



LIFT UP

PSALMS OF DAVID

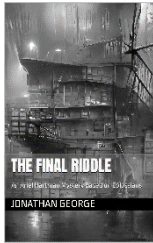
2027

WORD2U

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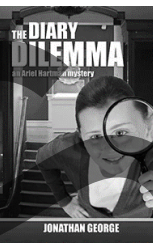
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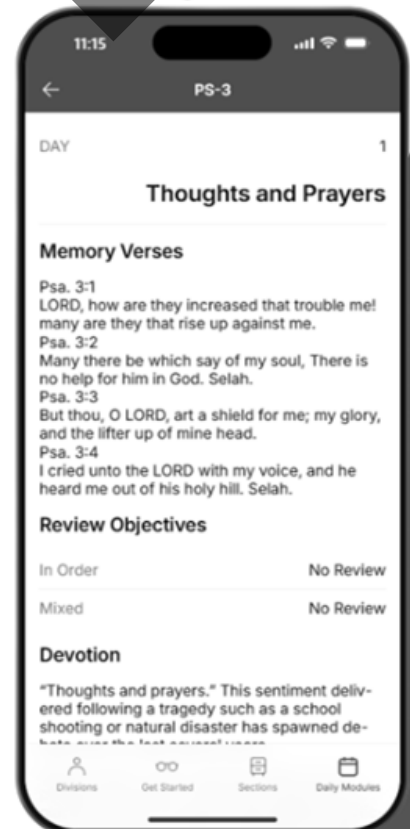
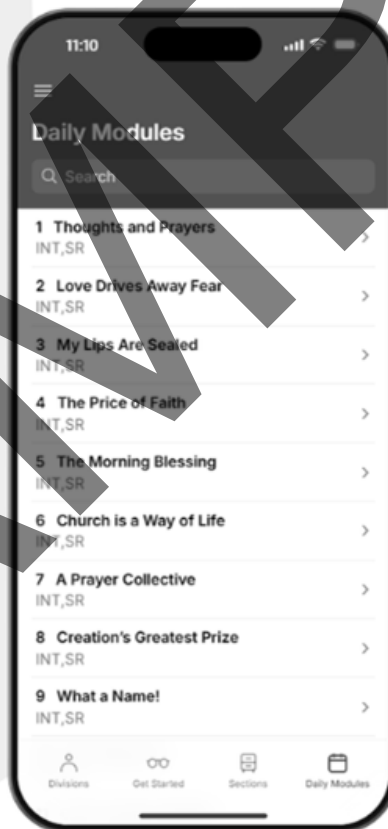
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WORD2GO

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How to Use This Guide

The Word2U study system blends the essential aspects that make an effective study program in Bible Quizzing with the elements of a devotional. You won't just be memorizing. You'll be digging deeper into the meaning of the verses you're learning, praying the Word, and learning how to apply Scripture to your own walk with God.

This section provides an overview of this resource, including the contents of the document and how to use the guide as part of your study.

Let's take a quick tour of the tool.

INTRODUCTIONS

Introductions set the stage for what you are about to study. The general introduction at the beginning of the guide provides a brief overview of the material and the theme for the year. Each section or chapter opening summarizes the primary context of the chapter or section and the key takeaways from the verses you are about to learn.

