

Figure 8 Format for Scripture

Colossians 1
1 Paul, an apostle of Jesus Christ by the will of God, and Timothy our brother,

2 To the saints and faithful brethren in Christ who are at Colossae: Grace to you and peace from God our Father.

3 We give thanks to God, the Father of our Lord Jesus Christ, praying always for you,

4 since we heard of your faith in Christ Jesus and the love which you have for all the saints;

5 because of the hope laid up for you in heaven, of which you previously heard in the word of truth, the gospel

6 which has come 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;

7 just as you learned it from Epaphras, our beloved fellow bond-servant, who is a faithful servant of Christ on our behalf,

8 and he also informed us of your love in the Spirit.

9 For this reason also, 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,

10 so that you will walk 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;

11 strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously

12 giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light.

13 For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son,

14 in whom we have redemption, the forgiveness of sins.

15 He is the image of the invisible God, the firstborn of all creation.

16 For by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones or dominions or rulers or authorities— all things have been created through Him and for Him.

17 He is before all things, and in Him all things hold together.

18 He is also 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.

19 For it was the Father's good pleasure for all the fullness to dwell in Him,

20 and through Him 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.

21 And although you were formerly alienated and hostile in mind, engaged in evil deeds,

22 yet He has now reconciled you in His fleshly body through death, in order to present you before Him holy and blameless and beyond reproach—

23 if indeed you continue 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.

24 Now I rejoice 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.

25 Of this church 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,

26 that is, the mystery which has been hidden from the past ages and generations, but has now been manifested to His saints,

27 to whom God willed 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.

28 We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ.

29 For this purpose also I labor, striving according to His power, which mightily works within me.
 NASU

Figure 8 Format for 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

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

Primary Markers
1. Paul
8. And he also informed
16. For by Him
24. Now I rejoice

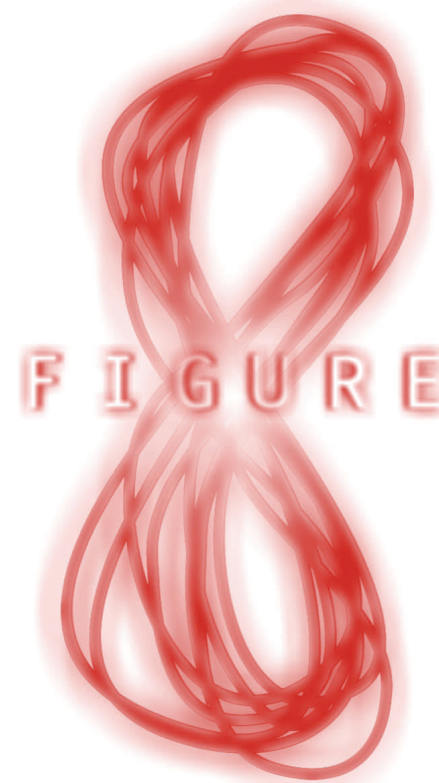
- A printed copy of the Scripture Page and Italicized Starter Phrases may be cut down and folded into a convenient size for use throughout the day.



*"I will never forget your precepts,
 For by them You have kept me alive."
 -Psalm 119:93*

Figure 8 Scripture Memory
 Email: rush@mynameisrush.com
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***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***



***I will never forget your precepts
 for by them You have
 kept me alive.
 Psalm 119: 93***

Figure 8 Guidelines

**Consume it! Saturate your mind with it.
Meditate upon the law of God
until it becomes part of you.**

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 such 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 teaching and commandments of God to be written on the tablets of our hearts (Proverbs 7:2-3). This should 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 guidelines. Instead, one must make disciplined and consistent application of his energy and effort. **For complete instructions, call, write, or log on to our website.** However, the basic guidelines are as follows:

1. **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. Participants should choose a book of the Bible and seek to meditate upon one chapter once per hour for at least 8 hours per day. This can be fulfilled by taking 3

minutes, at the top of each hour, to read the chapter thoughtfully and slowly. Each chapter should be given individual attention for 8 straight days, resulting in an opportunity to meditate upon each chapter no less than 64 times by the end of the 8-day period
(Want to start small? Go to the web for easier schedules.)

2. **Italicized Starter Phrases:** The next discipline of the Figure 8 System involves creating a list of Italicized Starter Phrases. These phrases will help the participant 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. Primary Markers include multiples of eight (1, 8, 16, 24, etc...) and Secondary Markers include each reference in between (2, 3, 4, 5, 6, 7, 9, etc...) 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 participant 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.
3. **Disciplined Study:** While the first two points are foundational, a disciplined study of the Scripture will empower these core concepts. This disciplined study can be accomplished by using devotional time and spare time during the 8-day period 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.
4. **Testing Out:** The day after each 8-day period should be used as a break from the daily Figure 8 schedule. In place of the normal schedule, the participant should recite the completed chapter from memory to a friend or accountability partner. Once this is accomplished successfully, he should proceed to the next chapter. Once an entire book is memorized, the participant should test out of the book by reciting the entire book from memory.

Benefits of the Figure 8

1. Creates a Love for the Word of God
2. Encourages One to "Redeem the Time"
3. Improves Expository Preaching and Teaching
4. Equips Believers with a Word to Share
5. Builds Biblical Discipline and Character
6. Allows One to Grasp Text and Context
7. Empowers and Excites Prayer
8. Leads to a Deeper Relationship with Christ

Additional Tips

1. Once a participant has moved to a new chapter in any book, it is essential that he take a short amount of time each morning and each night to recite to himself the previously completed chapters. This is helpful in retaining past material and maintaining a contextual understanding of the entire book. Likewise, as one advances to other books, past material must be reviewed periodically.
2. Be sure not to use multiple translations except to better understand the meaning of a text. Doing so may create confusion because of the differences in language.
3. Do not become discouraged if you miss a couple of hours throughout the day. Time can be found later to catch up and finish the day with a total of 8 periods of meditation.
4. Be aware of opportunities for application of Scripture. The word of God is not meant to be merely known, but lived out (Psalm 119:1).