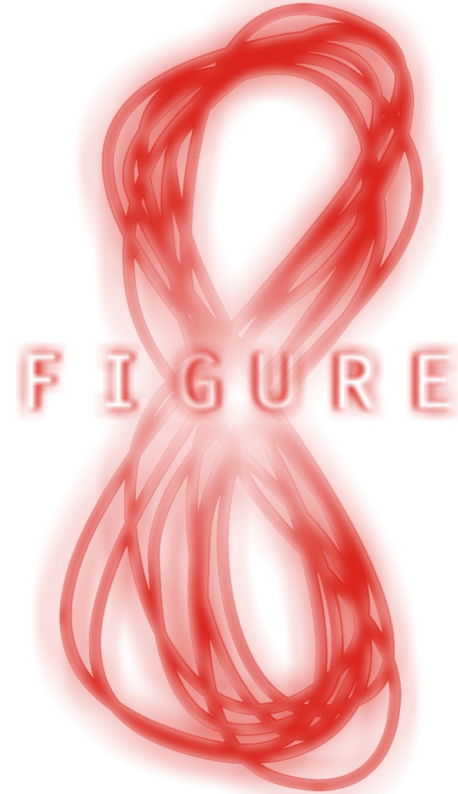


## ***About the Authors***

**Rush Witt** became a Christian on June 21, 1995 while attending a Price Family Ministries Basketball Camp. Currently, he serves as Children's Minister of Open Door Baptist Church in Raleigh, North Carolina. He will be graduating from Southeastern Seminary in December 2005 with a Master of Divinity Degree. In 2000, married his wife, Kathryn. Kathryn and Rush enjoyed the birth of their first child, Hannah, July 26, 2004 and their second, Sophia, in February of 2006. Previously, Rush served as Associate Minister of College and Singles at First Baptist Church in Owensboro, Kentucky and also worked for the Fellowship of Christian Athletes in Northwest Kentucky.

**Tanner Turley** attends Southeastern Seminary where he is pursuing a Ph.D. Originally from Kentucky, he served as Youth Associate Minister at First Baptist Church in Owensboro, Kentucky and also completed an interim pastorate for New Life Church in 2002. Currently, Tanner serves as Assistant to Danny Akin, President of Southeastern Seminary in Wake Forest, North Carolina. Tanner lives with his wife, Marsha



***Figure 8 Scripture Memory  
by Meditation System***

***Complete Guidelines***

# Welcome

Thanks for reading this booklet on the **Figure 8 Scripture Memory by Meditation System**. The purpose of this booklet is to equip you to write the word of God upon your heart more effectively than ever before. We believe that the Figure 8 Scripture Memory by Meditation System is a valuable tool for memorizing Scripture and improving your relationship with Jesus Christ. We are convinced, first and foremost, that a relationship with Jesus Christ is the only way to gain eternal life in heaven and experience abundant life on earth. Therefore, before going any further we would like to ask you a simple question. If you were to die today, are you 100% sure that you would enjoy eternal life in the presence of God? If, for any reason, you are unsure about your eternal destiny, we urge you to carefully consider what the Bible has to say. In a nutshell, the Bible explains that you are a sinner because you have willfully lived in ways that are not pleasing to the God of this universe. Because God is fair and just in everything He does, your sin has placed you in danger of being punished forever in a place called hell. However, the fair and just God who created you is also infinitely loving. He does not desire for anyone to perish in hell, but for all people to receive forgiveness. Because of this great love with which He has loved the world, your just and loving Creator decided many years ago to send His Son, Jesus Christ, into the world. Jesus' purpose in coming to earth was to live a perfect life, die a costly death, and then miraculously rise from the dead. All of this was done to accomplish what you could not. Jesus said in John 3:16, "God so loved the world that He gave His only begotten Son that whoever would believe in Him would not perish [in hell], but have everlasting life [in heaven]."

