

# **An Approach to Extended Memorization of Scripture**

## **扩展背诵经文的方法**

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## The Value of Scripture Memorization

### 背诵经文的重要性

There are numerous spiritual benefits to the memorization of Scripture. A proper assessment of these benefits begins with understanding the role of the written word of God in our spiritual development. Jesus Christ openly stated that our spiritual existence depends upon the word of God: “Man does not live on bread alone, but on every word that comes from the mouth of God.” (Matthew 4:4) The words of God are found in only one place: the Bible. Also, according to the Apostle Peter one of our ongoing responsibilities is to “grow in the grace and knowledge of our Lord Jesus Christ,” (2 Peter 3:18) and that we are to “make every effort to add to our faith goodness, and to goodness knowledge...” (2 Peter 1:5).

背诵经文有许多属灵的益处。明白神的话在我们的属灵长进上的作用，才能正确评价这些益处。耶稣基督曾公开宣告，我们属灵上的存在要依靠上帝的话语：“人活着，不是单靠食物，乃是靠神口里所出的一切话。”（马太福音 4：4）神的话语只存在于一个地方，那就是：圣经。此外，使徒彼得告诉我们，我们持续的职责是“在恩典中成长并认识我们的主耶稣基督，”（彼得后书 3：18），我们要“分外的殷勤；有了信心，又要加上德行；有了德行，又要加上知识；（彼得后书 1：5）。

But how are we to grow? Growth in the Lord is called “sanctification,” the process by which we become more and more like Jesus Christ and more and more separated from the world. Jesus Christ says that happens by the Word of God: “Sanctify them by the truth; your word is truth.” (John 17:17) However, the Word of God must enter us through our MIND—through our understanding—in order to change our hearts. Thus we are to meditate deeply on Scripture in order to understand it better, so that our hearts may be changed. And we are to meditate on “every word that comes from the mouth of God.”

但我们怎么去成长呢？在主里面成长我们称之为“成圣”，这个过程中，我们变得越来越像基督，越来越脱离这个世界。耶稣基督说，要借着神的道：“求你用真理使他们成圣；你的道就是真理。”（约翰福音 17：17）然而，上帝的话，必通过我们的思想进入我们——通过我们的理解——是为了改变我们的心。因此，为了能更好的理解经文，我们要深入思想这些经文，让我们的心可以改变。我们要思想每一个出自神口中的话。”

There is no more useful discipline to this careful process of verse by verse meditation than memorization. Memorization is not the same as meditation, but it is almost impossible for someone to memorize a passage of Scripture without somewhat deepening his/her understanding of those verses. Plus, once the passage is memorized, a lifetime of reflection is now available through ongoing review... while driving on long trips, while walking on beaches, while conversing with friends, memorized verses can flow from you and cause a deepening of understanding.

对于这个需要细致思想经文的过程，没有比背诵经文更有效的训练了。背诵经文不同于思想经文。对一些人来说，记忆一段经文几乎一定会加深他/她对那些经文的理解。另外，一旦记住这些经文，就可以通过不断的省察得到一生的反射……驾车长途旅行时，走在海滩上时，或是与朋友谈话时，记住的经文会从你的里面流淌出来并加深你的认识。

Furthermore, these verses also sanctify us by causing us to hate sin and to determine to fight it vigorously. Through memorization, we are able to stand in the moment of temptation through the “sword of the Spirit, which is the Word of God.” (Ephesians 6:17) Therefore did the Psalmist say, “How can a young man keep his way pure? By living according to your word. I have hidden your word in my heart that I might not sin against you.” (Psalm 119:9,11)

此外，这些经文也通过我们对罪的恨恶使我们成圣，并确定为之努力追求。通过背诵经文，我们能够在经历试探的时候，借着“圣灵的宝剑，就是神的道。”站立得住（以弗所书 6：17）。所以大卫说，“少年人用什么洁净他的行为呢？是要遵行你的话！我将你的话藏在心里，免得我得罪你。”（诗 119:9,11）

In addition, the word sanctifies us by transforming our entire worldview from secular to heavenly: “Do not be conformed any longer 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) The “renewing of your minds” happens by the flow of Scripture through them like a pure river. As this river flows through your mind constantly, you will see things more and more the way God does, if you are a child of God... for “we have the mind of Christ.” (1 Corinthians 2:16) This gives us more and more wisdom to deal with this world.

除此以外，神的话使我们成圣是通过把我们的世界观从世俗转变到天堂：“不要效法这个世界，只要心意更新而变化，叫你们察验何为上帝的善良、纯全、可喜悦的旨意。”（罗马书 12：2）“更新你的意念”是借着经文流过你的思想，这些经文就好像一条纯净的河流。如果你是上帝的孩子，借着这条河不断从你的心中流过，你会越来越多地看到上帝做事的方式，……“我们是有基督的心了。”（哥林多前书 1：16）这给了我们更多的智慧来对付这个世界。

However, this benefit does not merely bless US in our own growth and development, but it becomes a treasure trove for the growth of the church as well. The Scripture memorizer will be used mightily by God to teach and encourage other Christians, with an apt word from the perfect Word of God: “Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom...” (Colossians 3:16) How better can you obey Colossians 3:16 than by Scripture memorization? The “word of Christ” will indeed “dwell in you richly” as you memorize it, and then work it over in your mind through meditation. Then you will most certainly be useful to God to “teach and admonish” another brother or sister. Scripture builds the Church to its final doctrinal and practical maturity (Ephesians 4:13-16), and God uses those who

memorize it to do this building in a powerful and eternally fruitful way.

然而，这种益处并不只是在我们自己的成长和长进上祝福我们，它也成为教会成长的巨大财富。经文的背诵也可以被神用来教导和鼓励其他的信徒，一个出自神完美话语的贴切的话：“当用各样的智慧，把基督的道理丰丰富富的存在心里，……”（歌罗西书 3 : 16）怎么能比背诵经文更好的遵守歌罗西书 3 : 16 呢？当你记住它，然后在脑子里默想，“基督的话会“确实” 丰丰富富的存在心里，。那你一定会有助于神对别的弟兄或姊妹的教导和告诫。圣经最终是要建造在教义和实践上完备的教会（以弗所书 4 : 13 ~ 16），神使用那些背诵经文的人，用永恒而强大的有效方式去实现这个建造。

Finally, the memorization of Scripture enables us to bless lost people with a powerful and vivid presentation of the gospel of salvation. “Faith comes from hearing the message, and the message is heard through the word of Christ.” (Romans 10:17) Those who memorize Scripture obey Peter’s command in this regard: “Always be prepared to give an answer to everyone who asks you to give a reason for the hope that you have.” (1 Peter 3:15) The “preparation” Peter had in mind is best done by memorizing Scripture. Remember that it is Scripture which is “able to make you wise for salvation through faith in Christ Jesus.” (2 Timothy 3:15) The evangelist who stores up Scripture on the life of Christ, for example, can vividly retell the miracle stories to a generation which is biblically illiterate, which knows very little about the life of Christ. That person can also give the theology of salvation from Paul’s epistles, if they have memorized those books. In short, Scripture memorization makes one a much more powerful and effective evangelist.

