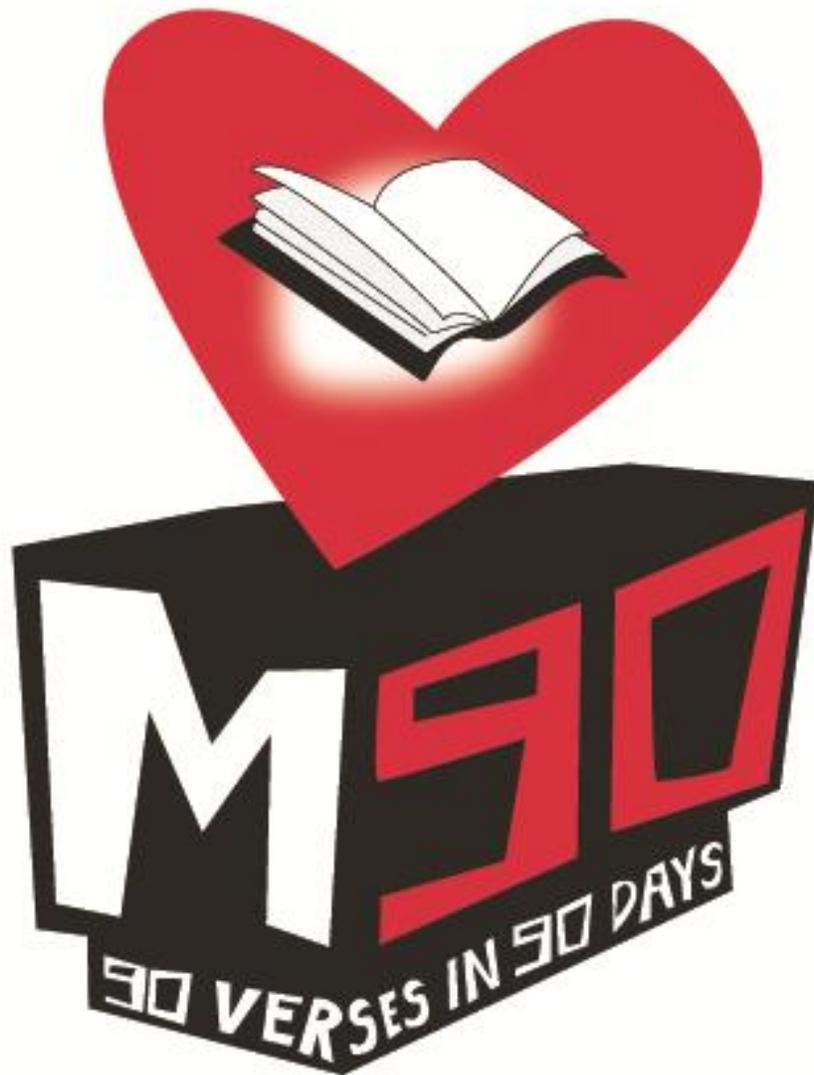


General Youth Division



# MEMORIZE 90

Student's Guide  
Version 3 – Selected Psalms

Thy word have I hid in my heart...  
Psalm 119:1

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Visit [www.generalyouthdivision.org](http://www.generalyouthdivision.org) to download a digital copy of Memorize 90 Version 3 – Selected Psalms.

M90 is also available on the GYD app through iTunes and Android.

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## Introduction

***So you're sitting in your Social Studies class at school and then it happens.***

Out of nowhere your teacher informs you that there is a test the next day. Your evening is shot. The dismissal bell rings and you file out of your classroom dreading the next day's test.

You walk in the door of your house that afternoon, grab a snack from the kitchen, and head straight to your room to study. No Facebook or Twitter. No texting. No X-box or Playstation.

Just names, places, and dates. You rack your brain trying to cram as much into it as possible before the next day's test. You feel as if your brain is going to explode and you look at the clock by your bed only to realize that you have only been studying for thirty minutes. You study as much as you can before finally giving up and falling asleep.

You wake up the next morning, pick up your drool covered Social Studies book and quickly get ready for school. You convince yourself that you will have plenty of time to study on the way to school and in homeroom, but later you realize that you just can't bring yourself to cram any more information into that over saturated brain of yours.