Though the main purpose of this booklet is to help you memorize Scripture, we would also like you to know how you may experience God's forgiveness and plan for your life. The Bible explains that the keys to receiving eternal life are repentance and faith. The word "repentance" means to turn away from something. In this case, the Bible speaks of turning away from your sin. In order to receive forgiveness of your sin, you must be willing to turn from it. However, the Bible also explains that you must also be willing to place all of your faith in Jesus Christ as your personal Lord and Savior. In order to be saved from your sin and its consequences, you must be "born again" by believing in what Jesus accomplished on the cross and then committing

# Example Schedule

Session 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
AM	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1
DAYTIME	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1
PM									
Session 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
AM	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1
DAYTIME	PHIL 2	PHIL 2	PHIL 2	PHIL 2	PHIL 2	PHIL 2	PHIL 2	PHIL 2	PHIL 2
PM	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1	PHIL 1
Session 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
AM	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2
DAYTIME	PHIL 3	PHIL 3	PHIL 3	PHIL 3	PHIL 3	PHIL 3	PHIL 3	PHIL 3	PHIL 3
PM	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2	PHIL 1,2
Session 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
AM	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3
DAYTIME	PHIL 4	PHIL 4	PHIL 4	PHIL 4	PHIL 4	PHIL 4	PHIL 4	PHIL 4	PHIL 4
PM	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3	PHIL 1,2,3
Session 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
AM	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4
DAYTIME									
PM	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4	Phil 1,2,3,4
Color Key									
Recipe for Retention									
8 Hour Plan									
Test Out w/ Partner									
OFF									
<b>Post-Graduate: Philippians</b>									

to follow Him all the rest of your days. This is genuine faith. Much like John 3:16, the Bible also says, “If you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved” (Romans 10:9-10). This is what we hope will happen in your life today. We hope that you will realize that you are a sinner and in need of Jesus Christ’s saving power. We hope that you will carefully consider the consequences of being found guilty on judgment day, apart from the Savior. We also hope that you will carefully consider the great benefits of placing your life in the hands of Jesus Christ, the Son of God. If you have questions about what you have read here, please feel free to contact us any time.

To contact us: Call, Write, or E-mail Us!

Figure 8 Scripture Memory  
252 McDowell Drive  
Wake Forest, North Carolina 27587

Phone: 919-632-4767

Fax: 919-847-6536

E-mail: [figure8scripturememory@hotmail.com](mailto:figure8scripturememory@hotmail.com)

Website: [www.figure8scripturememory.com](http://www.figure8scripturememory.com)

Scripture taken from the NEW AMERICAN STANDARD BIBLE(R), Copyright (C) 1960,1962,1963,1968,1971,1972,1973,1975,1977,1995 by The Lockman Foundation. Used by permission.

# Example Starter Phrase Page

## Suggested Format for Scripture and Starter Phrases

Colossians 1

*1 Paul,*

*2 To the saints*

*3 We give thanks*

*4 since we heard*

*5 because of the hope*

*6 which has come*

*7 just as you learned*

*8 and he also informed*

*9 For this reason also,*

*10 so that you will*

*11 strengthened with all power,*

*12 giving thanks*

*13 For He rescued*

*14 in whom we have*

*15 He is the image*

### Primary Markers

*1. Paul*

*8. And he also informed*

*16. For by Him*

*24. Now I rejoice*

*16 For by Him*

*17 He is before*

*18 He is also head*

*19 For it was*

*20 and through Him*

*21 And although you were*

*22 yet He has now  
reconciled*

*23 if indeed you continue*

*24 Now I rejoice*

*25 Of this church*

*26 that is, the mystery*

*27 to whom God willed*

*28 We proclaim Him,*

*29 For this purpose*

- A printed copy of the Scripture Page and Italicized Starter Phrases may be cut down and folded into a convenient size for use throughout the day.