Introduction  One of the most popular verses is John 3:16. It is displayed on billboards, in sports stadiums, and on various merch. But, before Jesus talked to Nicodemus about God's love, He made a bold declaration – more a prophetic statement – how that love would be demonstrated and received. Jesus said, "And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: That whosoever believeth in him should not perish, but have eternal life" (John 3:14-15, KJV). We know that Jesus was referring to the cross. Suspended between heaven and earth, Jesus became the atoning sacrifice that brought reconciliation between God and man. Our redemption was purchased on a beam of wood through the sacrifice Jesus willingly made for humankind. But there is so much more to Jesus' statement than the cross. We lift Him up with our worship, our words, our actions, and our resolve to follow a holy lifestyle. In return, as He is lifted up, we are drawn upwards into heavenly places. Love is elevated within us. Joy increases. Peace is immeasurable. We have more purpose than we have ever had before. David is a man who understood the relational aspect of worship, thanksgiving, and daily prayer. He discovered peace in his darkest trials and found help in his fiercest battles, on and off the battlefield. He understood the preciousness of mercy and the value of sacrifice. In the whole Bible, King David is by far the most written about king of Israel. But we learn more about who he was from his Psalms. In turn, we learn more about ourselves through reading them. Though written thousands of years ago, they are just as relevant today as the day the ink ran wet on the papyrus. David is traditionally credited with writing between 73 to 88 of the 150 Psalms, with 73 specifically bearing his name. We will study a majority of them in this material. Our objective is not just to learn them, but to upload them into our spirit. David's ability to get real with God is the model we can use in our own devotion time. His words can become our own. GENERAL INTRODUCTION	 Heads Up Psalm 3 During the Battle of Baltimore in the War of 1812, a 35-year-old lawyer and poet, Francis Scott Key, witnessed the bombardment of Fort McHenry by the British Royal Navy. Inspired by the U. S. flag, Key penned the "Defence of Fort M'Henry" which later came to be known as "The Star-Spangled Banner," the national anthem of the United States. The tattered and torn fabric of the U.S. Flag waved high above the fort's battlement, an emblem of hope that this fledgling country would stand tall. Psalms 3 was written by David to commemorate the time he fled Jerusalem from his rebellious son, Absalom. David's own flesh and blood had seemingly schemed his way onto his throne, forcing him into exile. This psalm begins as a lament but quickly turns into a song about God's sustaining power. In our walk with God, there will be battles that pummel our faith and tear our hearts to shreds. But though the enemy comes in like a flood, the Spirit of the Lord will lift up a standard against our enemy (Isa. 59:19), like that old flag over Fort McHenry. In times of uncertainty, we need not hang our heads low. Our cries for help will not go unheard. God is our shield, the defender of our faith. Bloodied and broken though we may be, God will have His victory. We just need to keep our eyes fixed on our High Commander. CHAPTER INTRODUCTION
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STUDY MODULES

The Study Modules are organized by days and identify the areas of memorization and review work to be completed. Plus, each day has its own devotion and prayer. These devotions are designed to draw out a key point from one or more of the verses that you will memorize that day. They also give rise to the prompt for “praying the Word”. There are 100 Study Modules for Intermediate quizzers and 125 Study Modules for Experienced quizzers.

Let’s look at the elements of the Daily Study Modules:

DAY COUNT /

DEVOTION TITLE

MEMORIZATION VERSES – On average, between 4-5 verses per day.

REVIEW – In Order (the two prior days’ memory verses). **Mixed** with verse cards.

DEVOTION – short narrative derived from one or more key points from the memory verses.

PRAYER – focus/prompt inspired by the Devotion.

Level Up
Psalm 26

Day 37 **Wash Your Hands of the Matter**

Psa. 26:5
I have hated the congregation of evil doers; and will not sit with the wicked.
Psa. 26:6
I will wash mine hands in innocency; so will I compass thine altar, O LORD:
Psa. 26:7
That I may publish with the voice of thanksgiving, and tell of all thy wondrous works.
Psa. 26:8
LORD, I have loved the habitation of thy house, and the place where thine honour dwelleth.

REVIEW In Order: Psa. 25:19-22; 26:1-4 Mixed: Psa. 3:1 thru Psa. 25:18

Under the Law of Moses, as an act of purification, the priests were commanded to wash their hands and feet before they approached the altar to prepare the sacrifice. God emphasized the importance of this ritual in Exodus 30:20, “they shall wash with water, lest they die.”

The sacrifice was such a holy rite, that the priests had to approach it with clean hands.

Before the most important sacrifice of all humanity was prepared – the crucifixion of Jesus – Pilate washed his hands of Jesus’ blood before he sent Him to be scourged. The difference is that the priests prepared to fulfill their priestly responsibilities by purifying themselves while Pilate essentially washed his hands of his responsibility by letting the crowd have their way with Jesus.

David infers the priestly handwashing ceremony in Psa. 26:6, metaphorically preparing himself to come guiltless before God. He, like the priests, took the matter seriously and with holy reverence. Unlike Pilate who refused to stand his ground and do what was right, knowing that Jesus was innocent.

The dichotomy of these events speak volumes. We must take responsibility for our actions. We cannot wash away the consequences of our wrongdoings by simply denying culpability. We need to stand before God and confess our sins. Only our High Priest can wash away our guilt.

