

BIBLE MEMORY

A TRAINING CAMP

“For God
so loved the
world...”



Vince Lombardi, the Green Bay Packers legendary football coach, had an interesting way to begin pre-season training camp. Football in hand, Lombardi walked to the front of the room, held out the pigskin in front of him and said, "Gentlemen, this is a football."

TRAINING CAMP



In only five words, Lombardi communicated his point:

We're going to start with the basics and make sure we're executing all the fundamentals.⁽²⁾ Why in the world would a seasoned coach talk to professional athletes like that? Lombardi operated on a simple philosophy. He believed that excellence could be best achieved by perfecting the basics of the sport.⁽³⁾

Life Training Center's Training Camps bring together "pros" and "rookies" to learn from and sharpen

**"Gentlemen,
this is a football"**



each other. It is a concentrated time of learning new skills and sharpening old ones. Michael Jordan said, "You have to monitor your fundamentals constantly. The minute you get away from fundamentals, the bottom can fall out of your game, your schoolwork, your job, whatever you're doing. Get the fundamentals down and the level of everything you do will rise." We must keep

our fundamentals sharp at all times. The Training Camps are a means of ensuring that we are constantly raising the level of everything we do for God's Kingdom.

Professional and amateur athletes, as well as performing artists, and even sales people have coaches. Often when a professional's performance is slipping, the first thing a coach will do is take them back to the fundamentals.

No matter what level they're at, rehearsing the fundamentals is... well, fundamental. We never get too good at what we do that we have no need to brush up on the basics.

NAME & DATE

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Hide the Word

How would you like to learn a Bible verse by heart and remember it the rest of your life? As Jesus followers, we know God wants us to hide his Word in our hearts and meditate on it day and night. When we've tried, perhaps we have failed, felt guilty, and given up. Isaiah 43:18-19a says, "Do not remember the past events, pay no attention to things of old. Look, I am about to do something new; even now it is coming. Do you not see it?..."

The mark of a true disciple is someone who abides (soaks) in God's Word (John 8:31-32). Your thought life will change as you wash your mind with God's Word (Ephesians 5:26). Learning does take some work and perseverance. However, the methods taught in the Bible Memory Training Camp are fun and time-proven. Instead of learning a new verse and forgetting it, you'll be able to retain each verse you learn, by reviewing it at strategic intervals.

Together we will work on whatever verses you choose at your own pace. Others will listen while you recall Scripture, and in turn you will listen and encourage them.

This course explains how to efficiently use the time you invest to learn God's Word by heart. The principles can also be applied to other information you want to learn.

Take the challenge with us to store up God's Word in your heart!

June Mathias
Memory Coach



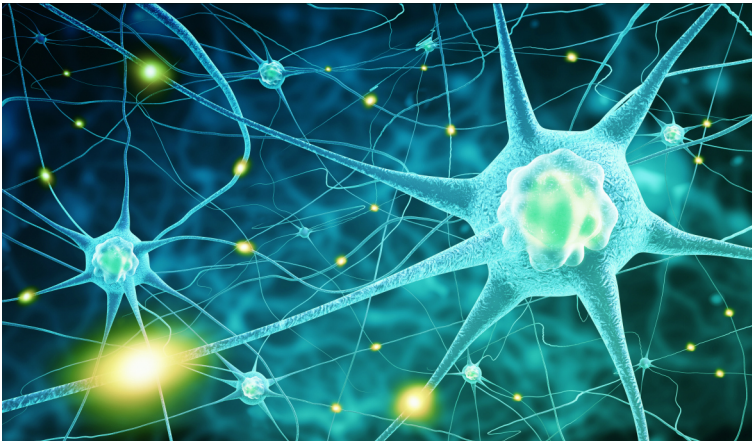
GOD DESIGNED OUR BRAIN

I. HOW DID GOD DESIGN OUR BRAIN?

A. To remember pictures not numbers

Our memory is visual and sensory. This includes spatial relationships, pictures (faces, images), sensations, emotions, and accented syllables.

Numbers, impersonal information, abstractions and unaccented syllables are more difficult to remember.



B. How is memory stored?

1. Short term: chemical. Neurotransmitters are sent.
2. Long term: structural. Neural pathways are built.
3. Forgetting curve: Recalling something when we start to forget it efficiently reinforces a memory association link.

C. We memorize by linking (associating) something we already know to something new.

- D. Lapses in memory are not “random”. When a link in a chain is broken and we cannot recall something, the link stays broken until we repair it. Adding more detail to a memory association link is a good way to repair a broken chain.

II. MEMORY TECHNIQUES

- A. We under-estimate our God-given potential to memorize.
- B. Rote memory (repetition) is inefficient for long-term memorization. No wonder we think we are “bad” at memorization!
- C. Many of the techniques in these lessons were used by Greeks and Romans over 2000 years ago. They were widely used until the Renaissance.

III. WHAT VERSE TO MEMORIZE?

- A. One you want to remember
- B. One that is meaningful to you
- C. One that will help you and others

IV. TECHNIQUES TO MAKE AN ASSOCIATION EFFECTIVE, BY USING THE UNEXPECTED

- A. Spatial relationship
 - 1. Visualize items entwined, inside, underneath, on top.
 - 2. Substitute items, reverse roles, use one item instead of the other one.
 - 3. Distort, bend, mutilate, damage, crash items together.
 - 4. Use motion, 3-D action. Static/flat objects are harder to memorize.
- B. Involving all the senses intensely: sight, sound, touch, taste, and smell
 - 1. Add vivid color, texture, and pattern.
 - 2. Use a song or rhythm.

- C. Emotions
 - 1. Unusual, absurd, illogical, impossible, out of the ordinary
 - 2. Exaggerate in number, size, or out of proportion
 - 3. Humorous, ridiculous, gross, offensive (yet not dishonoring God)
 - 4. Volume, speed, pitch, tone of voice
- D. An association you yourself create is the most effective.

V. REMINDERS

- A. Set your own goals. Don't compare yourself with others.
- B. Work little by little every day.
- C. Accurate memorization is possible.
- D. Memory athletes memorize the order of a deck of cards in under 30 seconds. How much more valuable to memorize God's Word!

LESSON 1 EXERCISES

- 1: Talk with God about your past experiences to memorize Scripture. Identify negative thinking or mental blocks that may be a hindrance. Repent and ask God for a fresh start.
- 2: Pray about how much time God wants you to spend daily on memorization: 10, 15, 20 minutes?
- 3: Practice using each of the association techniques mentioned in today's lesson. God has given you an incredible imagination. How many different ways can you link two objects such as a shoe and a cow? Make a list and keep adding to it each day this week. Be prepared to share some of your associations in class.

- 4: Write the reference (book, chapter, verse) of five verses you want to memorize. If you select a passage of two verses, that counts as two verses.

Prepare to memorize these verses, by writing them word for word on another sheet of paper. Include the reference (book, chapter, verse). Bring the paper to class. You will carry it with you during the initial learning period. Read the verses slowly out loud once, to become acquainted with the overall structure. Find out how to pronounce any unfamiliar words, such as names of people or places. You may study background information for the verses, but do not try to memorize them yet.

- 5: Each day, read the short passages below. They are meant as encouragement. You are not expected to memorize them.

Day 1: Matthew 4:4

Day 2: Job 23:12

Day 3: Jeremiah 15:16

Day 4: 1 Samuel 3:21

Day 5: Daniel 12:3

Day 6: Romans 10:17

Day 7: Ephesians 6:17



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