最后，背诵经文能够让我们生动而富有力量的介绍福音，从而祝福迷失的人们。“信道是从听道来的，听道是从基督的话来的。”（罗马书 10 : 17）那些背诵经文遵从彼得教诲的人，在这方面：“有人问你们心中盼望的缘由，就要常作准备”（彼得前书 3:15）彼得心目中最好的“准备”的方法就是背诵经文。记住，正是这圣经“能使你因信基督耶稣，有得救的智慧。”（提摩太后书 3 : 15）。传道人也可以积累关于基督生活的经文，例如，可以给圣经盲的一代生动地讲述神迹故事，这一代对基督的生活知道的很少。如果他们已经记住了那些卷书，就能从保罗书信中讲出神的救恩。总之，背诵经文使人成为更强大和更有效的传道人。

There are other benefits... comfort during trials and bereavement, power and wisdom for counseling, the development of heavenly-mindedness, the manifestation of the fruit of the Spirit, conviction over indwelling sin, fruitful passage of time while waiting for delayed plane flights, etc. Suffice it to say that this is well worth our time.

还有其他的好处……，在试探和丧亲中得到安慰，有劝勉的力量和智慧，灵命的长进，表现出圣灵的果子，给内心的罪定罪，飞机延误时更有效的利用时间，等等。可以说，这是值得我们花时间做的。

When Judgment Day comes, we will regret the waste of a single moment not used for

the glory of Christ. We will, however, not regret one moment we spent diligently studying God's Word and hiding it in our heart. We will only wish we'd spent more moments doing this.

当审判日来临的时候，我们会后悔浪费了时间没有用来荣耀基督。然而，我们不会后悔努力学习神的话并深藏在我们的心中所用的时间。我们只会希望花更多的时间来做这个。

## **Memorizing Books Is Better Than Memorizing Individual Verses**

背诵整卷书比背诵个别章节更好

Jesus said, "Man does not live on bread alone, but on every word that comes from the mouth of God." (Matthew 4:4) Paul said "All Scripture is God-breathed, and is useful for teaching rebuking, correcting, and training in righteousness..." (2 Timothy 3:16) Memorizing individual verses tends to miss intervening verses that the individual does not feel are as significant. Furthermore, most of Scripture is written to make a case... there is a flow of argumentation that is missed if individual verses are memorized. Furthermore, there is also a greater likelihood of taking verses out of context by focusing on individual verses.

耶稣说，“人活着，不是单靠食物，乃是靠上帝口里所出的一切话。”（马太福音 4：4）保罗说：“圣经都是上帝所默示的（或作：凡上帝所默示的圣经），于教训、督责、使人归正、教导人学义都是有益的，……”（提摩太后书 3：16）记忆个别章节，往往容易错过中间的经文，对于这些经文个人可能感觉不重要。此外，大部分经文写作的目的是记录一个事件。……如果记忆个别的章节，有一些论证会被错过。另外，还有一个更大的可能性，就是由于太侧重于个别的章节，造成断章取义。

## **Making the Commitment Before God**

在神的面前做出一个承诺

Go to the Lord in prayer and ask Him if He wants you to invest time in Scripture memorization. Listen to Him, confident that He will guide you. Once you have that sense from God, ask Him humbly for help from the Holy Spirit. Ask Him to protect you from spiritual pride... God HATES pride in every form (see Isaiah 2:6-22 and Luke 18:9-14), and while knowledge of the Bible is absolutely essential to spiritual maturity, yet biblical knowledge without love for God and neighbor "puffs up" a person (1 Cor. 8:2) and is useless to God and actually harmful to the church. God is well able to take away your ability to memorize if you use it for your own glory. Then, humbly make the commitment before God that you will invest time in scripture memorization. Later, after you choose your book to memorize, you will have the opportunity to make a written covenant before God concerning your commitment.

到主面前祷告，问他是否想要你在背诵经文上投入时间。倾听神，相信他会带领你。一旦你有从神而来的感觉，谦卑地请求他从圣灵而来的帮助。求神保护你远离属灵上的骄傲……神恨恶任何形式的骄傲（见以赛亚书 2:6-22 和路加福音 18:9-14），而圣经的知识对灵命的成熟是绝对有必要的，但不爱上帝和邻居的圣经知识会使一个人“膨胀”（哥林多前书 8:2），并且对神来说是没有用的，实际上对教堂也是有害的。如果你使用记忆的能力是为了自己的荣耀，那么上帝就会拿走这个能力。然后，在神面前谦卑地作出承诺，你会在背诵经文上投入时间。接着，在你选择你要背诵的一卷书以后，你将会有机会在神面前做出一个书面的承诺。

## Choosing Your First Book

选择你的第一卷书

Once you have sensed God's leadership and have made the commitment before God that you will memorize a whole book of the Bible, the next step is to choose the book. This, too, should be done with prayer and a sense of the leadership of the Holy Spirit. Some practical concerns should guide your choice as well:

一旦你感受到神的带领，并且在神的面前作出承诺，承诺你会背诵圣经的一整卷书，下一步就是要选择一卷书，这应该是借着祷告和圣灵的带领，一些肉体关注的方面也应该引导你的选择。

**1) Not too long (or too short?):** Your first book should not be too long, lest you get discouraged in the way and give up. The greatest obstacle to lasting achievement in this arena is lack of perseverance... just giving up. We give up usually because the way seems too long and we feel we lack the strength for the rest of the journey. Just as one who someday wants to finish a marathon does not begin simply by running 26.2 miles but must rather work up to that level, so also with extended Scripture memorization. You must get the discipline deeply rooted in your daily habits and you must develop your memory skills before you can attempt a really long book. Start with one around 90-160 verses long. There are shorter books of the Bible, but 2 John or 3 John may not have the same impact on your life as one of the longer epistles. However, all Scripture is God-breathed (2 Timothy 3:16), and therefore God may call you to start with 2 John.

不要太长（或太短？）：你的第一卷书，不要太长，免得你气馁和放弃。在这方面，坚持完成目标的最大障碍就是缺乏毅力……就是放弃。我们放弃通常是因为路似乎太长了，我们感觉我们缺乏走完余下路程的实力。就好像一个人想要有一天能跑完一个马拉松，他不能一开始就轻松地跑 26.2 英里，而是必须逐步达到那个水平，背诵经文也是如此。你必须在你的日常生活习惯基础上不断训练，而且，在你可以尝试很长的一卷书之前，你必须让你记忆的技巧不断提高。可以从 90-160 节长度的经文开始。圣经中有较短的几卷书，但约翰二书或约翰三书跟一卷较长的书信相比，可能不会对你的生命有同样的影响。尽管如此，圣经都是神

所默示的（提摩太前书 2 : 16），因此，上帝可以呼召你从约翰二书开始。

**2) One that stirs your passions:** Choose a book that God has used in the past to minister to you, and that you think would be most useful in your personal walk with Christ and in your ministry to others. You should also choose a book that still has some mysteries to you (as all Scripture should and does!), and that you see as an adventure in learning. After you have assessed your options, bring various options before the Lord in prayer and listen to His voice. Ask Him to guide you, and He will direct your choice.