Prayer

The Bible says that if we confess our sins to God, He is faithful to forgive. Search your heart. Is there anything you need God to clean away?

REVIEW FOLLOWING MEMORIZATION

These objectives will guide your daily review until you are working entirely from verse cards. This follows Day 100 for Intermediates and Day 125 for Experienced.

OPTIONAL REVIEW EXERCISES

These optional exercises aid information recall and increase capabilities in responding to specific types of questions.

DISCIPLINES OF STUDY

This section provides effective study tips in the areas of Memorization, Review, and Study Planning.

Introduction



One of the most popular verses is John 3:16. It is displayed on billboards, in sports stadiums, and on various merch. But, before Jesus talked to Nicodemus about God's love, He made a bold declaration – more of a prophetic statement – how that love would be demonstrated and received.

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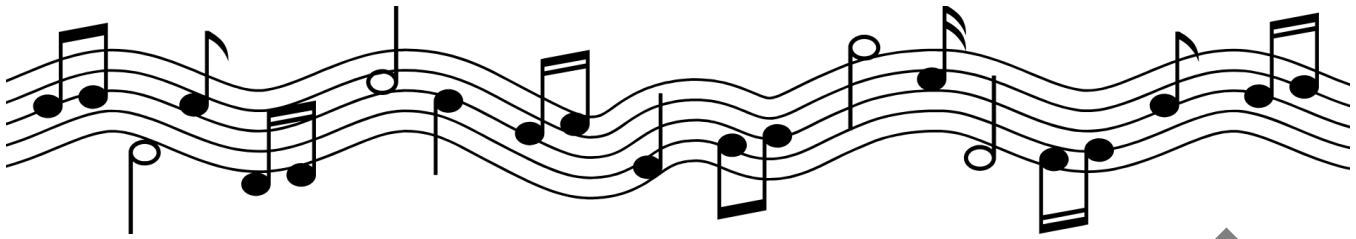
We know that Jesus was referring to the Cross. Suspended between Heaven and Earth, Jesus became the atoning sacrifice that brought reconciliation between God and man. Our redemption was purchased on a beam of wood through the sacrifice Jesus willingly made for humankind.

But there is so much more to Jesus' statement than the Cross. We lift Him up with our worship, our words, our actions, and our resolve to live holy. In return, as He is lifted up, we are drawn upwards into heavenly places. Love is elevated within us. Joy increases. Peace is immeasurable. We have more purpose than we have ever had before.

David is a man who understood the relational aspect of worship, thanksgiving, and daily prayer. He discovered peace in his darkest trials and found help in his fiercest battles, on and off the battlefield. He understood the preciousness of mercy and the value of sacrifice.

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Heads Up

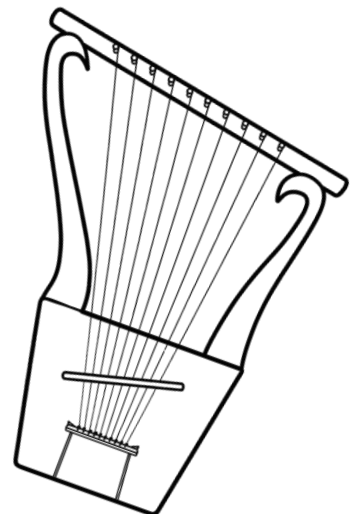
Psalm 3

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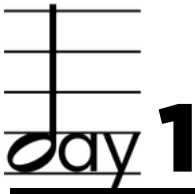
In our walk with God, there will be battles that pummel our faith and tear our hearts to shreds. But though the enemy comes in like a flood, the Spirit of the Lord will lift up a standard against our enemy (Isa. 59:19), like that old flag over Fort McHenry.

In times of uncertainty, we need not hang our heads low. Our cries for help will not go unheard. God is our shield, and the defender of our faith. Though we may be bloodied and broken, God will have His victory. We just need to keep our eyes fixed on our High Commander.





Heads Up



Psalm 3

Thoughts and Prayers

Psa. 3:1

LORD, how are they increased that trouble me! many are they that rise up against me.

Psa. 3:2

Many there be which say of my soul, There is no help for him in God. Selah.

Psa. 3:3

But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head.

Psa. 3:4

I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah.