# Example Scripture Study Page

# Introduction

## Suggested Format for Study of Scripture

<p>Colossians 1 1 <i>Paul</i>, an apostle of Jesus Christ by the will of God, and Timothy our brother,</p> <p>2 <i>To the saints</i> and faithful brethren in Christ who are at Colossae: Grace to you and peace from God our Father.</p> <p>3 <i>We give thanks</i> to God, the Father of our Lord Jesus Christ, praying always for you,</p> <p>4 <i>since we heard</i> of your faith in Christ Jesus and the love which you have for all the saints;</p> <p>5 <i>because of the hope</i> laid up for you in heaven, of which you previously heard in the word of truth, the gospel</p> <p>6 <i>which has come</i> to you, just as in all the world also it is constantly bearing fruit and increasing, even as it has been doing in you also since the day you heard of it and understood the grace of God in truth;</p> <p>7 <i>just as you learned</i> it from Epaphras, our beloved fellow bond-servant, who is a faithful servant of Christ on our behalf,</p> <p>8 <i>and he also informed</i> us of your love in the Spirit.</p> <p>9 <i>For this reason also</i>, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding,</p> <p>10 <i>so that you will walk</i> in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God;</p> <p>11 <i>strengthened with all power</i>, according to His glorious might, for the attaining of all steadfastness and patience; joyously</p> <p>12 <i>giving thanks</i> to the Father, who has qualified us to share in the inheritance of the saints in Light.</p> <p>13 <i>For He rescued</i> us from the domain of darkness, and transferred us to the kingdom of His beloved Son,</p> <p>14 <i>in whom we have redemption</i>, the forgiveness of sins.</p> <p>15 <i>He is the image</i> of the invisible God, the firstborn of all creation.</p> <p>16 <i>For by Him</i> all things were created, both in the heavens and on earth, visi-</p>	<p>17 <i>He is before</i> all things, and in Him all things hold together.</p> <p>18 <i>He is also</i> head of the body, the church; and He is the beginning, the firstborn from the dead, so that He Himself will come to have first place in everything.</p> <p>19 <i>For it was</i> the Father's good pleasure for all the fullness to dwell in Him,</p> <p>20 <i>and through Him</i> to reconcile all things to Himself, having made peace through the blood of His cross; through Him, I say, whether things on earth or things in heaven.</p> <p>21 <i>And although you were</i> formerly alienated and hostile in mind, engaged in evil deeds,</p> <p>22 <i>yet He has now reconciled</i> you in His fleshly body through death, in order to present you before Him holy and blameless and beyond reproach—</p> <p>23 <i>if indeed you continue</i> in the faith firmly established and steadfast, and not moved away from the hope of the gospel that you have heard, which was proclaimed in all creation under heaven, and of which I, Paul, was made a minister.</p> <p>24 <i>Now I rejoice</i> in my sufferings for your sake, and in my flesh I do my share on behalf of His body, which is the church, in filling up what is lacking in Christ's afflictions.</p> <p>25 <i>Of this church</i> I was made a minister according to the stewardship from God bestowed on me for your benefit, so that I might fully carry out the preaching of the word of God,</p> <p>26 <i>that is, the mystery</i> which has been hidden from the past ages and generations, but has now been manifested to His saints,</p> <p>27 <i>to whom God willed</i> to make known what is the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory.</p> <p>28 <i>We proclaim Him</i>, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ.</p> <p>29 <i>For this purpose</i> also I labor, striving according to His power, which mightily works within me. NASU</p>
---	---

While serving in Hong Kong, China in 2001, we had the great joy of meeting a missionary named Scott Smith. Scott was the strategy coordinator for a group of missionaries working to reach the “Grass Roots” people of Kowloon, China. While visiting with Scott, we could not help but notice that he was continually speaking of Scripture and how it applied to his work. Scott was virtually a human Bible. Whether we were sharing Jesus with Buddhists in the temple or helping clean a tiny apartment, many events throughout the day reminded Scott of Scripture. Toward the end of our trip, we were compelled to ask Scott how he came to know so much of God’s word by heart. Over the next few minutes, Scott inspired us with a testimony we have never forgotten. With bashful humility, Scott described how he became committed to Scripture memory during his early twenties when he began memorizing one verse per day. During the last few years of college, Scott memorized over 1,000 verses! In addition, Scott had also read through the Bible every year since 1973 and was, while we were there, working his way through a Cantonese version. Scott’s incredible testimony inspired us to follow in his footsteps by working to memorize one verse every day. Though skeptical at first, we soon agreed that such an undertaking was not unrealistic. In fact, as we started holding one another accountable to the commitment, we began to see the Spirit of God dynamically working with us to write these verses upon our hearts and minds. What a wonderful blessing the discipline of Scripture memory became to us!

