



## Put on the Full Armor of God Each Day

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

**Monday:** Read this week's passage (with the reference) out loud **ten times**. Cover the passage and try to say it aloud (with the reference) **ten more times**, peeking if needed. Say each memorized passage from previous weeks one time (out loud, with the reference).

**Tuesday:** Cover this week's passage and try to say the verse out loud, with the reference, **ten times**, peeking if needed. Say each memorized passage from previous weeks one time (out loud, with the reference).

**Wednesday-Saturday:** Say this week's passage and each memorized passage from previous weeks **one time** (out loud, with the reference).

### Other Suggestions:

- Repeat memorized passages once daily for at least 50 days; after that, once every week or two.
- Pray daily, asking the Lord to help his word remain in you, using it to feed your soul and minister to others.
- Take advantage of passing "idle" moments during the day to call this week's passage to mind.

These suggestions are from "An Approach to the Extended Memorization of Scripture" by Dr. Andrew Davis. [www.fbcdurham.org](http://www.fbcdurham.org)

*Be Strong in the Lord!*

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 22-Jan Rom 15:1-2  
 29-Jan Psalm 103:1-4  
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 11-Mar Psalm 103:20-22  
 18-Mar Psalm 86:11  
 25-Mar Eph 4:29  
 1-Apr Eph 4:31-32  
 8-Apr Deut 6:4-5  
 15-Apr Deut 6:6-7  
 22-Apr 2 Cor 5:17  
 29-Apr Luke 12:32-34  
 6-May Gal 5:22-23  
 13-May Gal 5:24-25  
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