



OMMA – Scripture Memory



Why should we memorize Scripture as Christians?

This is an important question to consider, and perhaps, reconsider, since most of us as Christians do not intentionally and diligently discipline ourselves in this area. Sometimes adults will consider it an exercise for children, but not relevant for them. Most believers would agree intellectually about the importance of Scripture memory, but our actions may often show us to be inconsistent with our beliefs.

So, with that in mind, here is the ultimate reason to memorize Scripture:

God said to!

“Let the word of Christ richly dwell within you.” (Colossians 3:16a)

“This book of the law shall not depart from your mouth, but you shall meditate on it day and night.” (Joshua 1:8a)

Why is Scripture memory a specific part of the OMMA program?

One of the requirements for all students to progress through the OMMA ranking system is indeed the discipline of Scripture memory. Now that we've established the necessity to memorize God's Word in general, here are the reasons we do it in the OMMA program:

- 1. The martial arts is a natural activity that by analogy can give insight into such things as **spiritual warfare** and **spiritual self-defense** and creates natural opportunities for discussing these topics. A critical component of effectively protecting ourselves from the three enemies to our spirits is a mind filled with God's Word.*
- 2. In the OMMA program, while we are growing as warriors in the realm of martial arts, we are concurrently working to grow as Christian warriors in the service of the King of Kings, Jesus Christ. Part of this growth is increasingly conforming to the **character** of our leader which is in part accomplished by keeping our gaze on Jesus steadier and clearer through remembering Scriptures about His character.*
- 3. It gives us Godly tools to encourage one another in the OMMA program to continue to **press on** (Philippians 3:13-14) toward growth physically, mentally and spiritually.*

4. *A further aspect of the OMMA program is to grow in our faith and impact the lives of others through **acts of service** which demonstrate the love of God in Christ through words and deeds. If we have memorized Scripture that can minister to both believers and unbelievers with whom we interact during our mission outreaches, our impact will be greater.*
5. *The martial arts are about a series of **disciplines** that are intentionally and diligently repeated to develop not only self defense skills, but also overall physical and mental wellness. The OMMA program also complements spiritual training taking place in the Christian family and the church by including spiritual disciplines – like Scripture memory - to further spiritual fitness as well.*

A few quotes on Scripture Memory

"Whenever I think about sinning, the Spirit hits me with six verses against it. I can't just sin anymore and enjoy it. I know too much Scripture."

- John MacArthur

"Bible memorization is absolutely fundamental to spiritual formation. If I had to choose between all the disciplines of the spiritual life, I would choose Bible memorization, because it is a fundamental way of filling our minds with what it needs."

- Dallas Willard

"I know of no other single practice in the Christian life more rewarding, practically speaking, than memorizing Scripture...No other single exercise pays greater spiritual dividends! Your prayer life will be strengthened. Your witnessing will be sharper and much more effective. Your attitudes and outlook will begin to change. Your mind will become alert and observant. Your confidence and assurance will be enhanced. Your faith will be solidified."

- Chuck Swindoll

"You may think you have a poor memory, but the truth is, you have millions of ideas, truths, facts and figures memorized. You remember what is important to you. If God's Word is important, you will take the time to remember it. There are enormous benefits to memorizing Bible verses. It will help you resist temptation, make wise decisions, reduce stress, build confidence, offer good advice, and share your faith with others."

- Rick Warren, The Purpose Driven Life, p.189