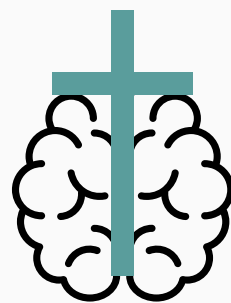


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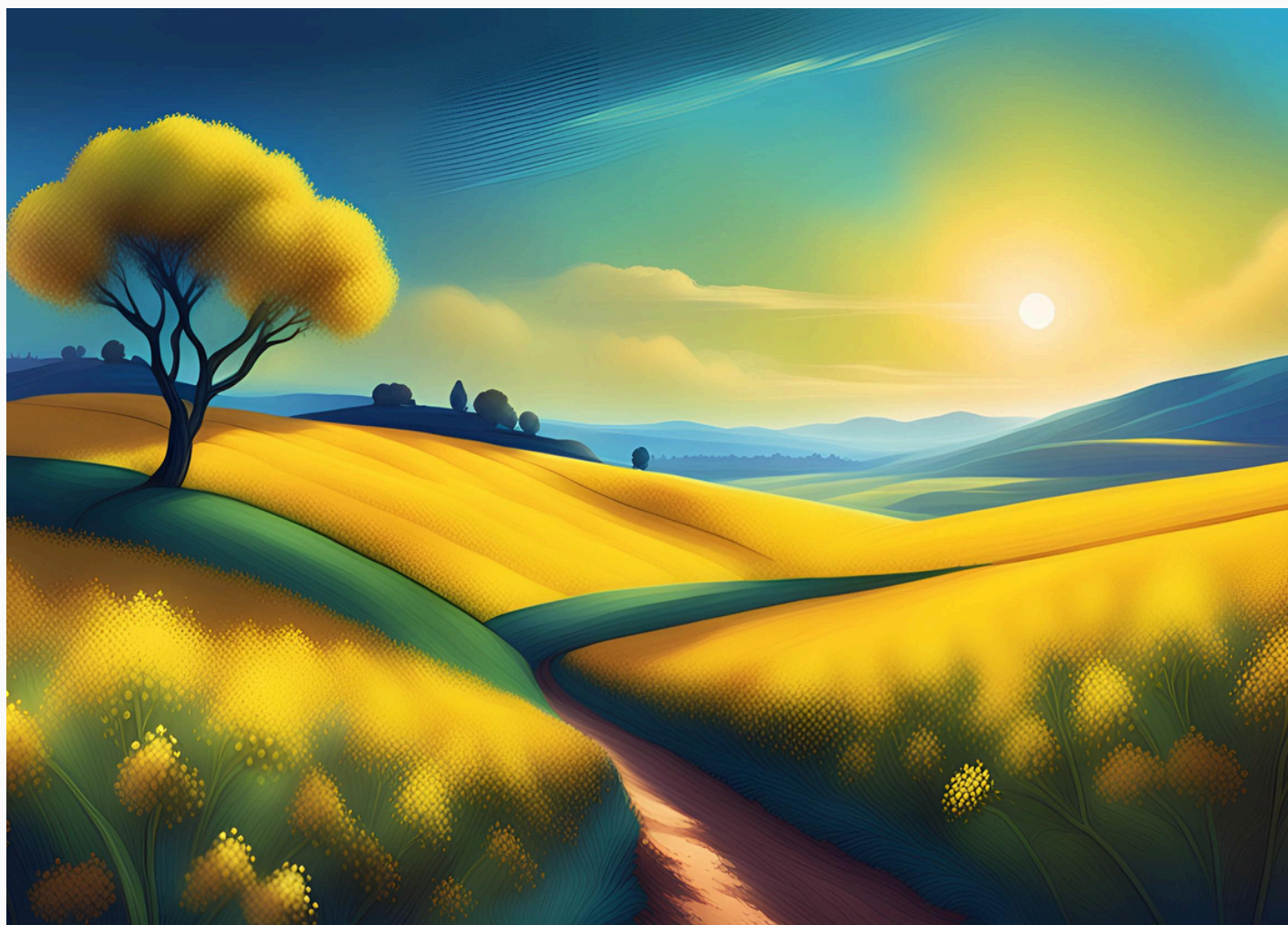
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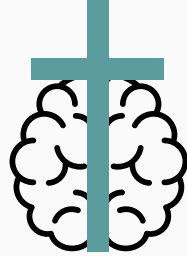
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*How to energize your walk with God using power verses*