一卷能激发你热情的书：选择一卷书，这卷书是上帝在过去用来服事你的，而且你认为这卷书将会对你个人与基督同行和服侍他人方面最有用的。你也应该选择对你来说仍然有一些奥秘的一卷书（全部的经文都应该是并且就是！）你可以把这个看做是在学习上的冒险。你评估你的选择以后，把不同的选择带到主的面前祷告，听他的声音。请求他引导你，他必指引你的选择。

## Surveying the Terrain

计算一卷书的章节数

The next step is to survey the entire book for length, and decide how quickly you feel you can memorize it. Perhaps you can start at one verse per day, six days per week. I always recommend taking one day off per week so you don't get burned out, or to take up the slack for days in which you are sick or exceptionally busy. :

下一步就是要计算整卷书的章节数，决定你感觉你能多快记住它。也许，你可以从一天一节经文开始，一个星期六天，我总是建议一周休息一天，这样不会让你筋疲力尽，或在生病和繁忙的时候放松几天。

The way you survey the terrain is this

你计算章节数的方法是这样的：

**1) Count the number of verses in the entire book.**

数一数整卷书经文的节数。

**2) Divide that number by the number of verses you will memorize per week. This is how many weeks the book should take you.**

用你一周可以背诵的节数来分这总的节数，这就是你需要用的周数。

**3) Look at a calendar and determine a tentative finish date.**

看一看日历，初步决定一个完成的日期。

**4) Add 10% so as to not feel under tremendous pressure until you get used to this lifestyle** (i.e. If you are doing Ephesians—155 verses—at the rate of 6 verses per week, it will take you 26 weeks, or exactly 6 months; add 10%--3 weeks—for a total of 29 weeks).

在你习惯这种生活方式之前，你可以加 10%，以便你不会感到巨大的压力。（例如，如果你正在背诵以弗所书，有 155 节经文，以每周六节的速度，需要 26 周，或正好 6 个月；加 10%，就是 3 周，即 29 周）。

**5) Make a covenant before the Lord that, with his help, you will memorize this book by this date:**

在神面前做出承诺，在神的帮助之下，你将会在你决定的日期之前背完这卷书。

“Lord, having sought you in prayer, I believe that you have led me to memorize (name of the book) . I now dedicate myself to begin this task with your help and for your glory. I commit myself to memorizing this by (date) .”

“主啊，我向你祷告，我相信你已经引导我背诵（一卷书的名字）。在你的帮助下，为了荣耀你，我现在奉献自己开始这项工作。我承诺自己在（日期）之前背完”

Sign and date the covenant, and put it in a place where you can get to it regularly when the times get tough.

在所立的约上签上名字和日期。并把它放在一个地方，在时间很艰难的时候，你可以常常拿到它。

The purpose of surveying the terrain is to mark out a reasonable pace which will make achievement of your goal a probability. It will teach you how much you need to do every day, and when you should finish. The survey leads to a covenant that helps you keep persevering.

计算经文节数的目的是计划一个合理的进度，这将使你实现目标的概率更高。它也教导你每一天需要做多少，当你要完成时。这个计算会引出一个承诺，帮助你坚持。

## **Daily Procedures**

日常程序

Priority of reviewing old verses: Always give priority in your mind to the retaining of old verses even over the learning of new ones. What's the point in going on to new ones if you don't hold onto the old? This doesn't mean you should re-memorize the



old ones... just that you should begin every day's work with review of old verses. Look on that at what you need to do to earn the privilege of acquiring some precious new verses. (Work before play!)

优先复习旧的经文：总是优先考虑在你的头脑中保留旧的经文，甚至超过学习新的。如果你不理解旧的，背诵新的又有什么意义呢？这并不意味着你应该重新背诵一遍旧的……，你应该从复习旧的经文开始每一天的工作。把这个看做你需要做的，去得到获取一些宝贵的新经文的权利。（在玩之前工作！）

**Repetition over time:** Saying a verse 100 times in one day is not as helpful as saying it every day for 100 days. The absolute key to successful Scripture memorization is repetition over a long time period. This is how you retain old verses while learning new ones.

不断重复：在一天中说一句经文 100 次不如连续说它 100 天更有帮助。成功背诵经文的关键是在很长一段时期里不断重复以前的经文。这就是你在学习新的经文时如何记住旧的经文的方法。

**Memorizing the verse numbers:** An important note is that it is well-worth the extra effort to memorize the verse numbers as if they were part of each verse. This will help prevent you from dropping out verses or even whole paragraphs when you're reciting the book all the way through. It will also help you in being able to pick individual verses out to quote to someone for ministry or evangelistic purposes. Finally, it will help you to be able to recall the verses as you are reading Christian books that cite them... you won't have to look them up! Ephesians 1:1-3's verse numbers would be said like this: "One-one. Paul, an apostle of Christ Jesus by the will of God, to the saints in Ephesus, the faithful in Christ Jesus; One-two Grace and peace to you from God our Father and the Lord Jesus Christ. One-three Praise be to the God and Father of our Lord Jesus Christ..." etc. Longer verse numbers are no different... Ephesians 6:11 would be "Six-eleven. Put on the full armor of God so that you can take your stand against the devil's schemes." Acts 27:25-26 would be "Twenty-seven twenty-five. So keep up your courage, men, for I have faith in God that it will happen just as he told me. Twenty-seven twenty-six. Nevertheless, we must run aground on some island." **DON'T SHORT-CUT THIS DISCIPLINE!!** It actually makes memorization easier in the long run!

背诵经文的节号：需要非常注意的是，我们要把经文的数字看成是经文的一部分来背诵，这是值得我们付出额外的努力的。当你从头到尾背诵这卷书时，这样做将帮助你避免遗漏一些经文，甚至是整个段落。这样做也将会帮助你能够挑选出个别的经文，在布道时引述或者传福音。最后，它会帮助你在读引用了经文的属灵书籍时，回忆起来这些经文……而不需要看这些经文！以弗所书 1:1-3 的经文的数字是这样说的：“1 章 1 节，奉上帝旨意，作基督耶稣使徒的保罗，写信给在以弗所的圣徒，就是在基督耶稣里有忠心的人。1 章 2 节，愿恩惠、平安从上帝我们的父和主耶稣基督归与你们！1 章 3 节，愿颂赞归与我们主耶稣基督的父上帝！……”等。更长的经文数字是不同的……以弗所书 6:11 可以是“6 章 11 节。要穿戴上帝所赐的全副军装，就能抵挡魔鬼的诡计。”。使徒行传 27:25-26 节可以是“27 章 25 节，所以众位可以放心，我信上帝他怎样对我说：事情也要怎样成就。”。“27 章 26 节，只是我们必要撞在一个岛上。”这个训练不要想走捷径！它实际上是使背诵最终变得更容易！

**Photographing the verses with your eyes:** Memorization is partly visual. This is not to say that blind people can't memorize the Bible, but just that the memorization process is connected very closely to the eye. Read each new verse ten times, covering each word as though photographing it with your eyes. I can still remember where some particular verses were on the page of the Bible I first used to memorize them. Burn each verse into your brain with your eyes.

