

# 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 **10 times**. Cover the passage and try to say it aloud (with the reference) **10 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, **10 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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- 7-Jan Joshua 1:9
- 14-Jan 2 Chronicles 16:9
- 21-Jan Philippians 3:7-8
- 28-Jan Philippians 3:9
- 4-Feb Philippians 3:10-11
- 11-Feb 1 Corinthians 1:18
- 18-Feb Psalm 37:[1-2] 3-4
- 25-Feb Psalm 37:5-6 [7-8]
- 4-Mar Psalm 37:23-24
- 11-Mar Hebrews 12:1
- 18-Mar Hebrews 12:2
- 25-Mar Psalm 96:1-3
- 1-Apr Psalm 96:4-5
- 8-Apr Psalm 96:6-8
- 15-Apr Psalm 96:9-10
- 22-Apr Isaiah 43:25
- 29-Apr Romans 12:9-10
- 6-May Romans 12:11-13
- 13-May Romans 12:14-16
- 20-May Romans 12:17-19
- 27-May Romans 12:20-21
- 3-Jun Proverbs 15:1
- 10-Jun James 4:13-14
- 17-Jun James 4:15-17
- 24-Jun Luke 19:10
- 1-Jul Psalm 18:30-31
- 8-Jul Philippians 4:6-7
- 15-Jul Philippians 4:8
- 22-Jul Psalm 42:11
- 29-Jul Isaiah 46:3-4
- 5-Aug Philippians 1:21
- 12-Aug Jer 29:11-14
- 19-Aug Proverbs 22:1
- 26-Aug Psalm 30:4-5
- 2-Sep Acts 20:35
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- 16-Sep Matthew 5:7-10
- 23-Sep Matthew 5:11-12
- 30-Sep 1 Corinthians 13:4-7
- 7-Oct Psalm 32:8 [9]
- 14-Oct Proverbs 31:30
- 21-Oct Matthew 6:19-21
- 28-Oct 1 Corinthians 10:31
- 4-Nov Romans 5:18-19
- 11-Nov John 5:39-40
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- 25-Nov Romans 10:17
- 2-Dec Matthew 20:26-28
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