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Elisabeth Kitzing



# THE MEMORIZE & MEDITATE HANDBOOK

*How to energize your walk with God using power verses*

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Publisher: Featherhead Media Sweden

First edition: May 2024

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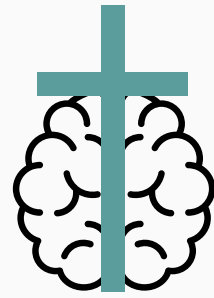
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# WHY

Introduction

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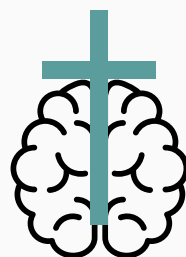
# MEMORIZE & MEDITATE ON- POWER VERSES

In a world filled with constant noise and chaos, finding peace of mind can feel like an elusive dream. However, throughout history, one timeless source has provided solace and guidance to those seeking tranquility amidst the storms of life: Scripture.

The Bible is more than just a collection of ancient texts; it is a living, breathing guidebook for navigating the complexities of existence. Within its pages lie words of wisdom, comfort, and hope that can transform our lives from the inside out.

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.*

- 2 Timothy 3:16-17



Living a life based on Scripture offers numerous benefits, chief among them being the attainment of peace of mind. By anchoring ourselves in the truths found within the Bible, we gain a sense of stability and clarity that transcends our circumstances. "Power verses", or key passages of Scripture, serve as potent reminders of God's promises and principles. Memorizing these verses and meditating on them regularly can be a powerful tool in cultivating peace within ourselves and with those around us!

But how do we make time with God a daily routine in the midst of our busy lives? It begins with intentionality. Setting aside dedicated moments each day to engage with Scripture and commune with God is essential for spiritual growth and inner peace. Whether it's through prayer, meditation, or studying the Bible, prioritizing our relationship with the Lord lays the foundation for a life filled with peace and purpose.

So let's get started by looking at a method for memorizing power verses!



# 1:1 **HOW** TO MEMORIZE POWER VERSES

*Memorizing Bible verses and meditating on them daily can indeed be a transformative practice that brings peace of mind and spiritual growth. Here's a practical method for memorizing Bible verses effectively.*

**1. Read the Context:** Before selecting verses to memorize, take the time to read and understand the context in which they appear. Read out loud or listen to it by using the [Bible App](#). Consider the surrounding verses, the chapter, and the book as a whole to grasp the full meaning and significance of the passage. Understanding the context helps ensure that you interpret the verses accurately and apply them appropriately in your life.

**2. Choose Your Verse(s):** After gaining insight into the context, select a few key verses that resonate with you or address areas of your life where you seek guidance or encouragement. Start with shorter verses or passages to make the memorization process more manageable.



**3. Write Them Down:** Write the chosen verse(s) on index cards or in a notebook dedicated to Scripture memorization. Writing the verses out by hand can help reinforce your memory and make the words more tangible.

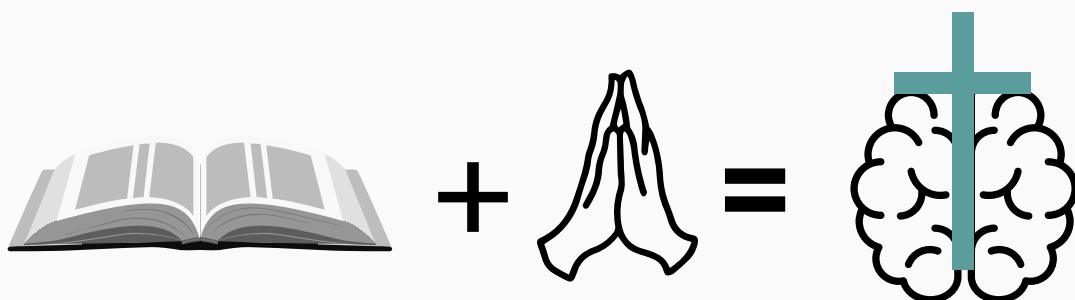


**4. Repeat and Review:** Set aside dedicated time each day to review the verses you've chosen to memorize. Repetition is key to committing the verses to memory, so recite them aloud several times until you feel comfortable with the words.