Over the following years, while continuing to memorize Scripture, we began to see improvement in our evangelistic zeal, personal devotions, and passion for knowing Christ. We grew increasingly interested in making improvements to our approach and establishing a highly effective method. After much trial, error, more trial, and now success, we are excited to share with you The Figure 8 Scripture Memory System. We believe The Figure 8 system is an invaluable tool you can use to improve your walk with Christ for years to come! The following pages will provide you with the entire system free of charge. Please feel free to reproduce and distribute any of this material. Our desire is that many Christians, around the world, will begin to memorize Scripture like never before. Therefore, it is our joy to present to you the complete guidelines for using The Figure 8 Scripture Memory by Meditation System. Please be sure to read all of the material before beginning because each page contains vital information for your Scripture memory success. With that said, let’s begin!

## Example Section

# A Word About Retention

**W**ithin the Figure 8 system, one of the most crucial aspects is retention. To retain something means to hold it in. Obviously, in this case, we are speaking of holding in Scripture. Regular effort toward retaining what you have memorized is essential. Without such effort, over time, what was once fresh and vibrant will become stale and stagnant. If you are going to dedicate yourself to memorize Scripture, it is only logical to put in a little extra effort in order to retain what you have learned. Therefore, the Figure 8 system includes guidelines for retention.

**A**fter reading this, take one more look at the provided example schedule (30). Within the chart, the color **BLUE** marks when retention work should be done. You will notice that the retention work occurs in the A.M., P.M., and during the last 8 days of each schedule. It includes reciting previously memorized material to yourself. For instance, after completing session one on the Philippians schedule, you would recite from memory Philippians 1 every morning and every night during the second 8-day session. Likewise, during the third 8-day session, after having memorized the first two chapters, you would recite Philippians 1 and 2 every morning and every night. The final 8 days are dedicated to reciting all of the blocks on that schedule each morning and each night. **Note, the final 8 days are crucial because they allow for one final opportunity to drive the material home before moving on to another schedule.**

**I**n addition, the scheduled days off, which are only used for testing out, provide an excellent opportunity to review previously memorized Scripture and starter phrases.

## Chapter 1: Meditation

# Meditation

## **The Figure 8 Scripture Memory by Meditation**

**System** is based upon principles found within Psalm 119. Throughout these 176 verses, the Psalmist sets forth the concept of meditating upon Scripture. He says, "I will meditate on Your precepts, and regard Your ways. I shall delight in Your statutes; I shall not forget Your word" (Psalm 119:15-16). The natural result of biblical meditation is remembering God's precepts. However, it is important to note that the overarching goal is not to memorize text, but instead for the teachings and commandments of God to be written on the tablets of our hearts (Proverbs 7:2-3). This will bring about a life dedicated to knowing God personally rather than merely knowing about Him. We must not aspire to become intelligent rule-followers, but rather obedient Christ-lovers.

Also, the Figure 8 System is not a magical formula. It is a system of disciplines. It is not enough to merely follow the basic guidelines. Instead, one must make disciplined and consistent application of his energy and effort. The disciplines begin with meditation...

**Meditate Day and Night:** This discipline of the Figure 8 System is geared toward encouraging believers to meditate upon God's word throughout the day and night. Many Christians consistently spend time with God each day, in prayer and Scripture reading. However, it seems that very few take time to follow the biblical example of day and night meditation upon the person of God and His word. For many, this is also true of Scripture memorization.

As young Christians, we desired to memorize Scripture, but struggled to find a truly successful method. Typically, we began each day with a personal quiet-time followed by about 20-25 minutes of exercising our Scripture memory. However, our struggle was due to committing two mistakes. First, we only gave time to Scripture memory over a short period of each morning. The main problem with this was that by lunchtime, the passages we had worked to memorize were drowning in a sea of daily responsibilities. Only a few hours after we had committed a verse to memory, it was forgotten. The second mistake we made was that we worked only to memorize key verses. Now, please don't misunderstand. Memorizing key verses is a great benefit to our walking closely with Christ. For instance, think of the countless times

## A Word About Retention

someone has shared John 3:16 with an unbeliever or the encouragement a downcast Christian has received by reminding himself “There is now no condemnation for those who are in Christ Jesus” (Romans 8:1). Without doubt, these prominent key verses should hold a special place in our practice of Scripture memory. However, pulling specific verses from the surrounding text makes remembering them more difficult and can lead to misinterpretation. If you have any experience in buying and selling property, you probably know that the three most important words in realty are location, location, location. Much like realty, in the arena of Scripture memory and hermeneutics (interpreting Scripture), the three most important words are context, context, context. Truly, context is king. Therefore, the Figure 8 system seeks to use context to our advantage.

