

Raised with Christ

|| A series through Colossians

Internalize it!

Sermon Synopsis: One of the great and foundational forms of spiritual formation is by memorizing Scripture. In this sermon, pastor Chris Lazo shows us the benefit as well as methods for internalizing God's word.

[Colossians 2:16 \(ESV\)](#)

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Intro: Psalm 1; Rom 3:10-12; Rom 7:15-25; Isaiah 53:2-6; Phil 2:5-11; Rom 8:1-9; Rom 6:5-11; Col 3:1-18; Eph 3:14-19; Matt 6:7-13; Eph 3:20-21

Explain

The reason I wanted to start by reciting _____, was to teach by way of illustration, that when Paul says, *Let the word of Christ dwell in you richly (Colossians 2:16a, ESV)*, He's saying, **internalize it!** And the only way to internalize it is to memorize it.

If I can internalize it, you can too

Testimony: Carrie. I have less than perfect memory. Most of us do!
Jonathan Foer. Memory is like a muscle. Needs training.
Young Hebrews memorized Torah by 12. Approx Matt–Heb!

Why internalize?

We're constantly being formed by what we do/think/say/choose/experience
What better way of being formed than by memorizing what God says and does?

What comes from within

teaching and admonishing one another in all wisdom (Colossians 2:16b, ESV)

beach – Our Father (fog – m. night shyamalan)

In moment of stress, God spoke to me, through me, without thinking!

App

how to: repetition & frequency (for me 20x per verse + cumulative)

homework: Colossians 3:1 (we will start next week by reciting this together!)

1. challenge: spend four weeks memorizing Colossians 3:1-4 and see if it forms you.

singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.
(Colossians 2:16c, ESV)

Beach incident was really an act of worship that came naturally in a place of stress.
2. I think that's what Paul is talking about here: what you put in will come out...in worship

VERSE 1

Before the throne of God above
I have a strong and perfect plea
A great High Priest whose name is love
Who ever lives and pleads for me
My name is graven on His hands
My name is written on His heart
I know that while in heav'n He stands
No tongue can bid me thence depart
No tongue can bid me thence depart

VERSE 2

When Satan tempts me to despair
And tells me of the guilt within
Upward I look and see Him there
Who made an end of all my sin
Because the sinless Savior died
My sinful soul is counted free
For God the Just is satisfied
To look on Him and pardon me
To look on Him and pardon me

VERSE 3

Behold Him there, the risen Lamb
My perfect, spotless Righteousness
The great unchangeable I AM
The King of glory and of grace
One with Himself, I cannot die
My soul is purchased by His blood
My life is hid with Christ on high
With Christ my Savior and my God
With Christ my Savior and my God