



MEMORIZE 90

90 VERSES IN 90 DAYS



UPCI YOUTH MINISTRIES

Psalms I Student Guide



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What is Memorize 90?

Life is full of tests and the Word of God contains the answers. Then the questions come it is important to have the answers. Memorize 90 is a tool you can use to be equipped when life puts you on the spot.

Memorize 90 (M90) is a very easy-to-use systematic Scripture memorization program developed by the Youth Ministries of the United Pentecostal Church International. It is also a personal devotion guide. Who is it for? It is for anyone who wants to memorize and apply Scripture, especially our target audience of teenagers and young adults.

How does it work? Memorize 90 verses in 90 days. 3 months. 1 verse per day.

Not just Scripture memorization, but Scripture application.

M90 is designed to help you understand the Scriptures you are memorizing so they can be applied to your life. Our prayer is that the verses will become more than just words on a page but rather words that come alive!

Personal Devotion Guide

Here are some easy steps to put M90 into action in your life as a personal devotion guide.

1. Pray before you begin each day and ask God to open your mind and heart by giving you understanding of the Scripture. Pray that God will speak to you through His Word and that His Word will become alive in you. Some days you may pray for five or ten minutes. Other days your prayer time will be much longer as you grow in your relationship with the author of each Scripture. Be sensitive to the Spirit of God and don't rush through your prayer time.
2. Review the verses you have already memorized. See review methods in the Memorization Methods and Tips section.
3. Read the topic description of the passage you are memorizing.
4. Memorize your Scripture for the day. See memorization methods in the Memorization Methods and Tips section.



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5. Use the margins of your M90 guide to write notes. What is that particular verse speaking to you? Write out why a particular topic is relevant to your life?
6. Complete the Apply the Scripture section at the end of each topic when you have memorized all the verses in that section. You may need to “Google” some words used in these questions or even terms used in the Scriptures themselves. You can also use www.dictionary.com, Bible study software, or a good old-fashioned concordance and Bible dictionary. They still work.
7. Check the corresponding box (Day 1) each day after you have memorized your verse and finished your personal devotion time.

Memorization Methods and Tips

Anybody can memorize. Yes, even you. If you have a brain you have the ability to memorize. You already memorize things that are important to you. It is simply a matter of priority and a commitment of time.

The human brain has an amazing capacity to store information. Through focus and repetition an immeasurable amount of data can be stored for a lifetime in the long-term memory of the brain. You have used this ability to commit to memory phone numbers, songs, poems, passwords, answers to a test, obscure facts, and the statistics of professional athletes. Much of this information is important and useful in life, while some of it is simply trivial.

But what about Scripture? What if you memorized the Word of God! This information is definitely not trivial, and far more than just useful. It is critical. It is eternal. It is alive! It is wisdom, inspiration, and encouragement.

Following are some memorization methods and tips that will help you commit Scripture to memory. Everyone’s memorization ability is unique to that individual and everyone has their own style of memorizing. However, you will discover that repetition is the key to memorizing, no matter which method you use. You do not have to do each of the following methods or try every tip. Find out what works for you and go with it. These are simply listed to assist you in your Scripture memorization journey.

- Read the verse out loud one time for every word in the verse. If there are ten words in the verse, read it ten times.



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- Write the verse out by hand. Writing it out will cement the Scripture into your memory. You can write one verse out multiple times on a sheet of paper. You can also write it out on an index card with the Scripture text on one side and the Scripture reference on the other side. Create these flash cards so that you can take them with you anywhere you go to assist you with your memorization and review.
- Record yourself reading the verse and play it back to yourself on your smartphone.
- Sing the verse. Singing the words of the verse to a melody can help you retain the Scripture. We only recommend doing this when no one else is around.
- The 15-repetition method. Break the verse down into smaller portions (phrases or sentences). Say the first phrase fifteen times without looking at the verse. Say the second phrase fifteen times. Now add the second phrase to the first phrase and say them both fifteen times without looking at the verse. Say the third phrase fifteen times and then add it to the first two and say them all fifteen times without looking. Keep doing this until you can say the entire verse fifteen times without looking. This method takes a little bit of time, but you will have no problem memorizing or recalling verses if you use this method.
- Review every day. Reviewing what you have already memorized is absolutely critical to your long-term recall of memorized Scripture. It is very important that you have someone listen to you quote the verses and make sure they correct you when you miss a word. The more accurately you memorize and review, the more likely you will be to remember these verses for the rest of your life.

