

# Meditate & Memorize

## Verses For The Heart + Mind

Create in me a pure heart, O God, and renew a steadfast spirit within me.

*Psalm 51:10 (NIV)*

---

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is, his good, pleasing and perfect will.

*Romans 12:2 (NIV)*

---

Let the words of my mouth, and mediation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.

*Psalm 19:14 (KJV)*

---

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

*Luke 6:45 (NIV)*

---

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.

*Philippians 4:8 (NIV)*

---

Trust in the Lord with all your heart and lean not on your own understanding.

*Proverbs 3:5 (NIV)*

---

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

*John 14:27 (NIV)*

---

Above all else, guard your heart, for everything you do flows from it.

*Proverbs 4:23 (NIV)*

---

Teach us to number our days, that we may gain a heart of wisdom.

*Psalm 90:12 (NIV)*

---



# Meditate & Memorize

## Verses For The Heart + Mind

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

*James 1:19-20 (NIV)*

---

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

*Psalms 73:26 (NIV)*

---

Anxiety weighs down the heart, but a kind word cheers it up.

*Proverbs 12:25 (NIV)*

---

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

*Proverbs 17:22 (NIV)*

---

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

*Philippians 4:4-7 (NIV)*

---

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

*Psalms 34:18 (NIV)*

---

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

*Isaiah 26:3 (NIV)*

---

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

*Romans 8:5-6 (NIV)*