**5. Use Mnemonics:** Employ mnemonic devices or memory aids to help you remember the verses more easily. This could involve creating acronyms, visualizing the words in a memorable way, or associating them with personal experiences or imagery.

**6. Incorporate Repetition:** Integrate the memorization of Bible verses into your daily routine. Recite them while you're getting ready in the morning, during your commute, or before you go to bed at night. The more frequently you engage with the verses, the more deeply they will become ingrained in your memory.

**7. Practice Recall:** Test yourself periodically by reciting the verses from memory without looking at your notes. This reinforces your ability to recall the verses independently and helps solidify them in your long-term memory.



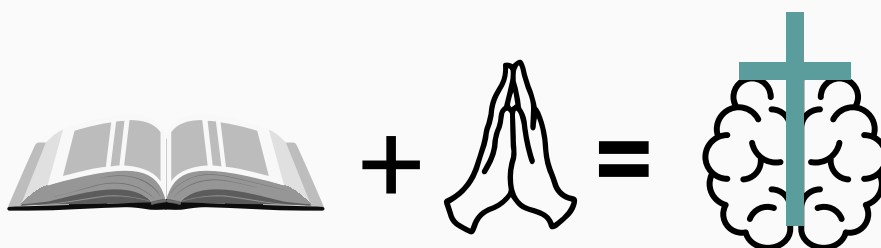
# HOW TO MEDITATE ON POWER VERSES

Once you've memorized the verses, it's time to incorporate meditation into your daily practice to deepen your understanding and experience of God's Word:

- **Set Aside Quiet Time:** Find a quiet, comfortable space where you can engage in focused meditation without distractions. Set aside a specific time each day to devote to this practice.
- **Reflect on the Meaning:** Before you begin meditating on the verses, take a moment to reflect on their meaning and relevance to your life. Consider how they speak to your current circumstances or challenges and what insights they offer.
- **Slow and Steady Meditation:** Read the verse slowly out loud and attentively, allowing each word to sink in deeply. Meditate on the verse phrase by phrase, pondering its significance and implications for your life

*Romans 10:17* Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.

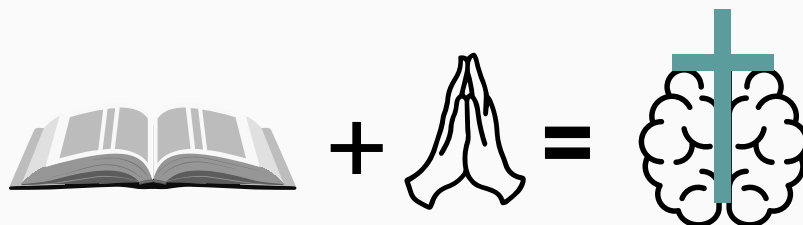
- **Memorise the location** of the verse, too!. That way you can easily look it up in the future and read the context again if needed







- **Ask Reflective Questions:** As you meditate on the verse, ask yourself reflective questions to deepen your understanding and application of its message. How does this verse challenge me to change my mindset or behavior? What areas of my life need to align with this truth?
- **Pray for Guidance:** Invite the Holy Spirit to illuminate the meaning of the verse and speak to your heart as you meditate. Pray for wisdom, insight, and the strength to apply the truths of Scripture to your life.
- **Journal Your Insights:** Keep a journal where you can record your reflections, insights, and personal applications of the verses you're meditating on. Writing down your thoughts can help clarify your understanding and serve as a valuable resource for future reference.



By incorporating these practical methods for memorizing Bible verses and meditating on them daily, you can cultivate a deeper relationship with God, experience transformative growth, and find lasting peace of mind in His Word. As you commit to this practice with diligence and sincerity, may you be blessed with a renewed sense of joy, purpose, and spiritual abundance in your life.

