



Experience 12: Focus

Tuesday, January 26, 2021

Psalm 1:1-3

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law, day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

NIV

I want you to imagine with me a tall thick tree planted firmly on the bank of a gently flowing stream. Go ahead and get that picture in your mind.

The tree is beautiful and mighty. Its roots dig deep into the earth and it will not be shaken. When storms come, the wind blows and the stream swells, but the tree stands firm.

What we just read in Psalm 1 says a person who meditates on God's Word is like that tree. In the New Testament Jesus, the living Word of God, would go on to say that anyone who listened to His words and lived how He said would be like a wise person who had built their house on a strong foundation. When the storms of life come, that person will not be shaken.

How can we build our lives on Jesus' teaching if we never know what he actually taught? How

can we meditate on God's word if we don't know what God has actually said? Reading the writings found in the Bible is a central piece in the life of a follower of Jesus, but I want us today to take it a step further.

Memorizing God's word allows it to seep deep into our hearts and our minds, transforming us from the inside out. It takes intentional effort, but when we Focus and commit to the practice of memorization it can be done, and for our great benefit.

Think about it this way, when you take the time to commit a portion of scripture to memory those words are with you wherever you go.

When you're faced with conflict, stress, anxiety, sadness, or any other negative situation your mind is already primed to recall God's truth. When we choose to memorize God's word, we give ourselves tools that equip us to deal with whatever life throws our way, and more importantly those tools enable us to partner with God and what he is already doing in our lives and the world.

Memorization may feel like a daunting task at first. But what if you just memorize 1 verse at a time? What if you could commit 1 verse a month to memory- in a year that's 12 verses. To start with 12 may seem too difficult- but 1! You can memorize 1- let's get started.

Actions to take

- Work on memorizing Psalm 119:10 *I seek you with all my heart; do not let me stray from your commands.*
- Write this verse on a 3 X 5 card or post it note.
- Spend the next 3 or 4 minutes saying these words out loud. Include the Psalm 119:10 reference as you speak these words. Change the pace- keep it nice and slow.
- Try to repeat the verse without looking at the card several times- don't worry if you need to peek at your card.
- Later in the day and again tomorrow, take out your card and repeat the verse 2 or 3 times. See if you can do it without looking at the card, sometimes the act of just holding the card will bring the verse back to mind.
- Wash, Rinse, Repeat. Good job- you've memorized a verse from the Bible.