

# 23 Strong November – One Liners from Matthew 5-7



*November Day 1*  
*My heart stands in awe of Your Words.*  
Psalm 119:161b



## SPIRITUAL FOOD and FITNESS

Today we begin our second month in this last quarter of 23 Strong! During this quarter we are asking God to open our eyes to the awe of His powerful Word spoken through Jesus in the Sermon on the Mount. Last month we found that awe in the imagery Jesus shared. This month, may God reveal the awe of so many powerful one-liners this sermon contains.

So, for each of our 23 days we'll give attention to one small line of this sermon. May God speak powerfully through each one. Today's one-liner actually holds two from verse 1... *"when He saw... He sat down"*

As we get started, let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of God's Word to you this month.
- WATCH the video we've titled, 23 Strong November Day 1, taking notes as you do.
- READ Matthew 5:1-2, highlighting and copying the one-liners for today found in verse 1.
- JOURNAL about the following...
  - What do you think Jesus saw in the multitudes that day? What does He see in you today?
  - How does knowing Jesus can see you, impact your relationship with Him and time in His Word?
  - Why is it important to remember that Jesus speaks with a standalone authority?
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** Start a list in your journal of the one-liners we will focus upon this month. Memorize the one for today.



*November Day 2*  
*My heart stands in awe of Your Words.*  
Psalm 119:161b



## SPIRITUAL FOOD and FITNESS

This month, we are focused on the powerful one-liners we find in Jesus' Sermon on the Mount.

Like yesterday, our one-liner for today actually holds two lines. This one is from verses 13-14... *"You are the salt of the earth... You are the light of the world"*

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of God's Word to you today.
- WATCH the brief video we've titled, 23 Strong November Day 2, taking notes as you do.
- READ Matthew 5:13-16, highlighting and copying the one-liners for today found in verses 13 and 14.
- JOURNAL about the following...
  - As Jesus calls you salt, what is He saying about you? Does your life reflect what He says?
  - As Jesus calls you light, what is He saying about you? Does your life reflect what He says?
  - How can these two realities of your identity shape your day to day living?
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** Add the one-liners from today to the list that you began making yesterday. Review the ones from yesterday, and then memorize the ones for today. Review again.



*November Day 3*  
*My heart stands in awe of Your Words.*  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

Another day, and another powerful one-liner from Jesus' Sermon on the Mount.

Today, we actually have just one line to focus upon... and we will maintain that dynamic for the duration of the rest of the 23 days. The line for today is found in verse 18 "*not the smallest letter or stroke*"

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of God's Word to you today as you focus on this one line.
- WATCH the brief video we've titled, [23 Strong November Day 3](#), taking notes as you do.
- READ Matthew 5:17-18, highlighting and copying the one-liner for today found in verse 18.
- JOURNAL about the following...
  - Why is it important to highly value ALL of God's Word?
  - Has God ever spoken to you through just one word or small phrase in His Word? What was it? And how did it impact you?
  - How does knowing the eternity of God's Word affect the way you value it in your life?
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** Add this one-liner to your list. Review the ones from Days 1 and 2, and then memorize the one for today. Review all of them again, remembering the significance of each one.



*November Day 4*  
*My heart stands in awe of Your Words.*  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

Day 4...

Today, we add another one-liner from Matthew 5 to our list... this one from verse 19, "*he shall be called great in the kingdom*"

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of what God speaks to you in this one line...
- WATCH the brief video we've titled, [23 Strong November Day 4](#), taking notes as you do.
- READ Matthew 5:17-19, highlighting and copying the one-liner for today found in verse 19.
- JOURNAL about the following...
  - Which do you value most - being great in this world, or being great in God's Kingdom? Why?
  - How is that value expressed in the way you handle God's Word in your day-to-day life?
  - Dream with God... what could greatness in His Kingdom mean in your life now, and for all eternity?
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** Review your list of Days 1-3. Then, add the one-liner from today to your list and memorize it. Review all of them together by writing the list from memory.



November Day 5  
My heart stands in awe of Your Words.  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

It's a new week, and time to continue exploring the powerful one-liners we find in Jesus' Sermon on the Mount.

