

The Scripture Memory/Meditation Challenge: Invite K-group members to commit to memorizing each of the weekly scripture passages (or to set their own memory goal) and allow them to recite these scriptures each week at K-group meetings. Those who accept this challenge will need to include a time for meditating on the scripture during their QT's.

Ephesians 3:16–21 (NIV) -- Dwelling in Christ

¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Luke 9:23 (NIV) – Counting the Cost

²³ Then he said to them all: **“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.**

Luke 5:16 (NIV) – Jesus Practice of a Quiet Time

¹⁶ But Jesus often withdrew to lonely places and prayed.

2 Timothy 3:16–17 (NIV) – The Role of Scripture

¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.

Matthew 26:38–39 (NIV) – Radical Obedience

³⁸ Then he said to them, **“My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”**

³⁹ Going a little farther, he fell with his face to the ground and prayed, **“My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”**

Psalms 1 – Meditating on God's Word

¹ Blessed is the one
 who does not walk in step with the wicked
 or stand in the way that sinners take
 or sit in the company of mockers,
² but whose delight is in the law of the LORD,
 and who meditates on his law day and night.
³ That person is like a tree planted by streams of water,
 which yields its fruit in season

and whose leaf does not wither—
whatever they do prospers.

⁴ Not so the wicked!
They are like chaff
that the wind blows away.

⁵ Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.

⁶ For the LORD watches over the way of the righteous,
but the way of the wicked leads to destruction.

Matthew 6:9–13 (NIV) – The Model Prayer

⁹ “This, then, is how you should pray:

“ ‘Our Father in heaven,
hallowed be your name,

¹⁰ your kingdom come,
your will be done,
on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one.’

John 17:13–19 (NIV) – Jesus’ Prayer for Us

¹³ “I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. ¹⁴ I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. ¹⁵ My prayer is not that you take them out of the world but that you protect them from the evil one. ¹⁶ They are not of the world, even as I am not of it. ¹⁷ Sanctify them by the truth; your word is truth. ¹⁸ As you sent me into the world, I have sent them into the world. ¹⁹ For them I sanctify myself, that they too may be truly sanctified.

Philippians 3:12–17 (NIV) – Following the Example of Godly People

¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

¹⁵ All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. ¹⁶ Only let us live up to what we have already attained.

¹⁷ Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.