Memorize 90 Interactive

Use the #memorize90 hashtag and join the M90 conversation. You can share how many students you have participating, testimonies about the impact of M90 in the lives of your students, and creative ideas (challenges or incentives) that you have incorporated into the program.



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Introduction

Who was the tallest president?

What is that hanging thing in the back of your throat called?

How much did the first Big Mac cost?

How can I get rid of that shirt Grandma bought for me that I hate?

Life is one big, ginormous question mark. Questions are a daily ritual for us as students. Our brains are constantly in motion, jumping from one question to the next like a kangaroo that had a little too much sugar in their Starbucks. But fortunately for our generation, there is this tiny little invention called the Internet. Ever heard of it?

The Internet is a one-stop guide to all the news, status updates, and cat pictures that your heart so desires. It is the new coffee shop. It's where we develop and exchange our ideas, thoughts and dreams. And while the social aspect is a huge benefit, the main objective of the Internet is, and always will be, one thing:

Information

We now have access to more knowledge than we have ever had at any point in the history of humanity. We have access to the answers to those questions that we encounter on a daily basis.

In just a few short keystrokes we can discover that Abraham Lincoln and Lyndon B Johnson share the top spot in height at 6' 4" each. We can determine that the little thing in the back of your throat is called the uvula. We quickly discover that the first Big Mac cost \$.49 in 1968. We can even find a step-by-step tutorial for turning ugly clothes into art projects. Or if that doesn't work, directions to the closest thrift store to unload them on someone else.

But the accessibility of information does come with fine print.



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Studies now show that the more accessible information is, the less we actually commit to memory. So, in a sense, the more information we have access to, the less we truly know. And while it is amazing to have access to the pure volume of information that we do thanks to technology, if we're not careful we can become content to know where to find the Word of God, as opposed to having it nestled deep in our heart and soul.

David was on to something when he stated in Psalms 119:11: Thy word have I hid in my heart, that I might not sin against thee.

Notice he didn't say: Thy word have I hid in my cell phone. Or on the Internet. Or in my Bible App. Or even in the dusty book by my bed.

David understood that for the Word of God to truly change us, it has to be inside of us. It has to be committed to memory. It has to be buried deep within our hearts if we ever hope to have a continual and vibrant relationship with Him.

Because the time will come when you face even more difficult questions:

Why do I believe what I believe?

What is God calling me to do?

How can I survive this current struggle I'm dealing with?

How can I keep my relationship with God strong
when I am the only one in my school living for Him?

What is my purpose here on this Earth?

And those answers won't be found on Google or Bing. Those answers can only be found in the Word of God. And in that moment, as you stand in the face of temptation, trial and decision, you may not have cell signal or Internet access. Whatever you have hidden in your heart is what is going to sustain you.

So, don't settle for only having access to the Word of God, but rather, allow God's Word to access your heart and mind. Allow it to take root in the deepest places of your memory. Allow it to change you from the inside out.



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And then, and only then, will you have all the answers you need to the big, ginormous question mark that we call life!



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Psalm 3

- **Day 1** **Psalm 3:1**
LORD, how are they increased that trouble me! many are they that rise up against me.
- **Day 2** **Psalm 3:2**
Many there be which say of my soul, There is no help for him in God. Selah.
- **Day 3** **Psalm 3:3**
But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head.
- **Day 4** **Psalm 3:4**
I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah.
- **Day 5** **Psalm 3:5**
I laid me down and slept; I awaked; for the LORD sustained me.
- **Day 6** **Psalm 3:6**
I will not be afraid of ten thousands of people, that have set themselves against me round about.
- **Day 7** **Psalm 3:7**
Arise, O LORD; save me, O my God: for thou hast smitten all mine enemies upon the cheek bone; thou hast broken the teeth of the ungodly.
- **Day 8** **Psalm 3:8**
Salvation belongeth unto the LORD: thy blessing is upon thy people. Selah.