We are still in Matthew 5 and our one-liner for today can be heard in verse 29, and also in verse 30, *"it is better for you"*

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to allow the awe of this Word to remain with you always...
- WATCH the brief video we've titled, 23 Strong November Day 5, taking notes as you do.
- READ Matthew 5:29-30, highlighting and copying the one-liner for today, repeated in both verses.
- JOURNAL about the following...
  - Which appears to hold more value to Jesus... your physical body, or your soul? How do you know?
  - How does this line from Jesus reveal His care for you and your eternal well being?
  - How does this line from Jesus reveal what He knows about the power of unrepented sin in your life?
  - How will this line shape your attitude toward sin and righteousness in your life in the days to come?
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** Review your list of Days 1-4. Add the one-liner from today to your list and memorize it as well. Review all of them together by speaking the list 3 times out loud without error.



November Day 6  
My heart stands in awe of Your Words.  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

It's Day 6 of November 23 Strong, and our one liner for today is challenging! We find it in verse 39, and the verses which follow expound on its meaning. This one-liner from verse 39 is, *"do not resist him who is evil"*

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to allow the power of this one-liner to shine brighter than the challenge of it...
- WATCH the brief video we've titled, 23 Strong November Day 6, taking notes as you do.
- READ Matthew 5:38-48, highlighting and copying the one-liner for today found in verse 39.
- JOURNAL about the following...
  - What various ways are you most prone to *"resist him who is evil"* in your life?
  - What is the why behind this powerful one-liner from Jesus? And why is it important to remember this why as you seek to live out Jesus' instructions here?
  - Is there anyone specific that you are *"resisting"* right now in your life? Why?
  - Write out a prayer expressing your desire to follow Jesus' instructions, and your challenge in doing so. As you pray, lean into the why of what He says, to find the strength to live out what He says.
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** You now know how this works - Review... Add... and then Review some more! And pray for strength as you do!



*November Day 7*  
*My heart stands in awe of Your Words.*  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

Our one-liner for today will bring us to the end of Matthew 5... verse 48, *"you are to be perfect as your heavenly Father is perfect."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to call you up to the awe of the rich meaning found in this line of Scripture...
- **WATCH** the brief video we've titled, 23 Strong November Day 7, taking notes as you do.
- **READ** Matthew 5:20-48, highlighting and copying the one-liner for today found in verse 48.
- **JOURNAL** about the following...
  - How does this challenging instruction from Jesus bring your own imperfections to mind? And God's holy perfection to mind as well?
  - Describe your only valid hope for living out this one-liner from Jesus.
  - Is this instruction from Jesus designed to be a spiritual position, or a practical reality? Why?
  - What quality of God's perfection challenges you the most? Instead of a challenge, how might His perfection actually become your strength?
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** The more we add, the more challenging this gets. But remember, flow through the Sermon on the Mount in your mind as you review Days 1-6... and then add on 7. You got this!



*November Day 8*  
*My heart stands in awe of Your Words.*  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

Today we begin Matthew 6, and our one-liner is found in the first verse, *"Beware of practicing your righteousness before men"*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to continue revealing the awe of His Word to you...
- **WATCH** the brief video we've titled, 23 Strong November Day 8, taking notes as you do.
- **READ** Matthew 6:1-8 and 16-18, highlighting and copying the one liner for today found in verse 1.
- **JOURNAL** about the following...
  - What specific acts of righteousness does Jesus highlight in these verses? And how does this one-liner introduce His thoughts on all of them?
  - How is Jesus' warning for us designed to protect, and guide us to God's best in our lives?
  - What might sometimes motivate you to *"practice your righteousness before men?"* Why?
  - In Jesus' discussion which follows this one-liner, He encourages us to seek out a 'secret place' with God. How is that a reality in your life?
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** Again, you know how this works - Review... Add... and then Review some more!  
And keep praying for strength as you do!



November Day 9  
My heart stands in awe of Your Words.  
Psalm 119:161b



## SPIRITUAL FOOD and FITNESS

Day 9 and our one-liner today is found in the first line of The Lord's Prayer which is in the Sermon on the Mount. It is, *"Our Father..."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to bring you to a place of awe in regard to this one-liner that is probably very familiar.
- **WATCH** the brief video we've titled, 23 Strong November Day 9, taking notes as you do.
- **READ** Matthew 6:9-14, highlighting and copying the one liner for today found in verse 9.
- **JOURNAL** about the following...
  - How can this one-liner guide your prayer to God in regard to your relationship with Him?
  - How can this one-liner specifically protect your prayers from being self-centered?
  - How can this one-liner help to protect you from strife?
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** The list is getting longer. It might be of help to mentally categorize the list by chapter locations in the Sermon on the Mount. So, first, review chapter 5 one-liners. Then work on the chapter 6 list which now has 2. Dividing the lists in this way categorizes them in your mind.