**W**ith this in mind, let’s discuss the most effective Scripture memory principle which is highlighted throughout Psalm 119. Obsessed with the word of God, the Psalmist urges believers to meditate upon Scripture day and night in order to remember it. The Psalmist writes, “O how I love your law! It is my **meditation all the day**” (Psalm 119:97). The Figure 8 Scripture Memory by Meditation System is designed to help you do just that. By reading and meditating upon Scripture throughout the day and night, you will have a greater capacity to memorize and apply God’s word! Here is how the Figure 8 system works.

**S**tudents choose a book of the Bible and meditate upon one chapter every hour for at least 8 hours per day. This may sound overwhelming at first, but I assure you, it is not. Earlier we mentioned that we used to begin each day with 20-25 minutes of Scripture memory work. Well, the Figure 8 system utilizes the same amount of time. The difference is that these 20-25 minutes are used throughout the day rather than all at once. This is possible by taking 3 minutes, at the top of each hour, to read the chapter thoughtfully and slowly. You may be thinking, “Every hour for 8 hours every day? I don’t have time for that! I’m too busy!” Well, you may not realize it, but reading one chapter of the Bible only takes about 3 minutes. Therefore, taking a few minutes during 8 of your 15 waking hours equals only 20-25 minutes per day. Therefore, instead of working harder, you are working smarter. To make things clear, let’s consider a typical day. perhaps your alarm sounds at 7:00 am and your day begins. Before rising from bed, take the very first

3 minutes of your day and meditatively read the current chapter. What better way to start your day than with the word of God? Then, after you shower and finish breakfast, the time is 8:00 am. Here is another chance to meditate upon the same chapter again. After this, you probably head to work or school. Around 9:00 am, you can take a few minutes to focus upon the same chapter again. So far, the day is going very well. However, remember that if you happen to miss a couple of hours, there are many hours left in order to reach a total of 8. With this in mind, perhaps you have a meeting at 10:00 am or you simply forget about your plan. It's okay because lunch will be around 12:00 pm, allowing an opportunity to meditate for the 4<sup>th</sup> time today! Just think, it is only 12:00 pm and you are already halfway through your 8 hour plan! Obviously, this pattern continues throughout the day until you have meditatively reviewed the chapter each hour for no less than 8 hours. It is especially helpful to take time for meditation right after you wake up in the morning and right before you go to sleep at night.

**E**ach chapter should be given individual attention for 8 straight Days. This provides in an opportunity to meditate upon each chapter no less than 64 times by the end of the 8-day period. You will be amazed at how much more you are learning and how much better you know the text than when you began. This daily meditation is designed to saturate your heart with the word of God, keeping it fresh upon your mind as you walk through life seeking and serving Christ. At this point, it is helpful to note that the primary goal of the system is not memorization, but meditation. You see, memorization is the by-product of meditating day and night.

**T**o help you understand what to do each day, we have provided an example schedule on page 29. Before reading further, take a few minutes to familiarize yourself with the different aspects of the schedule. By the way, you will see some items in the chart about which you have not yet learned. They will be explained shortly. The chart shows what should happen each day if you decide to use the Figure 8 system to memorize the book of Philippians. First, you will notice that the schedule does not refer to the seven days of the week. When memorizing Scripture according to a weekly schedule, it is easy to miss a day and then feel compelled to wait until the next week in order to pick up where you left off. To prevent this, the Figure 8 system does not run

What is most important is personal accountability and encouragement. If you happen to stumble and forget the next verse, your partner should provide the next starter phrase in order to jog your memory. If you have followed the system and put forth a good effort, you should not need to be reminded more than a couple of times while reciting each block. If you find yourself really struggling to recall the material, perhaps you should take a few more days to polish up your memorization and then attempt to test out again. Do not move on to a new block without testing out. Giving an account for the work you have done is rewarding and will inspire you to continue to work hard.