Then the moment of truth comes. You get the test in your hand, and then it happens. You realize you don't know the answers to the questions that you knew the night before. You do your best to finish the test, knowing in the back of your mind that you completely bombed.

***Life is full of tests.***

Many of these tests, which we have all experienced in one way or another, are as unexpected as the Social Studies test given in the example above.

You will face tests in your life. It's not a question of "if" but rather "when" they will happen. The real question is whether or not you will be able to pass those tests when they arise.

Consider life an open book test.

Your textbook is your Bible.

In the Word of God you can find the answers to all of life's test questions. But will you know the answers when the time comes for that test? You can, if you commit yourself to the process of preparation through memorizing Scripture.



## What is Memorize 90?

Memorize 90 (M90) is a very easy-to-use systematic Scripture memorization program. 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.

The verses for the M90 program are selected passages from the upcoming Bible quiz season—***Selected Psalms***. Memorizing these verses could give you a head start on the Bible quiz season, but most importantly they will prepare you with the answers you need for the tests of life.

### ***Not just Scripture memorization, but Scripture application.***

M90 is designed to help you understand the Scripture that you are memorizing so you can apply it to your life. Our prayer is that the verses you memorize will become more than just words on a page, but that they will come alive in your own life through application and use.

Study beyond just what your verse of the day says. Read the additional verses. Read before and after the Scripture you are memorizing so that you understand the context. Do whatever it takes to not just memorize these verses, but to understand them as well. The M90 program was developed with a “verse per day” format to insure that you have adequate time to truly study the verses.

M90 is simple, but challenging at the same time. Some days you will want to throw in the towel and give up. Some days you will discover that you don’t want to put your material down.

Yes, at times it will be a challenge. It certainly won’t be easy, but most of the things that are worthwhile in life aren’t easy to obtain!

### ***Are you up to the challenge?***

## 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 Memorizations 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.
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](http://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.
- **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 mp3 player.
- **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.

***Join the Memorize 90 community.***

1. Twitter: follow M90 on Twitter (username: Memorize90) and join the M90 conversation. You can tweet about the impact M90 is having in your life. Use Twitter to invite friends to join you in the challenge. Use hashtag: #memorize90
2. Facebook: join the Memorize 90 Facebook page. Share your church name, youth group name, city/state, and testify about the impact M90 is having in your life. Post what the Scripture for that day is speaking into your life.
3. Download the free GYD app on iTunes and Android. It has a powerful interactive M90 function that will help you memorize and track your progress.

Now you are ready to go! Turn the page and memorize the first verse of M90 Version 3!



## The Righteous vs. the Ungodly

It is believed that Psalm 1 was written either by David or by Ezra who collected the book of Psalms. It is often called the “Preface Psalm” as it indicates the contents of the entire book. The author describes in great detail the actions of the man who is blessed. Delighting in and meditating on the Word of God are key characteristics of this man, along with careful consideration of influential relationships. His future will be fruitful. He then contrasts the righteous with the ungodly. Their future is destruction. Memorize these verses, meditate on the Word, and live a blessed life. Additional reading: Psalm 32.

- **Day 1**      **Psalm 1:1**  
Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.
  
- **Day 2**      **Psalm 1:2**  
But his delight is in the law of the LORD; and in his law doth he meditate day and night.
  
- **Day 3**      **Psalm 1:3**  
And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.
  
- **Day 4**      **Psalm 1:4**  
The ungodly are not so: but are like the chaff which the wind driveth away.
  
- **Day 5**      **Psalm 1:5**  
Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.
  
- **Day 6**      **Psalm 1:6**  
For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.

### Apply the Scripture:

What does the word “blessed” mean? Look it up in a Bible dictionary or read this psalm in another Bible translation.

In practical terms describe the progression of negative influences mentioned in verse one.

Are you living a blessed life? Why or why not?



## The Glory of God Revealed Through Creation and His Word

Psalm 19 was written by David as a song that was to be used in the sanctuary by the worshippers. It bears the inscription, “To the chief Musician, A Psalm of David.” It is clearly divided into three sections. Creation declares the glory of God, verses 1-6. The Word of God declares His grace, verses 7-11. David’s prayer for a pure heart, verses 12-14. Memorize these verses and display the glory of God in your life. Additional reading: Psalm 119.

