



Store up God's Word in Your Heart

As you read in the mini-book, *Help! I Want to Stay Pure*, one of the most important steps you can take to prevent sin is to actively hide God's Word in your heart. You can follow the advice of Psalm 119:11, "I have stored up your word in my heart, that I might not sin against you."

Ask your mentor to help you choose several passages from the list below to begin memorizing. Each passage was chosen specifically with the believer's pursuit of purity in mind. You can memorize Scripture by following the simple steps below:

- Write out the passage on a 3x5 card.
- Repeat the passage out loud at least 10 times a day.
- After several days, write just the first letter of each word on a 3x5 card. Use this card as your new prompt each time you say your passage. Say your passage out loud at least 10 times per day.
- After several more days, try saying the passage without looking at the card.
- Once you know the passage by heart, choose a new passage to memorize. Follow the same steps for your new passage. Review your previously memorized passages each day.

As you memorize, consider how this passage helps you say "no" to sin and "yes" to God's way. Consider what each word means and how you can apply the big idea of this passage to your daily life. Does your life reflect the thoughts, values, and commitments stated in this passage? Pray through the passage and ask God to change you so that you not only "think Bible" but "live Bible" too. It would be amazing if you could eventually memorize the whole list! Every passage you hide in your heart increases your arsenal to fight against temptation and sin.

Set a goal for how many verses you want to memorize in a set amount of time. Invite a friend to memorize with you—this will give you needed accountability to accomplish your goal. After memorizing a passage, be sure to review it regularly so that you don't forget it. Regular review is like keeping your stock-pile of weapons ready for battle. God's Word is our most powerful weapon in the fight. Use it early and often!

Key Memory Verses for Fighting Temptation:

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| <input type="checkbox"/> Job 31:1 | <input type="checkbox"/> 1 Corinthians 6:18 |
| <input type="checkbox"/> Psalm 119:9-11 | <input type="checkbox"/> 1 Corinthians 6:19-20 |
| <input type="checkbox"/> Matthew 5:8 | <input type="checkbox"/> Colossians 3:5-7 |
| <input type="checkbox"/> Matthew 5:27-28 | <input type="checkbox"/> 1 Thessalonians 4:3-5 |

Other Recommended Verses for Scripture Memory:

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| <input type="checkbox"/> Ephesians 5:3-4 | <input type="checkbox"/> Psalm 51:10 |
| <input type="checkbox"/> Hebrews 13:4 | <input type="checkbox"/> Romans 13:14 |
| <input type="checkbox"/> Psalm 19:14 | <input type="checkbox"/> Titus 2:11-14 |
| <input type="checkbox"/> Proverbs 5:1-6 | <input type="checkbox"/> Philippians 1:9-11 |
| <input type="checkbox"/> Philippians 4:8-9 | <input type="checkbox"/> 2 Timothy 2:22 |
| <input type="checkbox"/> 1 Timothy 4:12 | <input type="checkbox"/> Proverbs 6:20-26 |