



## TOP TEN TIPS

by Ingo Sorke, PhD

1. **Perspective:** Memorization is how Jesus operated consistently, including on the Cross!
2. **Persistent Priority:** daily determination & *Though I prefer physical Bibles, a dedicated app on devices just for memorization helps!*
3. **Less is more:** 1 verse 100% > 2 verse 90%
4. **Stick to one translation:** Jumping from one translation to another hinders retention.
5. **Repetition:** *Repetitio mater studiorum est* - "Repetition is the mother of all studies"
6. **Goal:** from memory = by ❤️, out loud, without hesitation, 100%, *without looking down at an open Bible!*
7. **Mental Health:** Don't overload yourself; schedule periods of rest for your mind. Eccl 10:10!
8. **Perseverance:** Don't give up - especially if you have given up before.
9. **Pride:** It's not a competition. Don't compare yourself to others.
10. **Starting Point:** 10 Commandments · Numbers 6:24-26 · Psalm 23 · The Lord's Prayer

## INTERNALIZATION

### TOP TEN TEXTS

John 3:16 · Isa 53 & 58 · Daniel 8:14; 9:24-27 · John 17 · 1 Cor 13 · Rev 14 & 21

**"But after the word of Scripture was quoted, Satan knew that he had no chance of triumphing" (Letter 159, 1903).**

**Psalm 1:** "The words in the first Psalm need to be committed to memory" (Ms 144, 1897).

## TOP TEN TREASURES

**Psalm 34:** "Let this chapter be read and committed to memory" (Ms 70, 1897).

**Psalm 119:** "Present before your children the instruction given in the 119th Psalm. Take this precious lesson, and read it with tender, softened hearts. Encourage your children to commit the same to memory, *especially the first sixteen verses*" (Ms 12, 1898).

**Isaiah 51:** "The whole of the fifty-first chapter of Isaiah is worthy of close, earnest study, and we would do well to commit it to memory. It has a special application to those who are living in the last days" (RH Dec. 1, 1896).

**Isaiah 53:** "This chapter should be studied. It presents Christ as the Lamb of God. Those who are lifted up with pride, whose souls are filled with vanity, should look upon this picture of their Redeemer, and humble themselves in the dust. The entire chapter should be committed to memory. Its influence will subdue and humble the soul defiled by sin and uplifted by self-exaltation" (YI Dec. 20, 1900).

**Isaiah 58:** "The mind must be restrained, and not allowed to wander. It should be trained to dwell upon the Scriptures; even whole chapters may be committed to memory, to be repeated when Satan comes in with his temptations. The fifty-eighth of Isaiah is a profitable chapter for this purpose" (RH April 8, 1884).

**John 6:** "I hope that these few suggestions may help older persons as well as younger ones to become acquainted with the Word in accordance with the directions that Christ has given in the sixth chapter of John. My brethren and sisters, this chapter contains lessons that all need to learn. Read and study it. Meditate upon the truths that it contains. Eat the bread of life. Commit this chapter to memory, and keep the magazines off your tables" (Lt 343, 1905).

**John 13-17:** "I feel intensely when I read and dwell upon the subjects contained in the 13th, 14th, 15th, 16th, and 17th chapters of John. These lessons are of deep import and need to be studied and even committed to memory. The richest promises are found here" (Ms 42, 1890).

**1 Corinthians 12 & 13:** "The 12th and 13th chapters of First Corinthians should be committed to memory, written in the mind and heart" (Ms 82, 1898).

"Beware how you neglect secret prayer and a study of God's word. These are your weapons against him who is striving to hinder your progress heavenward" (MYP 96).

## QUOTES THAT EQUIP

"Copies of the Bible were rare; therefore its precious words were committed to memory. **Many were able to repeat large portions of both the Old and the New Testament**" (GC 67).

"From their pastors the youth received instruction. While attention was given to branches of general learning, the Bible was made the chief study. **The Gospels of Matthew and John were committed to memory, with many of the Epistles**" (GC 68).

"All who could read were eager to study the word of God for themselves. They carried it about with them, and read and reread, **and could not be satisfied until they had committed large portions to memory**" (GC 194).

"Obey the words of Christ by searching the Scriptures, and through diligent study have the Word of God stored in your memory, so that in any emergency you can say earnestly, solemnly, "It is written" (Letter 20, 1895).

"Several times each day precious, **golden moments** should be consecrated to prayer and the study of the Scriptures, **if it is only to commit a text to memory, that spiritual life may exist in the soul.** The varied interests of the cause furnish us with food for reflection and inspiration for our prayers. Communion with God is highly essential for spiritual health, and here only may be obtained that wisdom and correct judgment so necessary in the performance of every duty" (4T 459).

"While your hands are engaged in labor, if you desire to become intelligent in spiritual things, if you desire to have your mind directed heavenward, you might commit to memory texts or portions of the Scriptures, and thus train your mind to dwell upon things that are pure and lovely. The heart that is stored with the precious truths of God's word, is fortified against the temptation of Satan, against impure thoughts and unholy actions. [...] The angels of God will be near to instruct him who is of a teachable spirit. Then read the precious utterances of God's word slowly, patiently, reverently" (*Youth's Instructor*, July 28, 1892).

