



eat this book MEMORIZATION MOMENTS

Melani Shock

Notes


1. Every two weeks, choose a verse or two (no more than 3).
2. First thing in the morning, write the date and handwrite your scripture in the notebook.
3. Record your scripture on your smartphone.
4. Set timers on your smartphone to alarm 7 times in the day. Each time it alarms, listen/recite your scripture passage 3 times. By the time the day has ended, you will have handwritten the scripture once and listened to it 21 times.
5. By the end of the first week, you should be able to say much of the scripture from memory. When the alarm sounds, try to say the reference then the scripture from memory as much as you can before listening to it on your smartphone.
6. At the beginning of the second week, try to handwrite your scripture from memory without looking back at your previous entries.
7. By the end of the 2-week period, you should be able to say and handwrite your scripture totally from memory.

By following this process, you will have committed 26 different scripture passages to memory in one year.



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