用你的眼睛给经文拍照：背诵在一定程度上是需要视觉的。这并不是说，盲人不能背诵圣经，只是说记忆过程与眼睛是有非常密切的联系。每读新的经文十次，就好像用你的眼睛拍照一样覆盖了每个单词。我还能记得一些特别的诗句在圣经的第几页。这些都是我以前第一次记忆的。用你的眼睛把每节经文，熔入你的大脑。

Say it out loud: Another help in memorizing is to say the verse out loud to yourself. The additional sensory input to your brain helps the memorization process. It doesn't have to be very loud, just loud enough so you can hear it. Also, try putting some feeling and interpretation into reciting the verses... this is actually a form of meditation on the verses as you are learning them.

大声读出来：另一个对记忆的帮助是自己大声的读经文。这种对大脑附加的感官输入会有助于记忆的过程。不必是非常大声的，只要你能听到就可以。此外，尝试把一些感想和解释加入到经文的背诵中……这实际上是一种思考经文的形式，就像你正在学习这些经文。

**Sample daily procedure:** The following is an example of how someone could go about memorizing Ephesians at the rate of one verse per day:

日常程序的模板：下面是一个例子，一个人如何能以每天一节的速度背诵完以弗所书：

1) Day one: Read Ephesians 1:1 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. You're done for the day.

1) 第一天：大声读 10 遍以弗所书 1 : 1，看每个单词好像用你的眼睛拍摄它。一定要包括节号。然后盖上那页背诵十遍。你就完成了第一天。

2) Day two: Yesterday's verse first!! Recite yesterday's verse, Ephesians 1:1 ten times, being sure to include the verse number. Look in the Bible if you need to, just to refresh your memory. Now, do your new verse. Read Ephesians 1:2 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. You're done for the day.

2) 第二天：昨天的经文优先！背诵昨天的经文—以弗所书 1 : 1 十遍，一定要包括节号。如果你需要，可以看圣经，这是要恢复你的记忆。现在，背诵你的新经文。大声读 10 遍以弗所书 1 : 2，看每个单词好像用你的眼睛拍摄它。一定要包括节号。然后盖上那页背诵十遍。你完成了第二天。

3) Day three: Yesterday's verse first!! Recite yesterday's verse, Ephesians 1:2 ten times, being sure to include the verse number. Again, you should look in the Bible if you need to, just to refresh your memory. Old verses next, altogether: Recite Ephesians 1:1-2 together once, being sure to include the verse numbers. Now, do your new verse. Read Ephesians 1:3 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. You're done for the day.

3) 第三天：昨天的经文优先！背诵昨天的经文，以弗所书 1 : 2 十遍，一定要包括节号。如果你需要，可以看圣经，这是要恢复你的记忆。接着是全部旧的章节：背诵以弗所书 1:1-2，一定要包括节号。现在，背诵你的新经文。大声读 10 遍以弗所书 1 : 3，看每个单词好像用你的眼睛拍摄它。一定要包括节号。然后盖上那页背诵十遍。你完成了第三天。

4) Day four: Yesterday's verse first!! Recite yesterday's verse, Ephesians 1:3 ten times, being sure to include the verse number. Again, you should look in the Bible if you need to, just to refresh your memory. Old verses next, altogether: Recite Ephesians 1:1-3 together once, being sure to include the verse numbers. Now, do your new verse. Read Ephesians 1:4 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. You're done for the day.

4) 第四天：昨天的经文优先！背诵昨天的经文，以弗所书 1 : 3 十遍，一定要包括节数。如果你需要，可以看圣经，这是要恢复你的记忆。接着是全部旧的经文：背诵以弗所书 1:1-3，一定要包括节数。现在，背诵你的新经文。大声读 10 遍以弗所书 1 : 4，看每个单词好像用你的眼睛拍摄它。一定要包括节号。然后盖上那页背诵十遍。你完成了第四天。

This cycle would continue through the entire book. Obviously, the "old verses altogether" stage will soon swell to take the most time of all. That's exactly the way it should be. The entire book of Ephesians can be read at a reasonable rate in less than fifteen minutes. Therefore, the "old verses altogether" stage of your review should not take longer than that on any given day. Do it with the Bible ready at hand, in case you draw a blank or get stuck... there's no shame in looking, and it actually helps to nail down troublesome verses so they will never be trouble again. Therefore, your 60th day should look like this:

这个周期将会在背诵整本书的过程中继续。显然，“全部旧的经文”阶段很快就会占用大部分时间。这正是应该用的方式。整卷以弗所书可以以一个合理的速度在不到十五分钟的时间读完。因此，“全部旧的经文”阶段的复习不应超过某一天的时间。这样做的时候，手边要有一本圣经，以防你想不到或卡壳……看一看圣经没有什么可耻的，它实际上是有助于弄清楚麻烦的经文的，以后就不会再麻烦了。因此，你第六十天应该看起来像是这样的：

60) Day sixty: (eight days off in that span means you're on your 52nd new verse, which would be Ephesians 3:7) Yesterday's verse first!! Recite yesterday's verse, Ephesians 3:6 ten times, being sure to include the verse number. Again, you should look in the Bible if you need to, just to refresh your memory. Old verses next, altogether: Recite Ephesians 1:1-3:6 together once, being sure to include the verse numbers. LOOK IN THE BIBLE IF YOU NEED TO, SO THIS PROCESS WON'T TAKE TOO LONG!!! Now, do your new verse. Read Ephesians 3:7 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include

the verse number. Then cover the page and recite it ten times. You're done for the day.

60) 第六十天（越过八天意味着你从第五十二个新的经文开始，这将以弗所书 3:7）昨天的经文优先！背诵昨天的经文，以弗所书 3:6 十遍，一定要包括节号。如果你需要，可以看圣经，这是要恢复你的记忆。接着是全部旧的经文：背诵以弗所书 1:1-3:6，一定要包括节号。如果你需要，可以看圣经，使这个过程不会花太长时间!!! 现在，背诵你的新经文。大声读 10 遍以弗所书 3:7，看每个单词好像用你的眼睛拍摄它。一定要包括节号。然后盖上那页背诵十遍。你完成了第 60 天。

## Long-Term Retention

长期保留

Assuming you continue this procedure in Ephesians with no missed days (other than your one day off per week), you should be done with the whole book in 26 weeks. When you have learned Ephesians 6:24, "Six twenty-four. Grace to all who love our Lord Jesus Christ with an undying love." you should stop to celebrate!!! Get on your knees and give thanks to God for His goodness to you.