November Day 10  
My heart stands in awe of Your Words.  
Psalm 119:161b



## SPIRITUAL FOOD and FITNESS

Day 10, and our one-liner for today is also found in The Lord's Prayer... *"Thy Kingdom come..."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to bring you to a place of awe in regard to this one-liner that is probably very familiar.
- **WATCH** the brief video we've titled, 23 Strong November Day 10, taking notes as you do.
- **READ** Matthew 6:9-14, highlighting and copying the one liner for today found in verse 10.
- **JOURNAL** about the following...
  - How does praying *"Thy Kingdom come"* call me to surrender building my own kingdom here on this earth? Is there anything I specifically need to surrender today as I pray this line?
  - How does praying *"Thy Kingdom come"* call me to commit to building God's kingdom here on this earth? Is there anything God is specifically calling me to do today, this week, this month, this year to build His Kingdom?
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** Review your list from Chapter 5, making sure you have it solid in your mind. Then work on your list of one-liners from Chapter 6. Then add them together.



## November Day 11

*My heart stands in awe of Your Words.*

Psalm 119:161b



### SPIRITUAL FOOD and FITNESS

We are continuing on with these one-liners from Jesus in His Sermon on the Mount. Our one-liner for today is found just after The Lord's Prayer, in reference to something Jesus prayed in it. The one-liner is, *"For if you forgive men..."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to bring you to a place of awe even in His words that may hold mystery.
- **WATCH** the brief video we've titled, 23 Strong November Day 11, taking notes as you do.
- **READ** Matthew 6:9-14, highlighting and copying the one liner for today found in verse 14.
- **JOURNAL** about the following...
  - Are you someone who is prone to wander off into unforgiveness? And if you are, what kinds of offenses tend to draw you there?
  - What questions rise up in your mind and heart when you hear these Words from Jesus?
  - Are Jesus' Words calling you back into the flow of forgiveness today? In what ways?
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** No fluff to our encouragement today... REVIEW... ADD... and then REVIEW some more!



## November Day 12

*My heart stands in awe of Your Words.*

Psalm 119:161b



### SPIRITUAL FOOD and FITNESS

We are still in Matthew 6, and today our focus will be on these words from Jesus found in verse 19, *"Do not lay up for yourselves treasures on earth..."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to open your eyes to the awe of His instructions for you today!
- **WATCH** the brief video we've titled, 23 Strong November Day 12, taking notes as you do.
- **READ** Matthew 6:19-20, highlighting and copying the one liner for today found in verse 19.
- **JOURNAL** about the following...
  - Pondering the ways you invest your time, energy, affection, thought, care, conversations and financial resources... what would be the general ratio of how much those things are invested toward temporal things on this earth... versus eternal things in heaven? How does that ratio line up with Jesus' Words in Matthew 6:13-14?
  - In what specific ways could you make some shifts in your life to intentionally invest your time, energy, affection, thought, care, conversations and financial resources into eternal things.
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** Today is the middle day of our 23 days... so stop and celebrate how much you have already memorized... and then continue on!



November Day 13  
My heart stands in awe of Your Words.  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

We'll continue on in Matthew 6 today, and meditate on this one liner from Jesus found in verse 22, "*the lamp of the body is the eye...*"

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking God to open your eyes to the awe of His Truth today, and how it can light up your life!
- WATCH the brief video we've titled, 23 Strong November Day 13, taking notes as you do.
- READ Matthew 6:22-23, highlighting and copying the one liner for today found in verse 19.
- JOURNAL about the following...
  - Which of these following kinds of darkness tend to close in on you most often? And in what ways?  
Despair Depression Discouragement. Danger Destruction Dread Degrading Activity
  - Research Truth from God's Word that could light up your heart and mind. Copy it.
  - Pray and ask God to light up your life with His Truth.
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** Review each one-liner on your list so far, pausing to connect your heart to each one. After your review, add today's one-liner to the list.



November Day 14  
My heart stands in awe of Your Words.  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

Our one liner from Jesus today is found in Matthew 6:24, "*you cannot serve both God and money.*"

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking God to open your eyes to the awe of this foundational Truth!
- WATCH the brief video we've titled, 23 Strong November Day 14, taking notes as you do.
- READ Matthew 6:24 highlighting and copying the one liner for today found in this verse.
- JOURNAL about the following...
  - Ponder ways that money can become a "god" in people's lives?
  - In what ways might you be tempted to try to "*serve both God and money?*"
  - Write out a personal prayer about this temptation that affects all of us.
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** Hiding God's Word in our hearts protects us from being lured into sin... so give it your best today, it is so worth it!