REVIEW *In Order:* None

Mixed: None

“Thoughts and prayers.” This sentiment delivered following a tragedy such as a school shooting or natural disaster has spawned debate over the last several years.

Many people view this phrase as insincere, passive, and empty. They argue that it has replaced action and evaded responsibility, particularly when delivered by legislators. For others, it is meant to offer comfort to the affected and emphasizes the importance of faith in times of catastrophe.

For Christians, thoughts alone are insufficient. Effectual prayers avail much. We realize that we live in a broken world tainted by sin, and that the answer to any calamity is Jesus. Jesus mends broken hearts. Jesus transforms evil intent into repentance through grace. His name brings help, healing, and comfort. It's not our words that move a nation to restoration, but the One who hears our cries.

Thoughts are kind and considerate, but faith-filled prayers move mountains.

Prayer

Pray for God's protection for your school and place of worship. Pray for a return to our Christian values.



Heads Up



day **2**

Psalm 3

Love Drives Away Fear

Psa. 3:5

I laid me down and slept; I awaked; for the LORD sustained me.

Psa. 3:6

I will not be afraid of ten thousands of people, that have set themselves against me round about.

Psa. 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.

Psa. 3:8

Salvation belongeth unto the LORD: thy blessing is upon thy people. Selah.

REVIEW In Order: Psa. 3:1–4

Mixed: None

John writes in I John 4:18, “Perfect love casts out fear.” Such a strange correlation. One might think courage or faith evicts fear. But love? To fully grasp the meaning, you must slip into the Jewish mindset. Judgment brings torment, and with it comes fear. Calvary brought justice, and with it came justification, resulting in a total revocation of judgment.

Think back to a time when, as a small child, you became frightened in the night. To whom did you run or cry out for help? Most likely, your mom or dad. You knew that if you could get into their presence, the boogie man would go away. Their presence, their soft words, their tender touch drove away fear. Through many small acts, they have more than proven their love for you. Love you could trust that included your protection and well-being.

When we turn to God in times of uncertainty or fear—like David prayed, “Arise, O Lord; save me”—we’re like that small child reaching out for the attention of her protective dad. God is love (I John 4:8). Love is so fundamental to God that it defines His nature. And God is our Heavenly Father. We know that God’s love for us will drive away our fears. Not even ten thousand enemies could square off against Him.

Prayer

Is there a matter that is troubling you, an uncertain situation that is causing you to worry? Pray for God’s love to be shed abroad in your heart.

INTERMEDIATES END

**Go to “Review Following
Memorization” on page 165.**

EXPERIENCED

Continue to the next page.

Review Following Memorization

Intermediates

Day	In Order	Mixed
101	Psa. 103:14–22	Psa. 3:1 thru Psa. 103:13
102	Psa. 103:19–22	Psa. 3:1 thru Psa. 103:18
103	None	All Material

Experienced

Day	In Order	Mixed
126	Psa. 145:14–21	Psa. 3:1 thru Psa. 145:13
127	Psa. 145:18–21	Psa. 3:1 thru Psa. 145:17
128	None	All Material

Optional Review Exercises

The following exercises can be incorporated into the review, as appropriate, to help improve recall and to add variety to the study program.

- ▶ **Reverse Card Referencing**: Display the “verse side” of the verse card and have the quizzers provide the verse reference.
- ▶ **Time Quoting**: Test a quizzers’ speed in quoting a chapter (or chapters) or a set of specific verses in the order they were memorized. Record the time and try to beat it each day over the next couple of days.
- ▶ **Unique Beginnings**: Using an alphabetical listing of verses, identify and quote Scriptures with similar or identical beginnings. This is a great exercise for improving quotation completion and location questions.
- ▶ **Key Words and Phrases**: Look for similar or identical words or phrases. Some quizzers develop flash cards of these to use in conjunction with their verse cards when studying. This helps with cross-reference questions.
- ▶ **Difficult Verses**: Some quizzers need more time to get down certain verses. Set aside extra time to improve on trouble verses.

Disciplines of Study

Tips for an Effective Study Program

Bible Quiz Study 101

The amount of study required in Bible Quizzing is a big commitment. It takes time, consistency, and patience. However, there are some practical tips to help you become more effective during your study time.

Memorization.....	Page 168
▶ The Phrase-15 Method	
▶ The Reading Method	
Review.....	Page 170
Planning.....	Page 171