假设你在以弗所书继续这个进程，如果没有耽误的日子（除了每周休息的一天），你应该可以用 26 周背诵完整卷书。当你已经学了以弗所书 6:24，“6 章 24 节，并愿所有诚心爱我们主耶稣基督的人都蒙恩惠！”你应该停下来去庆祝!!! 跪下，感谢上帝给你的恩慈。

But after your celebration is done, you need to get back to work. If you have done the "old verses altogether" stage faithfully, this next stage should not be overly burdensome, even though it may seem like it will. **RECITE THE ENTIRE BOOK FROM MEMORY FOR 100 CONSECUTIVE DAYS.** If you have done your work well, after about the second week you probably won't even need the Bible anywhere near you while you do this. Thus, you can do this step while in the shower, while driving, while washing dishes, while walking down the road, while exercising... **IT WILL ADD NO EXTRA TIME TO YOUR BUSY SCHEDULE!!** What is more, it is in this stage that you begin to see the scope of the entire book of Ephesians (or whatever book you have memorized). You will see large themes that unite chapters together, you will see the flow of the argument, you will discover new things that you never knew before.

但在你的庆祝活动做完以后，你需要回去工作了。如果你已经用心地做完了“全部旧的经文”阶段，下一阶段不应过于繁重，尽管它可能看起来会是这样的。连续 100 天背诵整卷书。如果你的背诵做得很好，第二个星期后，在你背诵的时候，你甚至可能不需要看圣经。因此，你可以在洗澡时、开车时、洗碗时、散步时、锻炼时.....做这一步，它将不会给你繁忙的日程增加额外的负担!! 更重要的是，

在这个阶段，你开始看到整本以弗所书的范畴（或任何你已经背读过的一卷书）。你会看到大的主题，全部章节的概括，你会看到一系列论证，你会发现新的东西，这些是你之前完全不知道的。

Be tough with yourself... 100 days without missing a single one! You can do it, and you'll be glad you did.

要对自己严厉……没耽误一天的 100 天！你能做到的，你会很高兴你做到了。

When that is over, then stick the book in a slot (Monday morning, let's say), and recite on Monday morning for the rest of your life. You will never forget it. However, don't forget to weed the garden... as I will describe now:

一卷书结束时，可以把这卷书安排在一个时间段，（比如，星期一早上），在以后每个星期一的早上背诵，你将永远不会忘记。但是，别忘了给花园除草……现在我会说明：

“Weeding the garden”: As you recite a book over a long period of time without looking at the Bible, you will gradually begin to make little mistakes or leave verses out. Again, this is why memorizing verse numbers is so essential!!! However, to “weed the garden,” simply take one of your Monday morning times after the 100 days (perhaps every other month) and just read the book by sight all the way through. This will correct errors... this will “weed the garden.”

“除去杂草”：当你很长一段时间不借助圣经背诵一卷书，你会逐渐不犯错误或者可以脱离圣经。这也是为什么一定要背诵经文的序号!!! 然而，“除去杂草”只是在 100 天以后，利用你一个星期一早晨的时间，（也许每两个月），并且，自始至终只是用眼睛阅读这卷书，这将纠正错误……这就是“除去杂草。”

Now, you are ready to memorize your next book!!!

现在，你准备好背诵你的下一本书!!!

## **Memorizing Long Books & Memorizing Faster**

背诵长的一卷书并且背诵的更快

After you've taken six months with Ephesians at the rate of one verse per day, you may feel that you're ready to memorize a longer book. If, for example, you memorized Romans, you would be looking at 432 verses. At the rate of one verse per day, that's close to a year and a half (with a 10% fudge factor in there). That may be too long for you... you're ready to pick up the pace. When I memorized the Gospel of Matthew, I did it at the rate of 36 verse per week... six per day, six days per week. It took me

about 9 months, since I didn't maintain that pace the whole time... but Matthew is 1068 verses long... a verse a day would have been way too slow. Let's look at how to do multiple verses in a single day:

你每天背诵一节，用六个月背诵完以弗所书以后，你可能会觉得你已经准备好背诵更长的一卷书。比如：你已经背完了罗马书，你会看到了 432 节。以每一天一节的速度，差不多需要一年半（在这有 10% 的修正）。对你来说，那也许太长。你准备好要加快速度。当我背诵马太福音时，我是每星期背诵 36 节，每周背诵六天。我花了大约 9 个月，因为我没完全保持这样的速度……但马太福音是 1068 节……每天一节就会太慢。让我们来看看如何在一天背诵几倍的经文：

1) Day one: Read Matthew 1:1 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. Repeat for verses 2 through 6, being sure to include the verse numbers. Then, recite the whole six verse section, Matthew 1:1-6, ten times. You're done for the day.

1) 第一天：大声读 10 遍马太福音 1:1，看每个单词好像用你的眼睛拍摄它。一定要包括节号。然后盖上那页背诵十遍。重复 2 至 6 节，一定要包括节号。然后，背诵整个这 6 节 10 遍，就是马太福音 1:1-6。你完成了这一天。

2) Day two: Yesterday's verses first!! Recite yesterday's verses, Matthew 1:1-6, ten times, being sure to include the verse numbers. Look in the Bible if you need to, just to refresh your memory. Now, do your new verses. Read Matthew 1:7 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. Repeat for Matthew 1:8-12. Then, recite the whole new six verse section, Matthew 1:7-12, ten times. You're done for the day.

2) 第二天：昨天的经文优先！背诵昨天的经文，就是马太福音 1:1-6，十遍，一定要包括节数。如果你需要可以看圣经，这是要恢复你的记忆。现在，背诵你新的经文。大声读 10 遍马太福音 1:7，看每个单词好像用你的眼睛拍摄它。一定要包括节号。然后盖上那页背诵十遍。重复马太福音 1:8-12，然后，背诵整个这 6 节 10 遍，就是马太福音 1:7-12，10 遍。你完成了这一天。

3) Day three: Yesterday's verses first!! Recite yesterday's verses, Matthew 1:7-12, ten times, being sure to include the verse number. Again, you should look in the Bible if you need to, just to refresh your memory. Old verses next, altogether: Recite Matthew 1:1-12 together once, being sure to include the verse numbers. Now, do your new verses. Read Matthew 1:13 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. Repeat for Matthew 1:14-18. Then, recite the whole new six verse section, Matthew 1:13-18, ten times. You're done for the day.

3) 第三天：昨天的经文优先！背诵昨天的经文，就是马太福音 1:7-12，十遍，一定要包括节号。如果你需要可以看圣经，就是要恢复你的记忆。接下来是全部的旧的经文。背诵马太福音 1:1-12。现在，背诵你新的经文。大声读 10 遍马太福音 1:13，看每个单词好像用你的眼睛拍摄它。一定要包括节号。然后盖上那页背诵十遍。重复马太福音 1:14-18，然后，背诵整个这 6 节 10 遍，就是马太福音 1:13-18，10 遍。你完成了这一天。

4) Day four: Yesterday's verses first!! Recite yesterday's verses, Matthew 1:13-18, ten times, being sure to include the verse number. Again, you should look in the Bible if you need to, just to refresh your memory. Old verses next, altogether: Recite Matthew 1:1-18 together once, being sure to include the verse numbers. Now, do your new verses. Read Matthew 1:19 out loud ten times, looking at each word as if photographing it with your eyes. Be sure to include the verse number. Then cover the page and recite it ten times. Repeat for Matthew 1:20-24. Then, recite the whole new six verse section, Matthew 1:19-24, ten times. You're done for the day.

