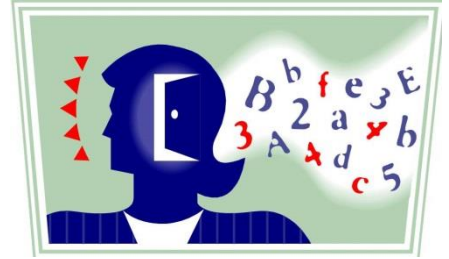


## Too Old to Memorize? Think Again.

Spelling lists. Multiplication tables. States and Capitals. There's a reason why we had to memorize those things when we were in 3rd-6th grade—it's the "golden age of memorization" when our brains acquire and retain large amounts of information. But if you are past the age of 30, when our brains' cognitive functions start to decline, and it is easier to remember how to spell "s-e-p-a-r-a-t-e" from an ancient spelling list than it is to remember where you put your glasses or your car keys, there is still hope for memorizing!



Research shows that the "use it or lose it" principle applies to our memories as well. Keeping our minds engaged and attentive on specific details helps us remember things in general. This is one reason why crossword puzzles and Sudoku are so good for mind stimulation. But it is also a great reason to include regular Bible memory into one's mental diet.

In order to make Bible verses "stick" you need a system that is  
Connected to things going on in your life  
Consistent in reviewing verses already memorized  
Concentrated time: about 5-10 minutes, 5 days/week

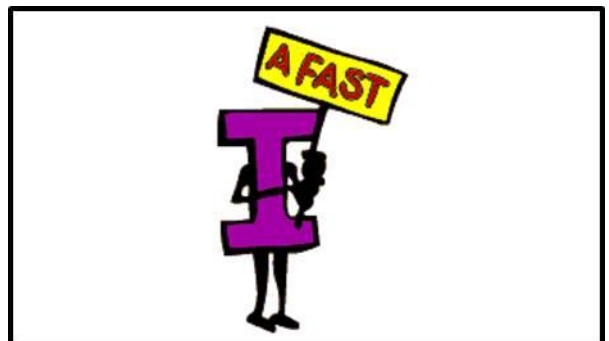
When I stumbled on a program that incorporates these three elements, the thing that surprised me most was that I could *actually do it!* I hadn't memorized new Bible verses in so many years that the thought of even trying felt laborious and overwhelming. If you don't already have a method to memorize God's Word, I would recommend the Memlok program. ([www.memlok.com](http://www.memlok.com))

- It has over 48 topics, 550 verse selections, and the ability to add your own. (So you can pick a verse relevant to your interest or situation.)
- It recommends memorizing 1 verse/week. (This pace is reasonable!)
- It reviews 5 days/week—usually for 5 minutes—and it keeps track of which verses are up for daily or weekly review. (In my opinion the most practical feature!)
- It has a picture for each verse that is a key for the first word or phrase of the verse. Usually if we have memorized something, having a cue for the beginning will bring the rest to mind.

Here are two examples from the topic on Fasting:



***I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.***  
*Nehemiah 1:4*



***I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.*** *Ezra 8:21*