November Day 15  
My heart stands in awe of Your Words.  
Psalm 119:161b



## SPIRITUAL FOOD and FITNESS

Our one-liner from Jesus today is found in Matthew 6:25, *"Is not life more?..."*

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking God to open your eyes to the awe of this question which Jesus asks.
- WATCH the brief video we've titled, 23 Strong November Day 15, taking notes as you do.
- READ Matthew 6:25 highlighting and copying the one liner for today found in this verse.
- JOURNAL about the following...
  - Ponder which basic things of life tend to get your attention.
  - Ponder the burdens you often carry regarding these basic things. How could walking in the Truth of *"Is not life more?"* and of God's care for you:
    - relieve you of those burdens?
    - *allow you to experience His great love for you in greater measure?*
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** We can't say it enough, taking time to REVIEW is the key to success in memorizing. So make time for it today!



November Day 16  
My heart stands in awe of Your Words.  
Psalm 119:161b



## SPIRITUAL FOOD and FITNESS

Today we will meditate upon our final one-liner from Matthew chapter 6, *"but seek first the Kingdom of God..."*

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking God to open your eyes to the awe and practicality of Jesus' Words.
- WATCH the brief video we've titled, 23 Strong November Day 16, taking notes as you do.
- READ Matthew 6:33 highlighting and copying the one liner for today found in this verse.
- JOURNAL about the following...
  - Write out the two Biblical definitions for God's Kingdom that we have been using in this study.
  - Take each one (10 total) and as briefly demonstrated in the video, give your own description of how you can specifically seek that aspect of God's Kingdom FIRST in your life.
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** As you review and add today, make sure to incorporate your chapter lists. You should now have a list from Chapter 5 and a list from Chapter 6.





*November Day 17*  
*My heart stands in awe of Your Words.*  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

We are headed into Matthew chapter 7 today and our first one-liner from this chapter is found in verse 1, *“Do not judge lest you be judged.”*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to open your eyes to the Truth of Jesus' Words.
- **WATCH** the brief video we've titled, 23 Strong November Day 17, taking notes as you do.
- **READ** Matthew 7:1-5 highlighting and copying the one liner for today found in this verse 1.
- **JOURNAL** about the following...
  - How does Matthew 7:1 fit in with the other “flow” verses mentioned in the video.
  - How does this on-liner stand as the opening line to a full set of Truth about how we are to relate to others in regard to their sin? How does this Truth translate into your day-to-day of life?
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** Memorization is a mixture of perfection and grace. We want to get it perfect, but we also should give ourselves grace in the process. As you memorize, seek to have that balanced mixture of both.



*November Day 18*  
*My heart stands in awe of Your Words.*  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

Our one-liner for today is found in Matthew 7, but also represented two times in chapter 6 as well, speaking of the MORE care God has for us! So, from Matthew 7:11, we read, *“how much more...”*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to open your eyes to the awe of God's MORE love and care for you.
- **WATCH** the brief video we've titled, 23 Strong November Day 18, taking notes as you do.
- **READ** Matthew 7:7-11 highlighting and copying the one liner for today found in this verse 11.
- **JOURNAL** about the following...
  - Read Matthew 6:25 and 6:30, making note of God's MORE care expressed in these verses too.
  - Ponder past moments of God's MORE care for you. Write out a prayer of thanksgiving for this care.
  - Ponder your current places of need for God's MORE care. Write out a prayer expressing these desires.
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** Have you started a third list. You have a list for Chapter 5, and one for Chapter 6. Make sure you also have one for Chapter 7 now as well. **REVIEW** all three lists as you memorize.



November Day 19  
My heart stands in awe of Your Words.  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

We are continuing to find one-liners from Jesus in Matthew 7... the one we find for today is found in verse 13, "Enter by the narrow gate..."