- **Day 7**      **Psalm 19:1**  
The heavens declare the glory of God; and the firmament showeth his handiwork.
  
- **Day 8**      **Psalm 19:2**  
Day unto day uttereth speech, and night unto night showeth knowledge.
  
- **Day 9**      **Psalm 19:3**  
There is no speech nor language, where their voice is not heard.
  
- **Day 10**     **Psalm 19:4**  
Their line is gone out through all the earth, and their words to the end of the world. In them hath he set a tabernacle for the sun,
  
- **Day 11**     **Psalm 19:5**  
Which is as a bridegroom coming out of his chamber, and rejoiceth as a strong man to run a race.
  
- **Day 12**     **Psalm 19:6**  
His going forth is from the end of the heaven, and his circuit unto the ends of it: and there is nothing hid from the heat thereof.
  
- **Day 13**     **Psalm 19:7**  
The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.
  
- **Day 14**     **Psalm 19:8**  
The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.
  
- **Day 15**     **Psalm 19:9**  
The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether.



- **Day 16**      **Psalm 19:10**  
More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.
  
- **Day 17**      **Psalm 19:11**  
Moreover by them is thy servant warned: and in keeping of them there is great reward.
  
- **Day 18**      **Psalm 19:12**  
Who can understand his errors? cleanse thou me from secret faults.
  
- **Day 19**      **Psalm 19:13**  
Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression.
  
- **Day 20**      **Psalm 19:14**  
Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

### **Apply the Scripture:**

Describe several ways that the glory of God is revealed to you in creation.

In verses 7-11, the psalmist declares some beautiful truths about the Word of God. Why are you thankful for the Word of God?

Make it a priority to start each day of the next week with the prayer of verse 14. Pass each action through the filter of this prayer and see how it impacts what you think, say, and text.

### **The Lord is My Shepherd**

Psalm 23 was written by David. As a shepherd David was very qualified to make this beautiful comparison. God is a caring Shepherd who supplies all my needs. He leads. He restores. He protects. He comforts. He feeds. He anoints. David concludes this Psalm with a declaration—goodness and mercy shall follow me all the days of my life, and a commitment—I will dwell in the house of the Lord forever! Memorize these verses and follow the lead of your Shepherd. Additional reading: Psalm 80.

- **Day 21**      **Psalm 23:1**  
The LORD is my shepherd; I shall not want.

- Day 22**      **Psalm 23:2**  
He maketh me to lie down in green pastures: he leadeth me beside the still waters.
  
- Day 23**      **Psalm 23:3**  
He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
  
- Day 24**      **Psalm 23:4**  
Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
  
- Day 25**      **Psalm 23:5**  
Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.
  
- Day 26**      **Psalm 23:6**  
Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

### Apply the Scripture:

In the context of the church, what is another word for shepherd? Explain the role of the shepherd in the church.

What are some practical, every day ways that you can follow the lead of your shepherd?

Have you ever walked through the kind of valley David described in verse four? What did you learn through that experience?

### The Lord is My Salvation

Psalm 27 was written by David. It is likely that this psalm was written during a time that he was being attacked. Even though he faced fear, weakness, and trouble on every hand, he boldly declared his confidence in God and his love for the house of God. Verses 7-12 are a passionate prayer from the heart of David. He closes the psalm with an encouraging challenge to wait on the Lord. Memorize these verses and know that the Lord is your salvation. Additional reading: Psalm 18.

- Day 27**      **Psalm 27:1**  
The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?