4) 第四天：昨天的经文优先！背诵昨天的经文，就是马太福音 1:13-18，10 遍，一定要包括节号。如果你需要可以看圣经，就是要恢复你的记忆。接下来是全部的旧的经文。背诵马太福音 1:1-18。一定要包括节号。现在，背诵你新的经文。大声读 10 遍马太福音 1:19，看每个单词好像用你的眼睛拍摄它。一定要包括节号。然后盖上那页背诵十遍。重复马太福音 1:20-24，然后，背诵整个这 6 节新的经文 10 遍，就是马太福音 1:19-24，10 遍。你完成了这一天。

The ongoing review (the “old verses altogether” stage) will get unwieldy once you're at chapter 7 or 8. At that point, start leaving off chapter 1, then chapter 2, then chapter 3 etc. as you continue to move through the book. Limit the amount of time you spend on the “old verses altogether” stage to fifteen or twenty minutes. Review to chapters you leave off (chapter 1, then 2, then 3) once per week. By the time you get to Matthew 28:20, you will have to divide your long-term review into reasonable portions. This is the “High School Method” of long-term review:

一旦您背诵到第 7 或第 8 章，目前这样的复习方式会显得很不灵活（“复习全部旧的经文”阶段）。在这一点上，开始停止复习 1 章，然后是第 2 章，第 3 章等。当你继续背完整卷书。把你花在“复习旧的经文”阶段的时间限制在 15 或 20 分钟。你可以每周停止 1 章旧经文的复习（第 1 章，然后第 2 章，第 3 章）。当你到马太福音 28:20，你将不得不把你长期的复习分为几个合理的部分。这是长期复习的“高中方法”：

The High School Method of Long-Term Review (using The Gospel of Matthew as an example):

长期复习的高中方法（以马太的福音为例）：

1) Read Matthew with a stop watch, and time out ten minutes of verses, reading at a



normal rate. This may be Matthew 1-5, depending on your normal reading rate. Let's take that as an example. (I average about 125 verses for 10 minutes). NOTE: Stop at major chapter divisions... don't do Matthew 1:1 thru 5:37 for example. Dig deep and get to the end of the nearest chapter, even if it's 11 minutes of reading for you.

1) 读马太福音，同时用一个秒表计时，十分钟时暂停，要用正常的阅读速度。这可能会读了马太福音 1-5 章，这取决于您的正常阅读速度。让我们用这个为例。（我平均 10 分钟读 125 节左右）。注：在主要章节的分段处停止……比如，不要在马太福音 1:1 至 37 节间停止。仔细分析，即使对你来说已经读了 11 分钟，也要到最近的章节结束，

2) Recite Matthew 1-5 every day for 25 days. After about 15 days, you should be able to do it without the Bible, if you did your work well the first time you memorized these verses. Then just do it in the shower or while driving, etc. This shouldn't add anything extra to your day.

2) 每天背诵马太福音 1 到 5 章，连续 25 天。大约 15 天之后，你就应该能不借助圣经背诵这些经文了，如果你做得不错，你第一次就会记住这些经文。然后就可以在洗澡或驾驶等时间背诵。这应该不会给你的一天增加额外的事情。

3) On the 26th day, add the next "ten minutes" of Matthew. Let's say this is Matthew 6-8. Recite Matthew 6-8 every day for 25 days, while continuing Matthew 1-5 for this time. At the end of this period, you will have done Matthew 1-5 for 50 straight days, and Matthew 6-8 for 25 straight days.

3) 在第二十六天，加上下一个马太福音的“十分钟”。我们说这是马太福音 6-8 章。每天背诵马太福音 6-8 章，连续背诵 25 天，同时继续背诵马太福音 1-5 章。在这一时期结束时，你会连续 50 天背诵了马太福音 1-5 章，并且连续 25 天背诵了马太福音 6-8 章。

4) On the 51st day, add the next "ten minutes" (i.e. 125 verse or so) of Matthew. Let's say this is Matthew 9-12. Do these chapters for 25 days, while continuing Matthew 1-5 and 6-8. At the end of this period, you will have done Matthew 1-5 for 75 days, Matthew 6-8 for 50 days, and Matthew 9-12 for 25 days.

4) 在第五十一天，加上下一个马太福音的“十分钟”（即 125 节左右）。我们说这是马太福音 9-12 章。连续背诵 25 天，同时继续背诵马太福音 1-5 章和 6-8 章。在这一时期结束时，你会连续 75 天背诵了马太福音 1-5 章，连续 50 天背诵了马太福音 6-8 章，连续 25 天背诵了马太福音 9-12 章。

5) On the 76th day, add the next section... perhaps Matthew 13-15. Do these chapters for 25 days, while continuing Matthew 1-5, 6-8, and 9-12. At the end of this period, you will have done Matthew 1-5 for 100 days, Matthew 6-8 for 75 days, and Matthew 9-12 for 50 days, and Matthew 13-15 for 25 days. As in a high school, Matthew 1-5 is

your “senior class”, Matthew 6-8 your “junior class,” Matthew 9-12 your “sophomore class,” and Matthew 13-15 your “freshman class.” The entire reciting process should take no more than 45 minutes, if you’ve done your timing right. ALSO NOTE... by this time, you should be able to recite Matthew 1-12 at least with no Bible at all... thus, it can be done while you do other things... thus, you will be sitting and doing nothing but memorization for no more than 15-20 minutes at most.

5) 在第七十六天，加上下一段……也许是马太福音 13 – 15 章。连续背诵这些章节 25 天，同时继续背诵马太福音 1 – 5 章，6 – 8 章，和 9 – 12 章。在这一时期结束时，你会连续背诵了马太福音 1-5 章 100 天，马太福音 6 – 8 章 75 天，马太 9-12 章 50 天，马太福音 13 – 15 章 25 天。在高中，马太福音 1 – 5 章是你的“四年级”，马太福音 6 – 8 章是“三年级”，马太福音 9-12 节是“二年级”，马太福音 13 – 15 章是“一年级”。如果你合理的利用你的时间，整个背诵过程应不会超过 45 分钟，还要注意……这段时间，你应该能够在完全不借助圣经的情况下背诵至少 1 – 12 章马太福音。因此，它也可以在你做其他事情的同时做……所以，你可以坐着最多背诵不超过 15 - 20 分钟。

6) On the 101st day, you can “graduate” Matthew 1-5, and stick it into a “Monday slot” to do it for the rest of your life... you have done it so many times at this point, you could recite it in your sleep! (Perhaps you do!) Simply recite it every Monday, in addition to the ongoing work you’re doing... or, of that’s too much, just review it once a month to keep it fresh.

6) 第一百零一天，你可以从马太福音 1-5 章 “毕业”了。并在您余下的生活，把这段经文插入到“星期一的空当时间”中进行背诵……在这一点上你已经做过很多次，你可以在睡梦中背诵它！（或许你可以！）除了你正在进行的工作，你可以每星期一简单地背诵它，……或者，如果这样太多，可以每个月复习一次，以保证对段经文很熟悉。

Now, add the next “ten minutes” of Matthew, to replace the “senior class” that just graduated... perhaps its Matthew 16-19. Keep on going with Matthew 6-8 (your new “senior class”), Matthew 9-12 (“junior class”), and Matthew 13-15 (“sophomore class”). At the end of this next period, you will have done Matthew 6-8 for 100 days, Matthew 9-12 for 75 days, Matthew 13-15 for 50 days, and Matthew 16-19 for 25 days.