Apply the Scripture

- David was in a war. And we are, too. What is the only fight Christians should fight?
- What is God to David in verse 3?
- What does (lifter up of mine head) mean to David?



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Psalm 4

- **Day 9** **Psalm 4:1**
Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.
- **Day 10** **Psalm 4:2**
O ye sons of men, how long will ye turn my glory into shame? how long will ye love vanity, and seek after leasing? Selah.
- **Day 11** **Psalm 4:3**
But know that the LORD hath set apart him that is godly for himself: the LORD will hear when I call unto him.
- **Day 12** **Psalm 4:4**
Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah,
- **Day 13** **Psalm 4:5**
Offer the sacrifices of righteousness, and put your trust in the LORD.
- **Day 14** **Psalm 4:6**
There be many that say, Who will show us any good? LORD, lift thou up the light of thy countenance upon us.
- **Day 15** **Psalm 4:7**
Thou hast put gladness in my heart, more than in the time that their corn and their wine increased.
- **Day 16** **Psalm 4:8**
I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

Apply the Scripture:

- In verse 8, where did David ask to dwell?
- Where did David's righteousness come from?
- When you lie down to sleep, pray that God will watch over you as a Shepherd watches over His sheep.



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Psalm 5

- **Day 17** **Psalm 5:1**
Give ear to my words, O LORD, consider my meditation.
- **Day 18** **Psalm 5:2**
Hearken unto the voice of my cry, my King, and my God: for unto thee will I pray.
- **Day 19** **Psalm 5:3**
My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.
- **Day 20** **Psalm 5:4**
For thou art not a God that hath pleasure in wickedness: neither shall evil dwell with thee.
- **Day 21** **Psalm 5:5**
The foolish shall not stand in thy sight: thou hatest all workers of iniquity.
- **Day 22** **Psalm 5:6**
Thou shalt destroy them that speak leasing: the LORD will abhor the bloody and deceitful man.
- **Day 23** **Psalm 5:7**
But as for me, I will come into thy house in the multitude of thy mercy: and in thy fear will I worship toward thy holy temple.
- **Day 24** **Psalm 5:8**
Lead me, O LORD, in thy righteousness because of mine enemies; make thy way straight before my face.
- **Day 25** **Psalm 5:9**
For there is no faithfulness in their mouth; their inward part is very wickedness; their throat is an open sepulchre; they flatter with their tongue.



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- **Day 26** **Psalm 5:10**
Destroy thou them, O God; let them fall by their own counsels; cast them out in the multitude of their transgressions; for they have rebelled against thee.

- **Day 27** **Psalm 5:11**
But let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee.

- **Day 28** **Psalm 5:12**
For thou, LORD, wilt bless the righteous; with favour wilt thou compass him as with a shield.

Apply the Scripture:

- What is David crying out for God to do in verse 1?

- What does versed 12 say about God blessing the righteous and what kind of favor will He give them?

- Name several in the Bible who have deliberately decided to worship God?



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Psalm 8

God is to be glorified, for making known himself to us.

- **Day 29** **Psalm 8:1**
O LORD our Lord, how excellent is thy name in all the earth! who hast set thy glory above the heavens.
- **Day 30** **Psalm 8:2**
Out of the mouth of babes and sucklings hast thou ordained strength because of thine enemies, that thou mightest still the enemy and the avenger.
- **Day 31** **Psalm 8:3**
When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained;
- **Day 32** **Psalm 8:4**
What is man, that thou art mindful of him? and the son of man, that thou visitest him?
- **Day 33** **Psalm 8:5**
For thou hast made him a little lower than the angels, and hast crowned him with glory and honour.
- **Day 34** **Psalm 8:6**
Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet:
- **Day 35** **Psalm 8:7**
All sheep and oxen, yea, and the beasts of the field;
- **Day 36** **Psalm 8:8**
The fowl of the air, and the fish of the sea, and whatsoever passeth through the paths of the seas.
- **Day 37** **Psalm 8:9**
O LORD our Lord, how excellent is thy name in all the earth!



