

2021 August Summer Challenge

Thanks for joining us as we memorize Psalm 103 together during the month of August. This handout is designed to help you reach your goal. We've learned the hard way that the only way we reach goals is by being intentional. We have to write down our goals, review why we're doing them, and make a plan for how we'll reach them.

First, write your goal down. Be specific (what, by when) and succinct (one sentence!).

My Goal: I will _____

Second, why are you doing this? Review the ten reasons given [in episode 24](#) for why memorizing Scripture is worth the effort:

1. It exercises your brain and is **good for your mental health**
2. It **glorifies God** by showing how much we care so much about his Word
3. It helps you **abide in Christ** (John 15:4-10)
4. It helps you **be filled with the Spirit** (Eph 5:18; Col 3:16)
5. It **increases your impact on others**, because you are able to speak the Word of God to fellow Christians and unbelievers from memory
6. It helps you **escape temptation** (Ps 119:11)
7. It forms **a rut in your mind that leads to freedom**—the freedom to meditate on and enjoy Scripture any time, any place
8. It is something **you can do**, even if you've convinced yourself that you can't (see the steps below)
9. It is easier to do **together**, in community with others
10. Everyone who finishes this memory challenge will receive a **free copy** of Michael Reeves's new book, [What Does It Mean to Fear the Lord?](#)

Third, make a plan. When will you work on this memorizing challenge each day? Write the time of day down here:

Excellent! By writing your goal down, reviewing your reasons for doing it, and choosing a time of day to work on it, you are off to a great start. **Fourth, review the method to follow each day below.** If you follow these simple steps daily, you *will* memorize and retain Psalm 103!

Daily Steps¹

- Say previous day’s verse out loud by memory 10 times
- Read today’s verse out loud 10 times
- Say today’s verse out loud by memory 10 times
- Say all the verses you’ve memorized out loud by memory once. (For example: if you are on day 5, say verses 1-5.)

August Schedule

Week #	Dates	Verses	# of Verses to Memorize
1	Aug 1-7	1-5	5
2	Aug 8-14	6-10	5
3	Aug 15-21	11-15	5
4	Aug 22-28	16-20	5
5	Aug 29-Sept 4	21-22	2

There are a couple more things you can do to encourage yourself to stick with this. **Fifth, listen to each new podcast episode** that comes out on Sunday night. Each one will cover the verses you just memorized.

Sixth, share something you’ve enjoyed from the verses with someone else. If you’re posting online, feel free to tag [the Practicology Podcast](#) so that everyone can see it.

When You’re Finished

To claim your prize, be sure to let us know when you’ve finished. You should be able to say the whole psalm by memory with no more than two mistakes. Send us an email at info@practicologypodcast.com and include the following:

- Your mailing address
- A statement that you can recite Psalm 103 from memory with no more than two mistakes
- Optional: a link to an audio or video recording of you reciting it

NOTE: if shipping to your address is too expensive, we will provide you a free e-copy of the book instead.

That’s it. We are excited to tackle this challenge with you. God bless you as you seek to hide his Word in your heart!

¹ See *An Approach to Extended Memorization of Scripture* by Andrew Davis, available for free at <https://scripturememory.com/downloadables/andrewdavis.pdf>