Memorize Scripture
On The Go!

Scriptures for
Overcoming Lusts of the Flesh

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Welcome

Welcome to Memorize Scripture – On the Go! We are happy to share this journey with you as you grow closer to the Lord by memorizing his Word. You are about to hide ten scriptures in your heart which will be with you always. Let’s get started!

How to Use This Workbook

The goal of Memorize Scripture – On the Go! is to utilize all of your senses in order to ingrain the Word of God deep into your heart and memory. The audio program will allow you to hear and speak the verses repeatedly as you learn them. This workbook will reinforce that teaching by including the visual and kinesthetic learning styles to your scripture memorization practice.

Several exercises are included which will help you practice the scriptures in various ways. Please use the workbook in the way that works best for you – some find it is better to do the written exercises before using the audio program, while others prefer to do them in tandem. God created each of us uniquely so we have created this program to be as flexible as possible.

Flash Cards

Included with this workbook is set of flashcards to aid your practice. If you have the digital version of this workbook, simply print the cards on pre-cut business card stock or your own paper that you cut into handy flash cards. Get your friends and family involved in quizzing your new knowledge. Have fun while learning God’s Word!

Before You Begin, Pray

Each time you begin a lesson, take a moment to pray before you begin. Ask God to honor your decision to learn His Word by helping you internalize the scripture you are studying.

Scriptures for Overcoming Lusts of the Flesh

In 1 Corinthians 10:13, the Bible teaches that, “No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.” One of the primary weapons in the war against our sinful nature is having the word of God in our heart and mind. When we struggle, we can be supported by the strength of God’s word.

In Romans 12:1, Paul writes, “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.” This clearly states that purity of your body is important to God, and so it should also be important to us. These scriptures will help you in your goal of living a life that is holy and acceptable to God.
Exercise 1: Write It Down

Romans 8:8
So then, those who are in the flesh cannot please God.
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Proverbs 4:14-15
Do not enter the path of the wicked, And do not walk in the way of evil. Avoid it, do not travel on it; Turn away from it and pass on.
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Galatians 5:16
I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Romans 13:14
But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Titus 2:11-12
For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

The verses contained in this set are listed below. To help with the learning process, please copy each verse by hand on the space provided beside each verse. Use extra paper to repeat this exercise as needed.

The more times you write the verses by hand, the greater impact it will have in helping you to fully memorize the scripture. Be sure to include the book, chapter, and verse reference when writing them out.
Matthew 5:27-28
“You have heard that it was said to those of old, ‘You shall not commit adultery.’ But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.”

1 Peter 1:14-15
[Be] as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct

2 Corinthians 7:1
Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

1 Corinthians 15:58
Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.

1 Ephesians 2:4-5
But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved)
Exercise 2: Fill It In

The scriptures in this set are listed below with some words missing. Fill in the blanks to increase your knowledge of each verse.

Romans 8:8

So then, __________ ________ are ________
________ ________ cannot ________ God.

Proverbs 4:14-15

Do not __________ the ________ of the ________.
And do not ________ in the ________ of ________.
Avoid it, ________ ________ ________ on it;
________ ________ from it and ________ ________.

Galatians 5:16

I say then: ________ ________ ________ Spirit, that
_______ ________ ________ the
________ ________ ________ ________ ________.

Romans 13:14

But put ________ ________ ________ Jesus Christ, ________
_______ ________ ________ ________ ________ ________ ________ its ________.

Titus 2:11-12

For the ________ ________ ________ that ________
salvation has ________ ________ to all ________ ________
_______ ________ ________ ________ and worldly
_______, we should live ________, ________ ________
and godly in the ________ ________ ________.

Matthew 5:27-28

“You have ________ that it was ________ ________ ________.
‘You shall not ________ ________.’ But I
_______ ________ ________ ________ ________
looks at ________ ________ ________ ________ ________ ________ ________ ________ ________ ________ ________ ________ ________ ________ ________.”
1 Peter 1:14-15
Be ______ obedient ____________, _______ conforming ____________ to the ___________ lusts, as _______
your ________________; but as He who ________ ______ is holy, you also ________ ________ in ________
your ________________.

2 Corinthians 7:1
Therefore, ___________ ___________ ____________, beloved, let us ________ ________ from all ____________
of the flesh and ____________, perfecting ____________ in the ___________ ________ ________.

1 Corinthians 15:58
Therefore, ________ ___________ ____________, be _____________, immovable, ________ abounding
in the work of ________ ________, knowing ________ ________
labor is ________ ________ ________ in the Lord.

Ephesians 2:4-5
But God, ________ is ________ in ________, because of ________ great ___________ ___________ ________.
He loved us, ________ ________ we were ________ in our trespasses, ________ us alive ____________ with ________
(by grace you ________ ________ ________.)

Memory Tip: Be sure to include the book, chapter, and verse reference in all your personal practice exercises.
Exercise 3: Quiz Time

Here is your chance to test yourself to show how well you are learning God’s Word. The scripture references are listed below. Fill in each scripture in the space provided. The answers can be found in the next section.

Romans 8:8

Proverbs 4:14-15

Galatians 5:16

Romans 13:14

Titus 2:11-12
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Do not enter the path of the wicked, 
And do not walk in the way of evil. 
Avoid it, do not travel on it; 
Turn away from it and pass on.

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But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age

“You have heard that it was said to those of old, ‘You shall not commit adultery.’ But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.”

[Be] as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct

Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.

But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved)

Thank you for investing the time to equip yourself with these powerful scriptures. It is our prayer that as you study these recordings you might find the strength to turn to the Lord as you face your lust of the flesh.

May God richly bless you as you continue to study His Word.
So then, those who are in the flesh cannot please God.

Do not enter the path of the wicked,  
And do not walk in the way of evil.  
Avoid it, do not travel on it;  
Turn away from it and pass on.

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