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Apply the Scripture:

- What does the word “glorify” mean? Look it up in a Bible dictionary or read this psalm in another Bible translation.
- In practical terms describe what it means for you to consider the heavens.
- What are some of the unbelievable things that God has done for us?



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Psalm 13

- **Day 38** **Psalm 13:1**
How long wilt thou forget me, O LORD? for ever? how long wilt thou hide thy face from me?
- **Day 39** **Psalm 13:2**
How long shall I take counsel in my soul, having sorrow in my heart daily? how long shall mine enemy be exalted over me?
- **Day 40** **Psalm 13:3**
Consider and hear me, O LORD my God: lighten mine eyes, lest I sleep the sleep of death;
- **Day 41** **Psalm 13:4**
Lest mine enemy say, I have prevailed against him; and those that trouble me rejoice when I am moved.
- **Day 42** **Psalm 13:5**
But I have trusted in thy mercy; my heart shall rejoice in thy salvation.
- **Day 43** **Psalm 13:6**
I will sing unto the LORD, because he hath dealt bountifully with me.

Apply the Scripture:

- Have you ever felt like crying out to God the words “how long”?
- God promises to be with us always. Where do we find the Scripture that says, I will never leave you nor forsake you?
- Write down David did, that showed he thanked God for dealing so bountifully with him?



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Psalm 14

- **Day 44** **Psalm 14:1**
The fool hath said in his heart, There is no God. They are corrupt, they have done abominable works, there is none that doeth good.
- **Day 45** **Psalm 14:2**
The LORD looked down from heaven upon the children of men, to see if there were any that did understand, and seek God.
- **Day 46** **Psalm 14:3**
They are all gone aside, they are all together become filthy: there is none that doeth good, no, not one.
- **Day 47** **Psalm 14:4**
Have all the workers of iniquity no knowledge? who eat up my people as they eat bread, and call not upon the LORD.
- **Day 48** **Psalm 14:5**
There were they in great fear: for God is in the generation of the righteous.
- **Day 49** **Psalm 84:6**
Ye have shamed the counsel of the poor, because the LORD is his refuge.
- **Day 50** **Psalm 14:7**
Oh that the salvation of Israel were come out of Zion! when the LORD bringeth back the captivity of his people, Jacob shall rejoice, and Israel shall be glad.

Apply the Scripture:

- What is one undeniable proof that there is God?
- Who are the workers of iniquity in verse 4?
- Describe what makes us righteous and detail the ways that we must remain righteous in all that we do.



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Psalm 18

- **Day 51** **Psalm 18:1**
I will love thee, O LORD, my strength.

- **Day 52** **Psalm 18:2**
The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.

- **Day 53** **Psalm 18:3**
I will call upon the LORD, who is worthy to be praised: so shall I be saved from mine enemies.

- **Day 54** **Psalm 18:4**
The sorrows of death compassed me, and the floods of ungodly men made me afraid.

- **Day 55** **Psalm 18:5**
The sorrows of hell compassed me about: the snares of death prevented me.

- **Day 56** **Psalm 18:6**
In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears.

- **Day 57** **Psalm 18:7**
When the earth shook and trembled; the foundations also of the hills moved and were shaken, because he was wroth.

- **Day 58** **Psalm 18:8**
There went up a smoke out of his nostrils, and fire out of his mouth devoured: coals were kindled by it.

- **Day 59** **Psalm 18:9**
He bowed the heavens also, and came down: and darkness was under his feet.



