a lifetime of positive results.

The same holds true with the habit of memorizing and meditating on God's word. Only, with God's word, these benefits are for this life and the life to come!

(1 Tim 4:7-8KJV) But refuse profane and old wives' fables, and exercise thyself rather unto godliness. {8} For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

(1 Tim 4:7-8 TLB) Don't waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit. {8} Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too.

You may not be able to memorize 50 scriptures over night, but if you keep with the Spiritually Fit system and program, you will enjoy not only a lifetime of benefits here, but eternal rewards THERE as well! Thank God for His word!



Baskin & Robins 31 Flavors

The Baskin & Robins website reads that 62 years ago they started with thirty one flavors, now they grown to over 1,000 flavors. Well, if they can do that with ice cream, they you and I can do it with the word of God. I'm not sure but I think they started with thirty-one flavors because there are thirty-one days in a month, therefore you could try a new flavor each day of the month. Well, we start with the starter pack which includes 30 verses plus one that everyone knows, John 3:16. That equals one verse for every day of the month. Remember the aim is meditation on God's word. My hope is that you will memorize these thirty-one scripture verses and meditate on a different one each day of the month while you are learning more verses. Eventually I hope it is your goal to learn thirty "packs" of verses and meditate on a different pack each day of the month. Who knows, maybe one day you'll even surpass Baskin and Robins!



In Closing...

Unto Whom Much Is Given, Much Is Required

(Luke 12:48) But he that knew not, and did commit things worthy of stripes, shall be beaten with few stripes. For unto whomsoever much is given, of him shall be much required: and to whom men have committed much, of him they will ask the more.

As has been noted throughout these daily tips obedience with understanding is the goal. Meditation is like squeezing the grape to get it's juice. You don't leave the juice there or throw it away, you drink it. The object of meditation is to gain a clear, deep, understanding of God's word, not for academic purposes but for practical obedience to our Lord Jesus Christ!

We have been given much in the way of revelation, understanding, freedom, resources and opportunities. Christianity is not a spectator's sport. God expects us to use what He has given us. This is what the parable of the talents is all about. The Master returns and expects an increase. This is a sobering reality in the Kingdom of God. The servants which did their master's will and put it to work and brought an increase were well rewarded.

(Mat 25:21) His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.

The key to entering into the Joy of the Lord is actually doing the will of God. The key is being faithful with what we have been given, and seeking first the Kingdom of God and what He says is right! I hope you have enjoyed this short guide to memorization and meditation, but more importantly it is my prayer that it has in some way helped you in your walk with God, and remember

(1 Tim 4:8 TLB) Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too.