



Navigators Discipleship Tool



Why Memorize Scripture?

5 Benefits of Dwelling on God's Word

Have you ever wondered, "Why memorize Scripture?" Studies have shown that memorization not only helps with synaptic connections in your brain, but changes it physically by creating strong neural pathways.¹

When it comes to specifically memorizing Scripture, you're not only changing your brain, but dwelling on truth that will change your life forever. Use this resource to become familiar with the benefits of Scripture memorization and get that boost of motivation you need to make this a regular rhythm in your life.

Why Memorize Scripture? Through these five benefits you will . . .



1. Be Rooted in Faith

Memorizing Scripture, especially verses that reveal God's character, will deepen your relationship with Him and strengthen your faith. As you move from reading the Bible to putting God's Word to memory, these truths will reinforce your faith foundation like deep roots.

"But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit" Jeremiah 17:7-8 (NIV).

When your faith roots go deep, then when you face difficult circumstances your relationship with God can remain strong even when you're questioning Him. Your heart and mind will recall Scripture about His character and unfailing love for you.



2. Resist Temptation

In Matthew 4:1-11, Jesus faced various temptations when He was most vulnerable. The tempter tried to get Him to listen to His appetites rather than God. The way Jesus faced these temptations was through speaking truth.

Scripture memory allows these truths to be at the forefront of your mind and heart, so you can grab a hold of them when you need them most. As you consider where you're most tempted to follow your way rather than God's, find verses to memorize that will help strengthen you against those temptations. Psalm 119:11: "I have hidden your word in my heart that I might not sin against you" (NIV).





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3. Renew Your Mind

Scripture memory is a key component of renewing your mind. By rehearsing God's truth consistently and intentionally, you are more aware of those thoughts that don't align with God's Word.

The apostle Paul shares, "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will" Romans 12:1-2 (NIV).

A renewed mind can impact your perspective, decisions, and mood, by taking those interjecting thoughts captive (2 Corinthians 10:5) and replacing them with God's truth. In a world that is constantly seeking your attention, memorizing specific Bible verses that counteract those lies you're tempted to believe as truth is beneficial.



4. Make Wise Decisions

The Bible is meant to give you insight into who God is, who you are, and the sacredness of life. Scripture even has an entire section devoted to wisdom literature — Job, Psalms, Proverbs, Ecclesiastes, and Song of Songs. Scripture memory takes this wisdom and places it within reach for your mind and heart as you seek to navigate your next steps as a Christ-follower.

"Your word is a lamp for my feet, a light on my path" Psalm 119:105 (NIV). As you seek God to discern the best path, He will often use His Word to remind you of His perspective and wisdom.



5. Be Ready to Answer with Hope

As you memorize Scripture, God's truth grows deep within you. Then you're able to easily respond to those who are curious about why you follow Jesus. "But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect . . ." 1 Peter 3:15 (NIV).

Allowing God's Word to saturate your thinking through Scripture memorization gives you a strong understanding and grasp on why you believe what you believe. This could even lead to sharing God's heart, wisdom, truth, and ultimately the gospel without people even realizing you're quoting Scripture.

1. "The Power of Testing Memory: Basic Research and Implications for Educational Practice" by Roediger & Butler (2006), published in *Psychological Science*, focuses on the benefits of active recall (the process of testing yourself) for improving memory retention and cognitive performance.