



## **The Six R's of Memorizing Scripture: Ready, Read, Repeat, Ruminare, Re-Habituate, Review**

### **5—Re-Habituate**

What have you tried to change in your life? If one were to change the color of their hair, for example, that is easier than a lot of things, such as (for another example) replacing bad behavior with good conduct.

The fifth R in memorizing Scripture is **Re-Habituate**. A big word and difficult to do, but God reminds us that with Him, anything in His will is possible (Matthew 19:26). On that note, let's take a closer look.

To re-habituate is to make new habits in place of the old ones. When it comes to Scripture memorization, we learn God's ways and thoughts. His are always the standard, not ours. Sometimes we have to change our life to line up with God's. That is, our habits and patterns must be in obedience to what the Bible says.

The process of re-habituating is taken from Ephesians 4:22-24. That is, 1) putting off the old and sinful patterns; 2) renewing our minds by reading Scripture to get God's perspective; and 3) replacing the old patterns with new, righteous and holy life-patterns.

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***To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.***

*Ephesians 4:22-24*

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Exchanging behaviors is usually not easy! The force of an old one (whether sinful or not), strongly pulls at us. Therefore, it is up to us to *decide* to change what needs to be changed, *choose* the new habit or pattern, and intentionally *step* into it.

When it comes to a sinful pattern, we need the grace of God, which is stronger than any sin, to help us out of the old (sinful) pattern and into the new (holy and righteous) pattern. In such

a situation, repent of the sin and ask God for His grace to help you through this work. We know that, when we ask God anything in His will, He will do it. (John 15:7) With these measures, the rest of the change process may not be easy; but it will be easier.

There are time frames given about changing. One often stated is that it takes 21 days to form a new habit. I say it takes 21 days to change, but another 21 days to establish the new habit.

And, guess what! As you work on any re-habitation from the Scripture verses you are memorizing, in the long-run, you will more easily remember the verses!

Here is a caution: Where you put off one old, sinful habit or pattern in your thoughts, choices, and actions; you *must* fill that space with a new one is that is holy and righteous so that in your soul you are moving ahead instead of going backward.

God bless you as you move ahead!

Next in this Scripture memory journey: **Review.**

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*His Hope*  
MINISTRIES