EXAMPLE 1

# STOP CHASING THE WIND

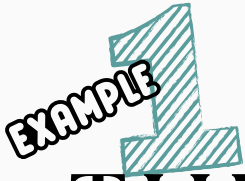
**Context:**

In the book of Ecclesiastes, we encounter the reflections of King Solomon, a man who had experienced every pleasure and pursuit this world had to offer. Yet, despite his wealth and wisdom, Solomon discovered that true fulfillment could not be found in the fleeting pleasures of life. In Ecclesiastes 1:14, he famously declares, "I have seen all the things that are done under the sun; all of them are meaningless, a chasing after the wind."



In a culture that often equates success with material wealth and worldly achievements, Ecclesiastes serves as a sobering reminder that such pursuits ultimately leave us empty and unsatisfied. The relentless pursuit of wealth, status, and pleasure is akin to chasing after the wind—a futile endeavor that only leaves us exhausted and disillusioned.

So, how do we break free from this cycle of emptiness and find true peace of mind? The answer lies in shifting our focus from the temporal to the eternal. Ecclesiastes urges us to seek fulfillment in things that transcend the fleeting pleasures of this world—to pursue wisdom, righteousness, and a deeper relationship with God.



# STOP CHASING THE WIND

This power verse, along with other verses like Mathew 6:33 were good for me to memorise and meditate on because they reminded me to think God's way about living here on earth. And His perspective brings real peace of mind - it frees us from the fear of man and the constant seeking of approval from others.

This was one of the biggest hurdles for me to tackle in my journey from stress to rest - admitting that I had been chasing things that don't matter - fame, titles, money and others' praise. When we admit to what is meaningless we can choose to prioritise the meaningful things instead.

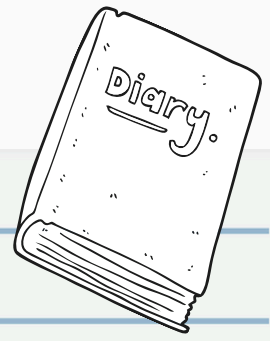
By meditating on power verses like these and internalizing their message, I found that I was able to free myself from the endless pursuit of worldly pleasures and find lasting peace in my eternal relationship with God. Instead of "chasing after the wind" - trying to prove my worth by what I do, I now rest in the assurance that my life has purpose and meaning when centered on Him.

Memorizing power verses has had the effect that my mind and attitudes have slowly changed over time so that I increasingly see things the way God sees things.

Memorising and meditating over key verses like this one have helped me let go of the angst that used to plague me from trying to please people.

On the following page, I share an example of a daily memorization and meditation diary that I use and you could use, too.

Feel free to print the empty example for your own use!



Date: today

Power verse: Ecclesiastes 1:14

*I have seen all the things that are done under the sun; all of them are meaningless, a chasing after the wind*

Context: *The Book of Ecclesiastes*

*Solomon was very rich and wise & had more than he ever could imagine but was still not satisfied.*

This hit me:

*I have been "chasing the wind"- trying to prove my worth by what I do when the Bible clearly says we are valuable at birth and eternally loved bc of grace*

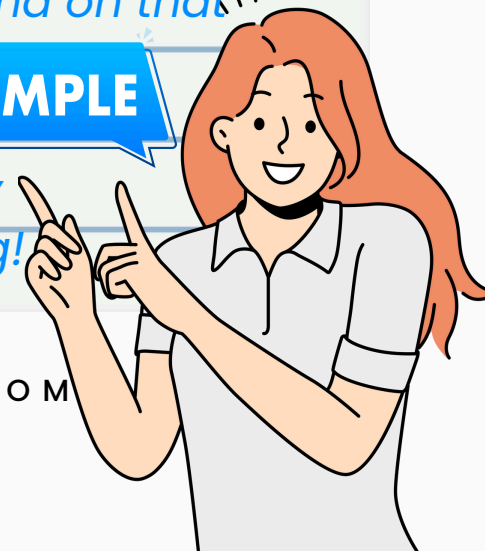
Application in my life:

*I have to stop trying to prove my worth. I can't! God's love for His creation is eternal and what ppl think of me changes all the time. So I can't depend on that!!*

Prayer:

*God, help me rest in your validation, alone and seek You first all day long!*

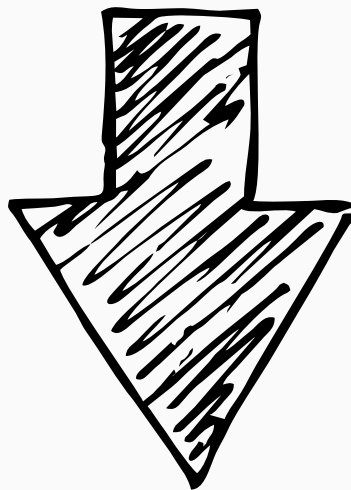
**EXAMPLE**

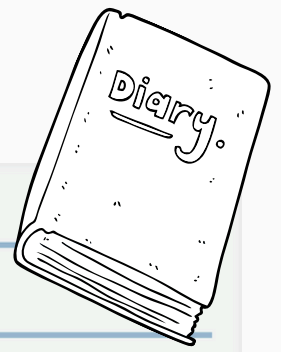




# Now you try it!

*Print your own diary  
page or buy a diary and  
get going!*





Date:

Power verse:

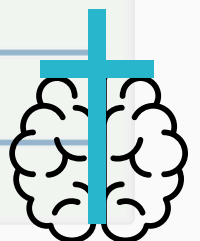
Context:

This hit me:

Application in my life:

Prayer:

Memorised



## EXAMPLE 2

# BE LIKE A CHILD

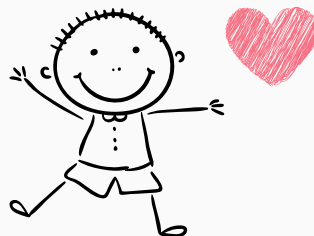
In the hustle and bustle of adulthood, it's easy to lose sight of the simple, childlike faith that Jesus extols in Matthew 18:3. In this verse, Jesus says, "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven."

What does it mean to have childlike faith, and why is it so essential for experiencing God's love and entering into His kingdom? To understand this concept fully, let's explore the characteristics of childlike faith and its significance in our spiritual journey.

Childlike faith is marked by trust, humility, and a sense of wonder. Children have a natural inclination to trust without reservation, to believe in the unseen, and to approach life with a sense of curiosity and awe. Similarly, Jesus calls us to approach Him with the same level of trust and openness, laying aside our skepticism and pride.

At the heart of childlike faith is a willingness to take a step in faith, even when we don't fully understand or comprehend God's ways. Children exhibit a remarkable ability to trust their parents implicitly, even in the face of uncertainty. Likewise, Jesus invites us to trust in Him wholeheartedly, to surrender our doubts and fears, and to step out in faith.

One of the most profound expressions of childlike faith is found in the act of receiving God's love through faith in Jesus' work on the cross. The Apostle Paul captures this beautifully in Ephesians 2:8-9, where he writes, "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast."



Childlike faith recognises that we are saved not by our own efforts or merits but by God's grace alone. It is a humble acknowledgment of our need for a Saviour and a willingness to receive the gift of salvation with open arms. Just as a child receives a gift with joy and gratitude, so too are we called to receive God's love and forgiveness with childlike trust and expectation.



Embracing childlike faith doesn't mean abandoning reason or intellect; rather, it involves approaching God with a heart of trust and surrender, like a child in the arms of a loving parent. Jesus continued speaking about being like a child in [Matthew 19:14](#), "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

As we walk with the Lord and take time with Him daily (i.e. "TMG" = time with God), we need to embrace the simplicity and purity of approaching the Bible with childlike faith - trying to obey God's promises even when we don't fully yet understand the hows or whys. Sometimes our heart needs to take us where our heads can't go. That is what faith is!

Meditating and memorising power verses help us to come closer to His way of thinking. As we agree more and more, we experience the peace and joy that come from knowing Him intimately. Here is my take on this Ephesians 2:8-9:





Power verse: **Ephesians 2:8-9**

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.