**N**ow you are ready to begin! Our goal in creating this site is to provide everything you need to successfully memorize Scripture. From here, you should find the schedule of a book that excites you, print a Scripture page with Italicized Starter Phrases, and begin using **The Figure 8 Scripture Memory System**. Also, we would love to hear how it is going so send us feedback whenever you like.

# Testing Out

**T**hough the Figure 8 system utilizes personal discipline, it also demands accountability. The shortest road to failure in the race of Scripture memory is lack of accountability. Therefore, it is essential that you find someone with whom to share this practice of Scripture memory. The best accountability partner is someone who is willing to encourage you to work hard and work hard himself. We have found that those who work to memorize Scripture without such a partner, struggle greatly. We suggest that you encourage a Christian friend, co-worker, spouse, or relative to join you in your Scripture memory journey. This person will be a great encouragement and help to you in using the Figure 8 system; especially when it comes time to test out.

**Testing Out:** The fourth discipline of the Figure 8 system is the act of **testing out**. The day after each 8-day session should be used as a break from the normal 8-hour schedule. Sometime during the day off, the student should recite the most recently completed block(s) from memory to a friend or accountability partner. This is known as **testing out**. Once this is accomplished successfully, the student should resume the normal 8-day schedule by memorizing the next scheduled block. In order to memorize Scripture in manageable chunks, the Figure 8 system only requires memorizing 4 or 5 blocks before testing out. Since the retention plan requires multiple verses to be recited during A.M. and P.M., 4 blocks is a reasonable amount. The only time 5 blocks are scheduled together is to prevent having to memorize 1 block by itself out of context. Once an entire book is memorized, the participant should test out of the schedule by reciting all of the blocks to his accountability partner. Don't worry, all of this is clearly marked out for you in the various Scripture Memory Schedules.

**T**esting out is important because it will help you to remain accountable for the time you are spending in meditation and memorization. It also puts a bit of pressure on you to really memorize Scripture rather than merely becoming familiar with it. It is not necessary for your partner to test out on the same day. Feel free to take an extra day before testing out even if your partner is ready. **Also, it is not necessary for your partner to memorize the same material as you.** You may be memorizing Colossians while your partner is memorizing 1 John.

Monday through Friday. Instead, the days are listed as **1 through 8**. Therefore, if you happen to miss a day, you may continue on without hesitation. Until you become conscious of the times at which you should meditate, you will need to find a way to remind yourself of your Figure 8 hourly schedule. You may want to tie a string around your wrist, wear a watch that beeps on the hour, or schedule hourly appointments into your Microsoft Outlook, PDA, or dayplanner.

**F**irst, notice that the example schedule breaks each day into three sections, **A.M.**, **DAYTIME**, and **P.M.** Mornings and evenings (**A.M.** and **P.M.**) are used for reciting recently memorized chapters. This is a great help in retaining what you have memorized and in preparing to test out when the time comes. Second, the **DAYTIME** portion of the Schedule consists of an 8 hour meditation plan which is described above. Finally, you will also notice that every 8th day is followed by a day off. This day should be considered a reward for your hard work throughout the previous 8 days. However, each day off should be used to test out of the material you recently memorized and may provide a great opportunity to brush up on previously memorized Scripture. (You will read more about testing out a little bit later.)

**W**e have provided Figure 8 Schedules for memorizing any book of the Bible. These charts provide everything you need in order to know what to do each day. At this point, let us introduce 2 important terms within the system; **sessions** and **blocks**. A session is a period of 8 days followed by a day off. Therefore, within the example schedule, there are 4 sessions plus a final retention session. Blocks of Scripture consists of no more than 32 verses and are memorized one at a time. Within the schedules, we have divided each book of the Bible into blocks of Scripture. If a chapter contains more than 32 verses, we have divided it in half until a block of 32 verses or less is created. Each block is important because it contains verses which have been put together for the purpose of effective meditation and memorization.