- Day 28**      **Psalm 27:2**  
When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.
- Day 29**      **Psalm 27:3**  
Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.
- Day 30**      **Psalm 27:4**  
One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.
- Day 31**      **Psalm 27:5**  
For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.
- Day 32**      **Psalm 27:6**  
And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.
- Day 33**      **Psalm 27:7**  
Hear, O LORD, when I cry with my voice: have mercy also upon me, and answer me.
- Day 34**      **Psalm 27:8**  
When thou saidst, Seek ye my face; my heart said unto thee, Thy face, LORD, will I seek.
- Day 35**      **Psalm 27:9**  
Hide not thy face far from me; put not thy servant away in anger: thou hast been my help; leave me not, neither forsake me, O God of my salvation.
- Day 36**      **Psalm 27:10**  
When my father and my mother forsake me, then the LORD will take me up.
- Day 37**      **Psalm 27:11**  
Teach me thy way, O LORD, and lead me in a plain path, because of mine enemies.
- Day 38**      **Psalm 27:12**  
Deliver me not over unto the will of mine enemies: for false witnesses are risen up against me, and such as breathe out cruelty.



- **Day 39**      **Psalm 27:13**  
I had fainted, unless I had believed to see the goodness of the LORD in the land of the living.
  
- **Day 40**      **Psalm 27:14**  
Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

### Apply the Scripture:

Have you ever been attacked even though you were doing what was right? How did you respond? And how did God respond?

Write out some reasons why you appreciate the house of God.

Do you have a specific need in your life right now? Write out a passionate prayer from your heart and petition God to supply your need. Hold on to that written prayer and record the testimony when God answers.

### God is Our Refuge

Psalm 46 bears this inscription, “To the chief Musician for the sons of Korah, A song upon Alamoth,” and it is believed to have been written by the sons of Korah. Verse one is one of the most often quoted verses in Psalms. The theme of this psalm is clearly declared that God is our refuge in the midst of all kinds of adversity and uncertainty! Memorize these verses and know that God is your refuge. Additional reading: Psalm 2 and Psalm 40.

- **Day 41**      **Psalm 46:1**  
God is our refuge and strength, a very present help in trouble.
  
- **Day 42**      **Psalm 46:2**  
Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;
  
- **Day 43**      **Psalm 46:3**  
Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.
  
- **Day 44**      **Psalm 46:4**  
There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High.



- **Day 45**      **Psalm 46:5**  
God is in the midst of her; she shall not be moved: God shall help her, and that right early.
  
- **Day 46**      **Psalm 46:6**  
The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted.
  
- **Day 47**      **Psalm 46:7**  
The LORD of hosts is with us; the God of Jacob is our refuge. Selah.
  
- **Day 48**      **Psalm 46:8**  
Come, behold the works of the LORD, what desolations he hath made in the earth.
  
- **Day 49**      **Psalm 46:9**  
He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire.
  
- **Day 50**      **Psalm 46:10**  
Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.
  
- **Day 51**      **Psalm 46:11**  
The LORD of hosts is with us; the God of Jacob is our refuge. Selah.

### Apply the Scripture:

From the inscription, who are the sons of Korah and the chief musician? And what does the word “alamoth” mean?

How has God been a refuge for you? Describe a situation where He sheltered you in the midst of adversity.

What does the word “selah” mean? What is a practical application of its meaning?

### God is Our Shield

Psalm 84 bears this inscription, “To the chief Musician upon Gittith, A Psalm for the sons of Korah.” In this beautiful psalm they express their love and appreciation for the tabernacle, the house of God. It is believed that this psalm was penned during a time of exile when access to their place of worship was denied. They no longer took for granted the opportunity to enter into His courts as they declared, “For a day in thy courts is better than a thousand.” Memorize



these verses and deepen your appreciation for the house of God. Additional reading: Psalm 122.

- Day 52**      **Psalm 84:1**  
How amiable are thy tabernacles, O LORD of hosts!
- Day 53**      **Psalm 84:2**  
My soul longeth, yea, even fainteth for the courts of the LORD: my heart and my flesh crieth out for the living God.
- Day 54**      **Psalm 84:3**  
Yea, the sparrow hath found an house, and the swallow a nest for herself, where she may lay her young, even thine altars, O LORD of hosts, my King, and my God.
- Day 55**      **Psalm 84:4**  
Blessed are they that dwell in thy house: they will be still praising thee. Selah.
- Day 56**      **Psalm 84:5**  
Blessed is the man whose strength is in thee; in whose heart are the ways of them.
- Day 57**      **Psalm 84:6**  
Who passing through the valley of Baca make it a well; the rain also filleth the pools.
- Day 58**      **Psalm 84:7**  
They go from strength to strength, every one of them in Zion appeareth before God.
- Day 59**      **Psalm 84:8**  
O LORD God of hosts, hear my prayer: give ear, O God of Jacob. Selah.
- Day 60**      **Psalm 84:9**  
Behold, O God our shield, and look upon the face of thine anointed.
- Day 61**      **Psalm 84:10**  
For a day in thy courts is better than a thousand. I had rather be a doorkeeper in the house of my God, than to dwell in the tents of wickedness.
- Day 62**      **Psalm 84:11**  
For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.