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- **Day 60** **Psalm 18:10**
And he rode upon a cherub, and did fly: yea, he did fly upon the wings of the wind.
- **Day 61** **Psalm 18:11**
He made darkness his secret place; his pavilion round about him were dark waters and thick clouds of the skies.
- **Day 62** **Psalm 18:12**
At the brightness that was before him his thick clouds passed, hail stones and coals of fire.
- **Day 63** **Psalm 18:13**
The LORD also thundered in the heavens, and the Highest gave his voice; hail stones and coals of fire.
- **Day 64** **Psalm 18:14**
Yea, he sent out his arrows, and scattered them; and he shot out lightnings, and discomfited them.
- **Day 65** **Psalm 18:15**
Then the channels of waters were seen, and the foundations of the world were discovered at thy rebuke, O LORD, at the blast of the breath of thy nostrils.
- **Day 66** **Psalm 18:16**
He sent from above, he took me, he drew me out of many waters.
- **Day 67** **Psalm 18:17**
He delivered me from my strong enemy, and from them which hated me: for they were too strong for me.
- **Day 68** **Psalm 18:18**
They prevented me in the day of my calamity: but the LORD was my stay.
- **Day 69** **Psalm 18:19**
He brought me forth also into a large place; he delivered me, because he delighted in me.



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- **Day 70** **Psalm 18:20**
The LORD rewarded me according to my righteousness; according to the cleanness of my hands hath he recompensed me.
- **Day 71** **Psalm 18:21**
For I have kept the ways of the LORD, and have not wickedly departed from my God.
- **Day 72** **Psalm 18:22**
For all his judgments were before me, and I did not put away his statutes from me.
- **Day 73** **Psalm 18:23**
I was also upright before him, and I kept myself from mine iniquity.
- **Day 74** **Psalm 18:24**
Therefore hath the LORD recompensed me according to my righteousness, according to the cleanness of my hands in his eyesight.
- **Day 75** **Psalm 18:25**
With the merciful thou wilt shew thyself merciful; with an upright man thou wilt shew thyself upright;
- **Day 76** **Psalm 18:26**
With the pure thou wilt shew thyself pure; and with the froward thou wilt shew thyself froward.
- **Day 77** **Psalm 18:27**
For thou wilt save the afflicted people; but wilt bring down high looks.
- **Day 78** **Psalm 18:28**
For thou wilt light my candle: the LORD my God will enlighten my darkness.
- **Day 79** **Psalm 18:29**
For by thee I have run through a troop; and by my God have I leaped over a wall.



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- **Day 80** **Psalm 18:30**
As for God, his way is perfect: the word of the LORD is tried: he is a buckler to all those that trust in him.

- **Day 81** **Psalm 18:31**
For who is God save the LORD? or who is a rock save our God?

- **Day 82** **Psalm 18:32**
It is God that girdeth me with strength, and maketh my way perfect.

- **Day 83** **Psalm 18:33**
He maketh my feet like hinds' feet, and setteth me upon my high places.

- **Day 84** **Psalm 18:34**
He teacheth my hands to war, so that a bow of steel is broken by mine arms.

- **Day 85** **Psalm 18:35**
Thou hast also given me the shield of thy salvation: and thy right hand hath holden me up, and thy gentleness hath made me great.

- **Day 86** **Psalm 18:36**
Thou hast enlarged my steps under me, that my feet did not slip.

- **Day 87** **Psalm 18:37**
I have pursued mine enemies, and overtaken them: neither did I turn again till they were consumed.

- **Day 88** **Psalm 18:38**
I have wounded them that they were not able to rise: they are fallen under my feet.

- **Day 89** **Psalm 18:39**
For thou hast girded me with strength unto the battle: thou hast subdued under me those that rose up against me.

- **Day 90** **Psalm 18:40**
Thou hast also given me the necks of mine enemies; that I might destroy them that hate me.



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Apply the Scripture:

- David faced many enemies. What are some “enemies” that you face in regards to your faith?
- How can you overcome those enemies?
- Do you feel more comfortable worshipping God outwardly and openly during your private devotion time or at church?



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CONGRATULATIONS!

You have completed the Memorize 90 challenge!

Let us know by using #Memorize90 on your favorite social network.



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