



**a) Memorize**

- i) Psalm 119:9-11 “How can a young person stay on the path of purity? By living according to your word, seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.”
  
- ii) What, How, and Why?

**b) Meditate**

- i) Psalm 1: 1-3 “Blessed is the man who does not walk in the counsel of the wicked, nor stand in the way of sinners, nor sit in company with scoffers. Rather, the law of the LORD is his joy; and on his law he meditates day and night. He is like a tree planted near streams of water, that yields its fruit in season; its leaves never wither; whatever he does prospers.”
  
- ii) What, How, and Why?

**4) Homework**

- a) \_\_\_\_\_ verses before Ash Wednesday
- b) \_\_\_\_\_ out on 3 x 5 cards
- c) \_\_\_\_\_ daily
- d) \_\_\_\_\_ weekly