- Day 63**      **Psalm 84:12**  
O LORD of hosts, blessed is the man that trusteth in thee.

### Apply the Scripture:

How many different terms does the psalmist use to describe the house of God?

Have you ever been denied the ability to go to church because of a sickness, or a long trip, or some other unavoidable circumstance? Did it make you realize how much you need the house of God? Explain.

Verse eleven says that God is both “a sun and shield”. Describe how He fulfills these roles in your life.

### Make a Joyful Noise

The author of Psalm 100 is unknown. It is a “psalm of thanksgiving” and is the only psalm that bears that precise inscription. This is another psalm that encourages corporate worship by commanding us to “come before His presence,” and to “enter into his gates and into His courts.” Verses three and five give us some reasons why we praise Him. Memorize these verses and be thankful! Additional reading: Psalm 98.

- Day 64**      **Psalm 100:1**  
Make a joyful noise unto the LORD, all ye lands.
- Day 65**      **Psalm 100:2**  
Serve the LORD with gladness: come before his presence with singing.
- Day 66**      **Psalm 100:3**  
Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.
- Day 67**      **Psalm 100:4**  
Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.
- Day 68**      **Psalm 100:5**  
For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.



## Apply the Scripture:

Notice the number of references to “he”, “him”, and “his”, and ponder what our response should be to our Creator.

How can you prepare mentally, spiritually, and emotionally so that you “enter” the presence of the Lord with praise?

Make a list of all the people and things that you are thankful for.

## The Lord is My Keeper

The author of Psalm 121 is unknown. It is given the inscription “A song of degrees”. It is believed that this psalm was written during a time of captivity. It is a declaration of the keeping power of God. The same Hebrew word is used for the words “keep” and “preserve” and is used six times in this short psalm. He is able to preserve His people even through the most difficult of circumstances. Memorize this psalm and know that the Lord is your keeper. Additional reading: Psalm 41.

- ☐ **Day 69**      **Psalm 121:1**  
I will lift up mine eyes unto the hills, from whence cometh my help.
  
- ☐ **Day 70**      **Psalm 121:2**  
My help cometh from the LORD, which made heaven and earth.
  
- ☐ **Day 71**      **Psalm 121:3**  
He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
  
- ☐ **Day 72**      **Psalm 121:4**  
Behold, he that keepeth Israel shall neither slumber nor sleep.
  
- ☐ **Day 73**      **Psalm 121:5**  
The LORD is thy keeper: the LORD is thy shade upon thy right hand.
  
- ☐ **Day 74**      **Psalm 121:6**  
The sun shall not smite thee by day, nor the moon by night.
  
- ☐ **Day 75**      **Psalm 121:7**  
The LORD shall preserve thee from all evil: he shall preserve thy soul.
  
- ☐ **Day 76**      **Psalm 121:8**  
The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.



## Apply the Scripture:

Read verse one in several translations. Notice anything different about the punctuation in other translations?

What does the metaphor “shade upon thy right hand” mean?

Have you ever experienced the keeping power of God in your life? Explain:

## Children Are an Heritage of the Lord

It is believed that Psalm 127 was written by David for his son, Solomon. It bears the inscription “A song of degrees for Solomon”. It declares absolute reliance upon God. “Except the Lord build the house,” we labor in vain. It also tells us that children are a gift from God. This places great responsibility upon both the parent and the child to fulfill the purpose of God. Memorize these verses and preserve a godly heritage in your family. Additional reading: Psalm 128.