**T**he last order of business before moving on is to let you know about the three levels of intensity within the Figure 8 system. Since not every one is willing and able to memorize as fast as others, we have created three levels of intensity; under-graduate, graduate, and post-graduate.

*(The names we have chosen for each level are not important. They merely reflect the fact that we are desiring to live as students of God's word.) Regardless of your personal and professional schedule, you should be able to find a pace which fits your level of commitment and ability. The under-graduate level will lead you to memorize 8 verses every session and the graduate level will push you to memorize 16 verses every session. The post-graduate level is the highest intensity and will assign an entire block (up to 32 verses) to each session. Though the under-graduate and graduate levels may appeal to you because they are less intense, don't count out the post-graduate level. You do not have to be a spiritual genius or giant to memorize an entire block of Scripture every 8 days. In fact, it is easier than you think and will allow you to memorize Scripture at a faster pace. Remember that committing to use the post-graduate level, will put you in position to memorize the entire New Testament in 7-10 years. With all that said, let's move on to cover the second Figure 8 discipline, memorization.*

## Chapter 4: Testing Out

## **Chapter 2: Memorization**

# Memorization

While the primary goal of The Figure 8 system is meditation, the system is at heart a tool for memorization. Within this system, memorization occurs in 3 ways. First and foremost, students memorize through meaning. This happens by reading Scripture according to the schedule, and by studying each passage in order to gain a thorough understanding of text. More about memorization through meaning is available in the next chapter, *Disciplined Study*. Second, students who use the Figure 8 system memorize through context. Context refers to the text which surrounds a specific verse. Memorizing verses within their context helps us understand more about the intending meaning of the author and provides a point of reference for remembering each verse. Finally, students memorize Scripture visually. In other words, memorization is also encouraged by learning how the verses look in relation to each other. These 3 aspects to successful memorization led us to develop the next discipline of the Figure 8 system, **Italicized Starter Phrases**.

**Italicized Starter Phrases:** This discipline of the Figure 8 System involves creating a list of **Italicized Starter Phrases**. A starter phrase consists of the first three or four words of a verse. An example list of starter phrases is available on page 28. These phrases will help the student to do two things: First, learning the order of these phrases will enable one to remember the logical progression of the passage. Second, these phrases also serve as markers for recalling specific Scripture references. There are 2 kinds of starter phrases. **Primary Markers** include multiples of eight (1, 8, 16, 24, 32, etc...) and **Secondary Markers** include each reference in between (2, 3, 4, 5, 6, 7, 9, etc...) For instance, if you need to recall Philippians 4:19, you can use the starter phrases to help you. Beginning with the closest primary marker, you should think to yourself, "I know that 4:16 is 'for even in Thessalonica'." Then, you will be able to work your way through the secondary markers from 16 to 19; "and my God will supply all your need according to His riches in glory in Christ Jesus." Once you recall the verse's starter phrase, the rest of the verse will flow naturally. The Starter Phrases for each chapter should be reviewed along with the assigned text for each 8-day period. A thorough understanding of the Primary Markers allows the student to be no more than 4 verses away from recalling a specific Scripture reference. Then, knowledge of the secondary Markers can lead him directly to the desired verse.

find trustworthy commentaries, is *Building Your Theological Library* by Dr. Danny Akin, President of Southeastern Seminary. Dr. Akin's booklet contains the titles of countless resources for every book of the Bible.

Second, since the Figure 8 system assigns a block of Scripture to each 8-day session, you may want to focus your quiet-time on a few verses of the block you are currently memorizing. To do this, simply break up the block across the 8-day period. For instance, if you are beginning to memorize Philippians 1 tomorrow, use tomorrow's quiet-time to study and pray through the first 3 or 4 verses of the chapter. The next day, use your quiet-time to study the next 3 or 4 verses. You will be amazed at how much a strategic quiet-time will assist your meditation upon and memorization of Scripture. The more you can hear and read about a specific passage, the easier it will be memorize.