Context: Pauls talks about how God made us alive in Christ while we we dead in our trespasses and sins bc He is ❤️ & rich in mercy - we didn't earn it

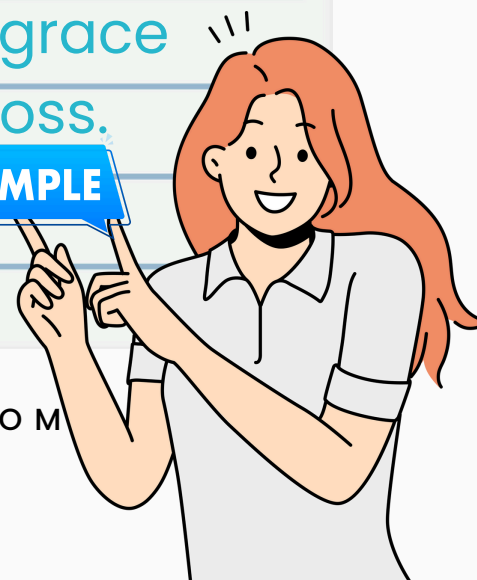
Application in my life: I can be sure that the love of God towards me is only based on who He is and his grace - not works. I can never earn it. It is a free gift.

✓ I made a power verse card & have memorized it during the week! :-)

Prayer: Thank you , God that my salvation is wholly bc of your grace demonstrated to us on the cross.

Help me trust you in everything, just like a child

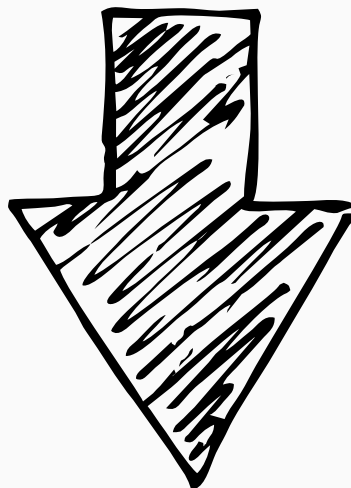
EXAMPLE





# Now you try it!

*Print your own diary  
page or buy a diary and  
get going!*





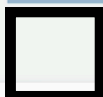
Date:

Power verse:

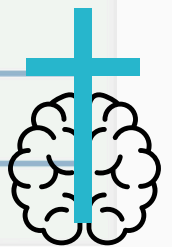
Context:

Application in my life:

Prayer:



Memorised



# Resources:

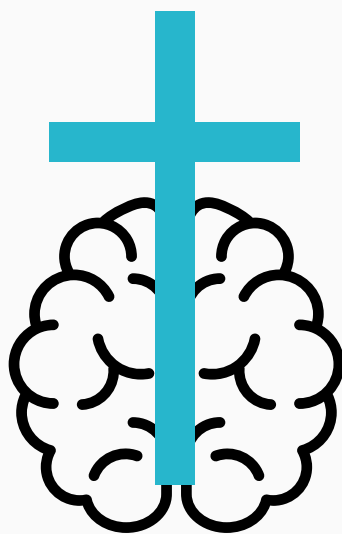


Bible Hub: [link](#)

Bible Study Tools: [link](#)

The Bible App: [link](#)

The Navigators: [link](#)



# ABOUT THE AUTHOR

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Elisabeth Kitzing is an independent, Christian music creator, author, artist, YouTuber, podcaster and international speaker born in New York and based in Sweden: For more information/booking click [here](#).

## **Discography:**

2020: Midnight Lullaby (Single) and the *Change My Mind* album  
2021-2024: She released singles in English and Swedish - now over 1 hour of music on all major platforms: *I'm Leaning on You*; *Jesus, I Love You (worship)*; *Love Lifted Me*; *God Loves Rock n Roll* (blues rock); *Seek Truth* (rap based on 1 Corinthians 13) and singles in Swedish: *Jag Lutar Mig Mot Dig Alltid*; *Jesus, Jag Älskar Dig*.

[direct.me/ekitzing](https://direct.me/ekitzing) (music links and more!)

## **Books:**

The Indie Musician's Diary Vol. 1-4 on Wattpad 2016-2021 (a diary of how the first album was made with tips for new audio engineers, artists); *Change My Mind, a journey from stress to rest* (based on the album and planned to be released in 2025)

**Podcast:** [The Indie Musician's Diary](#) (Spotify)



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