- **Day 77**      **Psalm 127:1**  
Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain.
- **Day 78**      **Psalm 127:2**  
It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.
- **Day 79**      **Psalm 127:3**  
Lo, children are an heritage of the LORD: and the fruit of the womb is his reward.
- **Day 80**      **Psalm 127:4**  
As arrows are in the hand of a mighty man; so are children of the youth.
- **Day 81**      **Psalm 127:5**  
Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.

## Apply the Scripture:

Are you relying upon God in every area of your life? If not, what changes can you make to rely more upon Him?

What does it mean to you to be a heritage from God? How can you preserve a godly heritage in your family and for future generations?



## The Beauty of Unity

Psalm 133 was written by David and bears the inscription, “A song of degrees of David”. It is one of the shortest psalms, yet it contains this important truth—unity is a beautiful thing to behold. When the body of Christ is in one mind and in one accord, embracing the same message and mission, the anointing of God and the blessings of God will be evident. Division destroys. Unity heals. Verse two provides a visual for the flow of the anointing. It always flows from the head down according to the spiritual authority structure God ordained. Memorize these verses and dwell in unity with your brothers and sisters in Christ. Additional reading: Psalm 147.

- **Day 82**      **Psalm 133:1**  
Behold, how good and how pleasant it is for brethren to dwell together in unity!
  
- **Day 83**      **Psalm 133:2**  
It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments;
  
- **Day 84**      **Psalm 133:3**  
As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the LORD commanded the blessing, even life for evermore.

### Apply the Scripture:

Use a Bible concordance to find how many times the word “unity” is found in the King James Version of the Bible? Read the verses and list them here.

Do you have unity within your youth group? What can you do to increase the unity within your group?

### Praise the Lord!

The author of Psalm 150 is unknown, yet his message is very clear. He answers all the questions you can ask concerning a subject. What are we to do? Praise. Who are we to praise? The Lord. Where are we to praise? In His sanctuary and in the firmament of His power. Why are we to praise Him? For His mighty acts and His excellent greatness. How are we to praise Him? With instruments and with the dance. Who can praise Him? Everything that has breath. When? The inferred response is “now”! “Now” is always the best time to praise Him. Memorize these verses and praise the Lord. Additional reading: Psalm 34 and Psalm 149.

- **Day 85**      **Psalm 150:1**  
Praise ye the LORD. Praise God in his sanctuary: praise him in the firmament of his power.

- **Day 86**      **Psalm 150:2**  
Praise him for his mighty acts: praise him according to his excellent greatness.
  
- **Day 87**      **Psalm 150:3**  
Praise him with the sound of the trumpet: praise him with the psaltery and harp.
  
- **Day 88**      **Psalm 150:4**  
Praise him with the timbrel and dance: praise him with stringed instruments and organs.
  
- **Day 89**      **Psalm 150:5**  
Praise him upon the loud cymbals: praise him upon the high sounding cymbals.
  
- **Day 90**      **Psalm 150:6**  
Let every thing that hath breath praise the LORD. Praise ye the LORD.

### **Apply the Scripture:**

Do you feel more comfortable worshipping God outwardly and openly during your private devotion time or at church? Explain:

Write out a prayer of praise. List all the reasons that God is worthy of your praise.

List all the “spiritual” ways that you can worship God at church. List all the “practical” ways that you can worship God throughout your day whether you are at home, school, or on the job.

**CONGRATULATIONS! You have completed the Memorize 90 challenge! We commend you for the commitment and diligence you demonstrated by completing this task.**

You have completed M90 Version 3 – Selected Psalms by memorizing 90 powerful verses from the book of Psalms.

- Check with your pastor or youth pastor to receive your Memorize 90 Certificate of Completion.
- Be on the lookout for M90 Version 4 coming to the GYD website ([www.generalyouthdivision.org](http://www.generalyouthdivision.org)) in August 2013.
- Visit Facebook and Twitter (@memorize90) to share your M90 testimony and let the Memorize 90 community know that you completed this year’s program.
- Check out M90 Versions 1 and 2 if you have not already completed them.

***Now for your next challenge...***

**James 1:22-25 “...be ye doers of the word, and not hearers only...”**