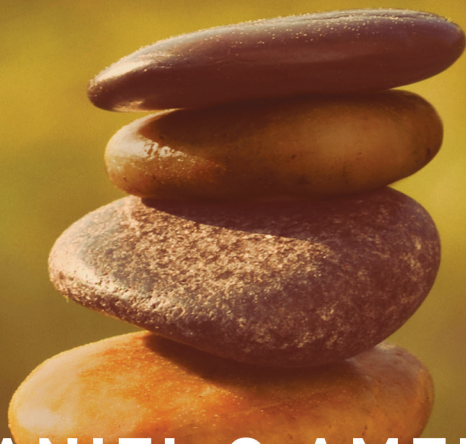


A MEMORY RESCUE RESOURCE

STONES OF REMEMBRANCE

*Healing Scriptures for Your
Mind, Body, and Soul*



DANIEL G. AMEN, MD
FOREWORD BY STEPHEN ARTERBURN, MEd

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Stones of Remembrance: Healing Scriptures for Your Mind, Body, and Soul

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Always remember these things after I am gone.

2 P E T E R 1 : 1 5

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Foreword

by Stephen Arterburn, MEd

Dr. Daniel Amen is a champion for the brain. Through his research, insights, and persistence, he helps us value the most incredible lump of mass on the planet and then nurture, develop, protect, and provide for it. Dr. Amen's mission is to show us how to ensure that our brains function at peak performance for as long as possible. And those hundreds of thousands of us who now call ourselves Brain Warriors are fighting for the health, longevity, and effectiveness of our minds, knowing how much they affect every other aspect of our lives.

I first heard of Dr. Amen many years ago when I watched his PBS specials and read his book *Change Your Brain, Change Your Life*. Not long ago, I took the time to see him so he could help me identify what type of attention deficit disorder I had. Instead, he and his

team discovered that I had a traumatic brain injury that needed immediate treatment. If it wasn't addressed, I could most likely expect dysfunction and Alzheimer's disease or dementia in my near future. So I became a warrior alongside Dr. Amen, and the results have been beyond my expectations. Following his team's recommendations has made a remarkable difference. My wife listens to me say things from my heart and tells me I never talked that way before. My memory has become sharper, and difficult concepts have become clearer. I will be a grateful Brain Warrior to the end.

Something was missing, however, from all I was doing to work my brain as an athlete works to build muscle. All the brain games and exercises were centered on information and activities I did not care much about. I wanted something different that would help me grow spiritually while I strengthened my brain's ability to function well. *Stones of Remembrance* is exactly what I was looking for.

Since I received my advance copy, I have been able to work my brain while growing spiritually stronger from the power found in knowing God's Word deeply and richly. Every verse studied, memorized, and meditated upon helps me know more, appreciate the depth and width of God's love for me, and strengthen my

connection with God. And I'm gaining these spiritual benefits while making the organ that processes all of these verses even stronger.

Using Scripture to further Dr. Amen's work in healing brains is brilliant. It is wisdom upon wisdom when his knowledge is combined with the truth found in the Bible. If you use this enlightening and empowering tool, I believe you will experience both a stronger faith and greater brain power.

I am so glad Dr. Amen didn't develop *Stones of Remembrance* twenty years from now. We can all use it today and experience its benefits for the rest of our lives. I hope that you enjoy this great work as much as I am enjoying it and that it blesses your life as it has blessed mine.

PS My favorite feature is part 3, which includes twelve verses all Christians need to memorize. Don't wait until the end of the book to read them. My suggestion is to start memorizing them from the start.

Introduction

*Remember the days of long ago;
think about the generations past.*

DEUTERONOMY 32:7

Memory enables us to bring the joys, dreams, and lessons of yesterday into today. As we recall God's faithfulness, we remain centered and growing, and we move forward with a sense of purpose. Memory allows us to keep our loved ones close, even when they are far away. It assures us that our personal history and experiences matter—that we have something valuable to teach the generations to come.

This is the way God designed our minds to work—to *remember*. It's been that way from the very beginning.

In the Old Testament, after the Israelites crossed the Jordan River and entered into the Promised Land, God gave this command to Joshua: "Take twelve stones

. . . and lay them down in the place where you lodge tonight” (Joshua 4:3, ESV). Joshua delegated this task to one leader from each of Israel’s twelve tribes and then explained the rocks’ significance:

When your children ask in time to come,
“What do those stones mean to you?” then you
shall tell them that the waters of the Jordan
were cut off before the ark of the covenant of
the LORD. . . . So these stones shall be to the
people of Israel a *memorial* forever.