"Some who are teaching present truth are not acquainted with their Bibles. They are so deficient in Bible knowledge that it is difficult for them to quote a text of Scripture correctly from memory. **By blundering along in the awkward manner they do, they sin against God.** They mangle the Scripture, and make the Bible say things that are not written therein" (2T 341-342).

"Let the more important passages of Scripture connected with the lesson be committed to memory, not as a task, but **as a privilege. Though at first the memory be defective, it will gain strength by exercise, so that after a time you will delight thus to treasure up the words of truth. And the habit will prove a most valuable aid to spiritual growth**" (CT 137).

**Isaiah 58: "The mind must be restrained, and not allowed to wander. It should be trained to dwell upon the Scriptures; even whole chapters may be committed to memory, to be repeated when Satan comes in with his temptations.** The fifty-eighth of Isaiah is a profitable chapter for this purpose. Wall the soul in with the restrictions and instructions given by the inspiration of the Spirit of God. When Satan would lead the mind to dwell upon earthly and sensual things, he is most effectually resisted with "It is written." When he suggests doubts as to whether we are really the people whom God is leading, whom by tests and provings he is preparing to stand in the great day, be ready to meet his insinuations by presenting the clear evidence from the word of God that we are keeping the commandments of God and the faith of Jesus" (GW 92).

"Those who endeavor to obey all the commandments of God will be opposed and derided. They can stand only in God. In order to endure the trial before them, they must understand the will of God as revealed in His word; they can honor Him only as they have a right conception of His character, government, and purposes, and act in accordance with them. **None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict.** To every soul will come the searching test: Shall I obey God rather than men? The decisive hour is even now at hand. Are our feet planted on the rock of God's immutable word? Are we prepared to stand firm in defense of the commandments of God and the faith of Jesus?" (GC 593).

## JESUS

"At a very early age, Jesus had begun to act for Himself in the formation of His character, and not even respect and love for His parents could turn Him from obedience to God's word. **"It is written" was His reason for every act that varied from the family customs.** But the influence of the rabbis made His life a bitter one. Even in His youth He had to learn the hard lesson of silence and patient endurance. His brothers, as the sons of Joseph were called, sided with the rabbis. They insisted that the traditions must be heeded, as if they were the requirements of God. They even regarded the precepts of men more highly than the word of God, and they were greatly annoyed at the clear penetration of Jesus in distinguishing between the false and the true. His strict obedience to the law of God they condemned as stubbornness. They were surprised at the knowledge and wisdom He showed in answering the rabbis. They knew that He had not received instruction from the wise men, yet they could not but see that He was an instructor to them. They recognized that His education was of a higher type than their own. But they did not discern that He had access to the tree of life, a source of knowledge of which they were ignorant" (DA 86).

"Often they [Jesus' brothers] threatened and tried to intimidate Him; but He passed on, making the Scriptures His guide" (DA 87).

**"But to every temptation He had one answer, "It is written."** He rarely rebuked any wrongdoing of His brothers, but He had a word from God to speak to them. Often He was accused of cowardice for refusing to unite with them in some forbidden act; but His answer was, It is written, "The fear of the Lord, that is wisdom; and to depart from evil is understanding." Job 28:28. (DA 88).

"There were some who sought His society, feeling at peace in His presence; but many avoided Him, because they were rebuked by His stainless life. Young companions urged Him to do as they did. He was bright and cheerful; they enjoyed His presence, and welcomed His ready suggestions; but they were impatient at His scruples, and pronounced Him narrow and strait-laced. Jesus answered, **It is written,** "Wherewithal shall a young man cleanse his way? by taking heed thereto according to Thy word." "Thy word have I hid in mine heart, that I might not sin against Thee." Psalm 119:9, 11. Often He was asked, Why are you bent on being so singular, so different from us all? **It is written,** He said, "Blessed are the undefiled in the way, who walk in the law of the Lord. Blessed are they that keep His testimonies, and that seek Him with the whole heart. They also do no iniquity; they walk in His ways." Psalm 119:1-3. When questioned why He did not join in the frolics of the youth of Nazareth, He said, **It is written,** "I have rejoiced in the way of Thy testimonies, as much as in all riches. I will meditate in Thy precepts, and have respect unto Thy ways. I will delight myself in Thy statutes; I will not forget Thy word." Psalm 119:14-16. (DA 89).

"Jesus did not contend for His rights. Often His work was made unnecessarily severe because He was willing and uncomplaining. Yet He did not fail nor become discouraged. He lived above these difficulties, as if in the light of God's countenance. He did not retaliate when roughly used, but bore insult patiently. Again and again He was asked, Why do You submit to such spiteful usage, even from Your brothers? **It is written,** He said, "My son, forget not My law; but let thine heart keep My commandments: for length of days, and long life, and peace, shall they add to thee. Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: so shalt thou find favor and good understanding in the sight of God and man." Proverbs 3:1-4. (DA 89).

"Build a wall of scriptures around you, **and you will see that the world cannot break it down. Commit the Scriptures to memory, and then throw right back upon Satan when he comes with his temptations, 'It is written.'** This is the way that our Lord met the temptations of Satan, and resisted them" (RH April 10, 1888).

"The time will come when many will be deprived of the written Word. But if this Word is printed in the memory, no one can take it from us" (20MR 64 1906; LDE 67.5).

"Study the Word of God. Commit its precious promises to memory so that, when we shall be deprived of our Bibles, we may still be in possession of the Word of God" (10MR 298 1909; LDE 67.6).