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking God to open your eyes to the awe of the wisdom He shares with you.
- WATCH the brief video we've titled, 23 Strong November Day 19, taking notes as you do.
- READ Matthew 7:13-14 highlighting and copying the one-liner for today found in this verse 13.
- JOURNAL about the following...
  - Why is Jesus the Narrow Way to salvation?
  - Ponder a past decision of choosing the Narrow Way. Why was it narrow, and what did it lead to?
  - Ponder current Narrow Way decisions you are making? Why are they narrow and what are they leading you to?
  - Ponder areas of your life where you may be tempted to choose the Wide Way. Why? Talk to Jesus about them.
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** Follow the plan... REVIEW... ADD... REVIEW some more!



November Day 20  
My heart stands in awe of Your Words.  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

Today's one-liner is definitely sobering, but one we need to heed, that we might never hear Jesus speak it to us. It is found in Matthew 7:23, "I never knew you..."

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking God to open your eyes in reverential awe today.
- WATCH the brief video we've titled, 23 Strong November Day 20, taking notes as you do.
- READ Matthew 7:21-23 highlighting and copying the one-liner for today found in this verse 23.
- JOURNAL about the following...
  - After reading Matthew 5:3, consider your own posture of heart in your relationship with Jesus. Does Matthew 5:3 describe how your relationship with Jesus began? Is this how it has continued? Or does your posture of heart toward Jesus sound more like the words of people Jesus describes in verse 22?
  - Write out a prayer to Jesus expressing your need of Him, your desire to live in His will, and your desires about what He will say to you when you meet Him face to face. Also include gratitude for the relationship you share.
- JOIN in on the memorization plan in the box below.

**MEMORIZATION:** Speaking words that you are memorizing out loud can be very beneficial. Do that several times today!



## November Day 21

*My heart stands in awe of Your Words.*

Psalm 119:161b



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### SPIRITUAL FOOD and FITNESS

Jesus' one-liner for us today is familiar but important to hear it on repeat all the days of our lives. We find it in Matthew 7:24, *"who built his house upon a rock..."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to reveal the awe of Jesus' Words to you...
- **WATCH** the brief video we've titled, 23 Strong November Day 21, taking notes as you do.
- **READ** Matthew 7:24-27 highlighting and copying the one-liner for today found in this verse 24.
- **JOURNAL** about the following...
  - Would Jesus describe you as someone *"who builds his/her life upon Him?"*
  - How are you intentional to build your life upon the Words of Jesus?
  - Describe what your 'dream house' (life) built upon the Words of Jesus would look like.
  - Write out a prayer, expressing your desire to build your life upon the Words Jesus speaks!
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** When you memorize Jesus' Words, it is like gathering building materials for your spiritual house. Make sure you gather today!



## November Day 22

*My heart stands in awe of Your Words.*

Psalm 119:161b



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### SPIRITUAL FOOD and FITNESS

Today our one-liner will be found in Matthew's descriptive words after Jesus finished speaking the Sermon on the Mount. We find it in Matthew 7:28, *"amazed at His teaching"*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to bring you to places of awe and amazement at Jesus' Words.
- **WATCH** the brief video we've titled, 23 Strong November Day 22, taking notes as you do.
- **READ** Matthew 7:28-29 highlighting and copying the one-liner for today found in this verse 28.
- **JOURNAL** about the following...
  - Would Jesus describe you as someone who is *"amazed at His teaching?"*
  - What parts of the Sermon on the Mount have *"amazed"* you with understanding?
  - What parts of the Sermon on the Mount have *"amazed"* you with wisdom?
  - What parts of the Sermon on the Mount have *"amazed"* you in a personal "Jesus is speaking to me" way?
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION:** Today you will add in this final one-liner which means you will have come to the end of your memorization! **ADD** it in... **REVIEW**... and then celebrate!



*November Day 23*  
*My heart stands in awe of Your Words.*  
Psalm 119:161b

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## SPIRITUAL FOOD and FITNESS

For our last day focused on powerful one-liners of the Sermon the Mount, you get to choose!

So, let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking God to lead you in your choice.
- **WATCH** the brief video we've titled, 23 Strong November Day 23, taking notes as you do.
- **READ** Matthew 5-7 and choose a meaningful one-liner that we did not yet focus on this month. Highlight that one-liner and also copy it.
- **JOURNAL** about the following...
  - After choosing your one-liner, create 2-3 questions to help you meditate on it. Then answer your questions.
  - Considering all the one-liners from this month, which is your favorite and why?
  - Write out a prayer, thanking God for the awe of His Word that He has revealed to you this month.
- **JOIN** in on the memorization plan in the box below.

**MEMORIZATION: REVIEW** all of the one-liners from this month. And then ask God to help you to never forget them!