现在，再加上下一个马太福音的“十分钟”，取代刚刚毕业的“四年级”……也许是马太福音 16-19 章。要继续进行马太福音 6 – 8（新的“四年级”），马太福音 9 – 12 章（“三年级”），和马太福音 13 – 15 章（“二年级”）。在接下来的这一时期结束时，你会背诵马太福音 6 – 8 章 100 天，马太福音 9-12 章 75 天，马太福音 13-15 章 50 天和马太福音 16-19 章 25 天。

7) On the 126th day, “graduate” Matthew 6-8, add Matthew 20-22, and continue. At the end of this next period, you will have done Matthew 9-12 for 100 days, Matthew

13-15 for 75 days, Matthew 16-19 for 50 days, and Matthew 20-22 for 25 days.

7) 在第一百二十六天，从马太福音 6 - 8 “毕业”，加上马太福音 20 - 22 章，并继续。在这一时期结束时，你会背诵马太福音 9-12 章 100 天，马太福音 13-15 章 75 天，马太福音 16-19 章 50 天和马太福音 20 - 22 章 25 天。

8) On the 151st day, “graduate” Matthew 9-12, add Matthew 23-25, and continue. At the end of this next period, you will have done Matthew 13-15 for 100 days, Matthew 16-19 for 75 days, Matthew 20-22 for 50 days, and Matthew 23-25 for 25 days.

8) 在第一百五十一天，从马太福音 9-12 章 “毕业”，再加上马太福音 23 - 25 章，并继续。在这一时期结束，你会背诵马太福音 13-15 章 100 天，马太福音 16-19 章 75 天，马太福音 20-22 章 50 天和马太福音 23 - 25 章 25 天

9) On the 176th day, “graduate” Matthew 13-15, add Matthew 26-27, and continue. At the end of this next period, you will have done Matthew 16-19 for 100 days, Matthew 20-22 for 75 days, Matthew 23-25 for 50 days, and Matthew 26-27 for 25 days.

9) 在第一百七十六天，从马太福音 13 - 15 章 “毕业”，再加上马太福音 26 - 27 章，并继续。在这一时期结束时，你会背诵马太福音 16-19 章 100 天，马太福音 20-22 章 75 天，马太福音 23-25 章 50 天和马太福音 26 - 27 章 25 天

10) On the 201st day, you can “graduate” Matthew 16-19, and finally add Matthew 28 to your review cycle. Continue on, but add no new verses. Go until you have finished your 100 days on Matthew 28 (the 300th day!!). After about 25 days of doing Matthew 28, you should be able to recite the entire Gospel of Matthew at a good rate of accuracy, totally from memory. At that point, you can fall on your knees and give thanks to God for His goodness to you. But keep doing your work until you’ve finished your 100 days for all verses.

10) 在第二百零一天，你可以从马太福音 16-19 章 “毕业”，最后再把马太福音 28 章加到你的复习周期中。继续进行，但不增加新的经文。直到你背诵马太福音 28 章 100 天为止（第三百天!!）。背诵马太福音 28 章大约 25 天之后，你应该可以背诵整卷马太福音，而且有很不错的准确率，这完全是依靠你的记忆。那时，你可以跪下来，感谢上帝对你的慈爱。但你要继续进行，直到你背完这 100 天所有的经文。

11) Review each section one a week or once a month as you feel the need, in order to keep it fresh.

