



## Put on the Full Armor of God Each Day

**Sunday:** Read the week's passage to be memorized with surrounding verses so you can see it in its context. Ask the Lord to help you commit the passage to memory, apply it to your life, and use it to bless others.

**Monday:** Read the passage with the reference 10 times aloud. Then cover the passage and say it aloud with the reference 10 more times, looking if you need to. Say each memorized passage from previous weeks one time aloud with references.

**Tuesday:** Cover the passage of the week and try to say the verse(s) aloud with its reference 10 times, looking if necessary. Say each memorized passage from previous weeks one time aloud with references.

**Wednesday-Saturday:** Recite this week's passage and each memorized passage from previous weeks one time aloud with references.

### Pray, Review, Repeat

- Ask the Lord to help you retain what you memorize and use it to minister to others and feed your own soul.
- Steward idle moments during the day to call this week's passage to mind.
- Repeat passages from prior weeks once daily for at least 50 days. After that, once every week or two.

Suggestions inspired by *An Approach to Extended Memorization of Scripture* by Andrew Davis.  
scripturememory.com

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