Third, another helpful practice is listening to and reading sermons. Thanks to the World Wide Web, literally millions of resources are only a mouse click away. Audio sermons are especially easy to come by. On our website, we have provided a few helpful resources to get you started. In addition to these links, you should consider [www.sermonaudio.com](http://www.sermonaudio.com). This site provides thousands of sermons preached by a wide variety of pastors and teachers, free of charge. The internet is also an excellent source for written sermons. Years ago, before television, radio, and internet, it was common for preachers to publish written sermons which were distributed across the country and around the world. Many of those who published their sermons as reading material are still considered some of the greatest preachers, teachers, and theologians of all time. Names like Charles Haddon Spurgeon, J.C. Ryle, and Jonathan Edwards should inspire you to find written sermons based upon the passages you will be memorizing. Many of these sermons are available online.

# Disciplined Study

**O**ur desire for the Figure 8 system is that many Christians will begin to use it to delight themselves in Scripture. However, what exactly does it mean to delight in God's word? On July 26, 2004, Rush enjoyed the birth of his first child, Hannah. He and his wife began changing countless diapers, purchasing baby food, and sleeping less because of the new addition to their family. Truly, a baby changes everything! However, after Hannah's birth, they began to notice a very special change in their lives. They found each other smiling uncontrollably at the mere thought of their baby girl. Returning home from work or school held new significance because of the tiny smiling face that was waiting behind the door. Simply put, this intense joy was the product of delighting themselves in Hannah. They were treasuring every moment with her and when away, they longed to be near her again. This is what we must learn to do concerning the word of God. We must learn to delight ourselves in it; to treasure every morsel of truth so that we long for its nourishment more and more. We can learn to delight ourselves in the law of God through disciplined study.

**Disciplined Study:** While the first two points are foundational, **a disciplined study** of the Scripture will empower your Scripture memory. This can be accomplished by using devotional time and spare time during each 8-day session to read commentaries, research historical and cultural contexts, and listen to sermons preached on the current chapter. Again, the desired result is not memorization of a text, but gaining a thorough and applicable understanding of God's word. Let us suggest some ways to study and some resources to help you meditate, memorize, and study Scripture.

**F**irst, if you are not currently in the practice of having a personal daily "quiet-time," we encourage you to begin. Basically, a quiet-time consists of setting aside time every day, usually first thing in the morning, to read Scripture, praise God, and pray for others. An excellent way to incorporate the Figure 8 system into your quiet-time is to use a Scripture commentary or devotional to learn more about the material you are memorizing. Most commentaries are useful because they contain a collection of information from a number of sources. Usually, you can find commentaries and devotionals at your local library, Christian bookstore, or on the internet. A good resource to help you

**W**e created the starter phrase concept as a memorization tool. Often when memorizing Scripture, the reference numbers of a verse are used to remember the text of the verse. In many cases, these reference numbers are a great help. For instance, when you see **3:16** you probably think of God's love as it is described in **John 3:16**. However, once you have memorized Romans **3:16** or 1 John **3:16**, it becomes far more difficult to remember which verse is which. The struggle to recall these verses lies in the fact that every book uses the same reference numbers. Therefore, it is logical to create a system that gives every verse its own identity. Here lies the purpose of using starter phrases. In other words, memorization in the Figure 8 system does not rely only upon the reference numbers, but also upon the text. As we have found, the use of such starter phrases is essential in memorizing multiple books of the Bible and recalling specific verses within each book.

**W**e have also provided a suggested format to use while meditating upon each passage. Looking at the examples provided, notice first that the Scripture page is divided into two columns with the verses separated by spaces. This format will help you to see verses individually while still seeing the entire context of the passage. This is what we mean by using your vision to memorize text. When the time comes, you will be amazed by your ability not only to recall specific verses, but also to see the location of verses in your mind. Since vision is such a great memorization tool, this format is extremely helpful. Remember, each Scripture page is also accompanied by a list of Italicized Starter Phrases. Again, the purpose of these phrases is to assist in memorization and recall. Therefore, they are very important! Use them to your advantage.\*

\* Due to copyright restrictions, we cannot legally provide you with Scripture pages in the suggested format. Therefore, until we obtain permission, you will have to create your own. To do this, log on to [www.biblegateway.com](http://www.biblegateway.com) and search for the text you are planning to memorize, copy it into a word processing document, and tailor it after the examples we have provided (verses separated, starter phrases italicized, etc...).

## Chapter 3: Disciplined Study