11) 视你的需要，决定是一周复习一段还是一个半月复习一段。目的是为了保证对经文的熟悉。

## Appendix 1

### 附录一

#### Ephesians Weekly Schedule

##### Weeks New Verses Old Verses

Week 1 Ephesians 1:1-1:6

Week 2 Ephesians 1:7-1:12 Ephesians 1:1-1:6

Week 3 Ephesians 1:13-1:18 Ephesians 1:1-1:12

Week 4 Ephesians 1:19-2:1 Ephesians 1:1-1:18

Week 5 Ephesians 2:2-2:7 Ephesians 1:1-2:1

Week 6 Ephesians 2:8-2:13 Ephesians 1:1-2:7

Week 7 Ephesians 2:14-2:19 Ephesians 1:1-2:13

Week 8 Ephesians 2:20-3:3 Ephesians 1:1-2:19

Week 9 Ephesians 3:4-3:9 Ephesians 1:1-3:3

Week 10 Ephesians 3:10-3:15 Ephesians 1:1-3:9

Week 11 Ephesians 3:16-3:21 Ephesians 1:1-3:15

Week 12 Ephesians 4:1-4:6 Ephesians 1:1-3:21

Week 13 Ephesians 4:7-4:12 Ephesians 1:1-4:6

Week 14 Ephesians 4:13-4:18 Ephesians 1:1-4:12

Week 15 Ephesians 4:19-4:24 Ephesians 1:1-4:18

Week 16 Ephesians 4:25-4:30 Ephesians 1:1-4:24

Week 17 Ephesians 4:31-5:4 Ephesians 1:1-4:30

Week 18 Ephesians 5:5-5:10 Ephesians 1:1-5:4

Week 19 Ephesians 5:11-5:16 Ephesians 1:1-5:10

Week 20 Ephesians 5:17-5:22 Ephesians 1:1-5:16

Week 21 Ephesians 5:23-5:28 Ephesians 1:1-5:22

Week 22 Ephesians 5:29-6:1 Ephesians 1:1-5:28

Week 23 Ephesians 6:2-6:7 Ephesians 1:1-6:1

Week 24 Ephesians 6:8-6:13 Ephesians 1:1-6:7

Week 25 Ephesians 6:14-6:19 Ephesians 1:1-6:13

Week 26 Ephesians 6:20-6:24 Ephesians 1:1-6:19

## 以弗所书 周时间表

周数	新的经文	旧的经文
第 1 周	以弗所书 1:1-1:6	
第 2 周	以弗所书 1:7-1:12	以弗所书 1:1-1:6
第 3 周	以弗所书 1:13-1:18	以弗所书 1:1-1:12
第 4 周	以弗所书 1:19-2:1	以弗所书 1:1-1:18
第 5 周	以弗所书 2:2-2:7	以弗所书 1:1-2:1
第 6 周	以弗所书 2:8-2:13	以弗所书 1:1-2:7
第 7 周	以弗所书 2:14-2:19	以弗所书 1:1-2:13
第 8 周	以弗所书 2:20-3:3	以弗所书 1:1-2:19
第 9 周	以弗所书 3:4-3:9	以弗所书 1:1-3:3
第 10 周	以弗所书 3:10-3:15	以弗所书 1:1-3:9
第 11 周	以弗所书 3:16-3:21	以弗所书 1:1-3:15
第 12 周	以弗所书 4:1-4:6	以弗所书 1:1-3:21
第 13 周	以弗所书 4:7-4:12	以弗所书 1:1-4:6
第 14 周	以弗所书 4:13-4:18	以弗所书 1:1-4:12
第 15 周	以弗所书 4:19-4:24	以弗所书 1:1-4:18
第 16 周	以弗所书 4:25-4:30	以弗所书 1:1-4:24
第 17 周	以弗所书 4:31-5:4	以弗所书 1:1-4:30
第 18 周	以弗所书 5:5-5:10	以弗所书 1:1-5:4
第 19 周	以弗所书 5:11-5:16	以弗所书 1:1-5:10
第 20 周	以弗所书 5:17-5:22	以弗所书 1:1-5:16
第 21 周	以弗所书 5:23-5:28	以弗所书 1:1-5:22
第 22 周	以弗所书 5:29-6:1	以弗所书 1:1-5:28
第 23 周	以弗所书 6:2-6:7	以弗所书 1:1-6:1
第 24 周	以弗所书 6:8-6:13	以弗所书 1:1-6:7
第 25 周	以弗所书 6:14-6:19	以弗所书 1:1-6:13
第 26 周	以弗所书 6:20-6:24	以弗所书 1:1-6:19

## Appendix 2

### 附录二

#### Sample Weekly Schedule

WEEK 1 Yesterday's Verse Old Verses New Verse

Ephesians 1:1-6 Together

Day 1 Ephesians 1:1

Day 2 Ephesians 1:1 Ephesians 1:1 Ephesians 1:2

Day 3 Ephesians 1:2 Ephesians 1:1-2 Ephesians 1:3

Day 4 Ephesians 1:3 Ephesians 1:1-3 Ephesians 1:4

Day 5 Ephesians 1:4 Ephesians 1:1-4 Ephesians 1:5

Day 6 Ephesians 1:5 Ephesians 1:1-5 Ephesians 1:6

..

.

WEEK 24 Yesterday's Verse Old Verses New Verse

Ephesians 6:8-13 Together

Day 1 Ephesians 6:7 Ephesians 1:1-6:7 Ephesians 6:8

Day 2 Ephesians 6:8 Ephesians 1:1-6:8 Ephesians 6:9

Day 3 Ephesians 6:9 Ephesians 1:1-6:9 Ephesians 6:10

Day 4 Ephesians 6:10 Ephesians 1:1-6:10 Ephesians 6:11

Day 5 Ephesians 6:11 Ephesians 1:1-6:11 Ephesians 6:12

Day 6 Ephesians 6:12 Ephesians 1:1-6:12 Ephesians 6:13

## 周时间样表

第一周	昨天的经文	旧的经文	新的经文
	以弗所书 1:1-6 节一起		
第 1 天	以弗所书 1:1		
第 2 天	以弗所书 1:1	以弗所书 1:1	以弗所书 1:2
第 3 天	以弗所书 1:2	以弗所书 1:1-2	以弗所书 1:3
第 4 天	以弗所书 1:3	以弗所书 1:1-3	以弗所书 1:4
第 5 天	以弗所书 1:4	以弗所书 1:1-4	以弗所书 1:5
第 6 天	以弗所书 1:5	以弗所书 1:1-5	以弗所书 1:6
...			
...			
.			
...			
...			
第 24 周	昨天的经文	旧的经文	新的经文
	以弗所书 6:8-13 一起		
第 1 天	以弗所书 6:7	以弗所书 1:1-6:7	以弗所书 6:8
第 2 天	以弗所书 6:8	以弗所书 1:1-6:8	以弗所书 6:9
第 3 天	以弗所书 6:9	以弗所书 1:1-6:9	以弗所书 6:10
第 4 天	以弗所书 6:10	以弗所书 1:1-6:10	以弗所书 6:11
第 5 天	以弗所书 6:11	以弗所书 1:1-6:11	以弗所书 6:12
第 6 天	以弗所书 6:12	以弗所书 1:1-6:12	以弗所书 6:13

### Appendix 3

#### Verses per book

#### Old Testament of Books    Number Verses

Genesis 1533	Ecclesiastes 222
Exodus 1213	Song of Solomon 117
Leviticus 859	Isaiah 1292
Numbers 1288	Jeremiah 1364
Deuteronomy 959	Lamentations 154
Joshua 658	Ezekiel 1273
Judges 618	Daniel 357
Ruth 85	Hosea 197
1 Samuel 810	Joel 73
2 Samuel 695	Amos 146
1 Kings 816	Obadiah 21
2 Kings 719	Jonah 48
1 Chronicles 942	Micah 105
2 Chronicles 822	Nahum 47
Ezra 280	Habakkuk 56
Nehemiah 406	Zephaniah 53
Esther 467	Haggai 38
Job 1070	Zechariah 211
Psalms 2461	Malachi 55
Proverbs 915	



附录三  
每卷书经文的节数

旧约书 节数

创世纪 1533  
出埃及记 1213  
利未记 859  
民数记 1288  
申命记 959  
约书亚记 658  
士师记 618  
路得记 85  
撒母耳记上 810  
撒母耳记下 659  
列王记上 816  
列王记下 719  
历代志上 942  
历代志下 822  
以斯拉记 280  
尼希米记 406  
以斯帖记 467  
约伯记 1070  
诗篇 2461  
箴言 915

旧约书 节数

传道书 222  
雅歌 117  
以赛亚书 1292  
耶利米书 1364  
耶利米哀歌 154  
以西结书 1273  
但以理书 1357  
何西阿书 197  
约珥书 73  
阿摩司书 146  
俄巴底亚书 21  
约拿书 48  
弥迦书 105  
那鸿书 47  
哈巴谷书 56  
西番雅书 53  
哈该书 38  
撒迦利亚书 211  
玛拉基书 55

New Testament Books

Matthew 1071  
 Mark 678  
 Luke 1151  
 John 879  
 Acts 1007  
 Romans 433  
 1 Corinthians 437  
 2 Corinthians 257  
 Galatians 149  
 Ephesians 155  
 Philippians 104  
 Colossians 95  
 1 Thessalonians 89  
 2 Thessalonians 47  
 1 Timothy 113  
 2 Timothy 83

新约书 节数

马太福音 1071  
 马可福音 678  
 路加福音 1151  
 约翰福音 879  
 使徒行传 1007  
 罗马书 433  
 哥林多前书 437  
 哥林多后书 257  
 加拉太书 149  
 以弗所书 155  
 腓立比书 104  
 歌罗西书 95  
 帖撒罗尼迦前书 89  
 帖撒罗尼迦后书 47  
 提摩太前书 113  
 提摩太后书 83

Number of Verses

Titus 46  
 Philemon 25  
 Hebrews 303  
 James 108  
 1 Peter 105  
 2 Peter 61  
 1 John 105  
 2 John 13  
 3 John 14  
 Jude 25  
 Revelation 404

新约书 节数

提多书 46  
 腓利门书 25  
 希伯来书 303  
 雅各书 108  
 彼得前书 105  
 彼得后书 61  
 约翰一书 105  
 约翰二书 13  
 约翰三书 14  
 犹大书 25  
 启示录 404