JOSHUA 4:6-7, ESV, EMPHASIS ADDED

These twelve stones were God’s way of creating a visual reminder of his covenant with the Israelites—a symbol that would stand for generations to come to show that his protection and provision should never be forgotten.

We witness a similar ritual in the New Testament when Jesus breaks bread with his disciples at the Last Supper and says, “This is my body, which is given for you. Do this in *remembrance* of me” (Luke 22:19, emphasis added). To this day, the act of Communion serves as a tangible reminder of Christ’s love and sacrifice.

All throughout the Bible, we are encouraged—and even commanded—to remember.

Remember to observe the Sabbath day by keeping it holy.

EXODUS 20:8

Remember and obey all the commands of the LORD instead of following your own desires.

NUMBERS 15:39

Remember the wonders he has performed.

I CHRONICLES 16:12

Remember the words of the Lord Jesus: “It is more blessed to give than to receive.”

ACTS 20:35

Remember, therefore, what you have received and heard; hold it fast, and repent.

REVELATION 3:3, NIV

Remember the things I have done in the past.

For I alone am God!

I am God, and there is none like me.

ISAIAH 46:9

Of course, there is a reason the Bible calls us to remember time and again.

Knowing God's promises and obeying his commands are essential to a healthy spiritual life. If you think about it, the Scriptures are a road map for how we are to communicate with God and each other. They direct us in how we are supposed to live. If we stray from his Word—if we forget his promises—then just like a driver without GPS, we will get lost. Meditating on God's Word helps us stay the course—*and* it brings us closer to him.

But it's not just our spiritual well-being that benefits from remembering. Participating in regular spiritual practices such as Scripture meditation, memorization, and prayer also contributes to a healthier mind and body by reducing stress, increasing brain capacity, and even guarding against memory loss.

How? Think of your brain as a muscle. The more you stretch it, the stronger it becomes. The stronger your brain becomes, the stronger your memory becomes. And the stronger your memory becomes, the stronger *you* become. When your brain works right, *you* work right in every area of your life—physically, emotionally, and spiritually. I address the physical and emotional impact of brain health on memory in greater

depth in my book *Memory Rescue*. Here, I want to focus on the spiritual impact.

Inside this book are hundreds of carefully selected Scripture passages, just waiting to be read and committed to memory. As you meditate on these verses, not only will you be exercising your brain and strengthening your memory, you also will be gaining a better understanding of how to live a happy, healthy, God-centered life.

If you've struggled with memorization in the past, don't panic. This book is going to help you strengthen an area that *needs* strengthening. And that's a good thing!

To make things a little easier, the book is broken into three parts—each specifically designed to make the memorization process more meaningful and intuitive for you.

Part 1 focuses on the Twelve Spiritual Disciplines for Improving Your Memory. These twelve disciplines are not just the building blocks of a vibrant Christian life, but the foundations of a healthy brain and strong memory as well. The more you can incorporate these disciplines into your daily life, the better you'll think, feel, grow, connect with others, and, yes, remember. To help you recall these twelve keys to healthy living and a

strong memory, I have organized them according to the mnemonic device **REMEMBRANCES**.

Rest

Exercise

Meditation and Prayer

Eating Healthy

Meaningful Work

Bonding with Others

Relaxation

Absolution

New Learning

Concentration

Enjoyment

Socialization

I will address the biblical and biological significance of each discipline as we go, but if you're anxious to get started, you can begin by committing the acronym to memory!

In part 2, the Scriptures have been organized by theme. You'll find these verses particularly helpful when you are in need of quick biblical advice, support, or inspiration. After all, during times of anxiety, doubt, joy, or despair, there is no better place to turn than the

Bible—and having these passages committed to memory is even better.

Finally, part 3 highlights the twelve verses every Christian should know. If you're new to Scripture memorization, you may want to start here. These verses capture the very essence of the Christian faith and are wonderful promises to remember in daily life. They are also a great starting place for sharing your faith with others.

If memorization is new for you, start small—just five minutes a day. Begin by reviewing verses you're already familiar with. Then memorize one verse, or even part of a verse, at a time. You'll be surprised by how much you already know. And when you have trouble, don't get discouraged. It may be hard at first, but it's worth it!

Next to your salvation, your memory may be the most incredible gift you've been given. Take care of it. Challenge it. Strengthen it. Most of all, treasure it. God does.

And so should you.

Daniel G. Amen, MD

PART 1

THE TWELVE SPIRITUAL DISCIPLINES FOR IMPROVING YOUR MEMORY

*Thank you for making me so
wonderfully complex! Your workmanship
is marvelous—how well I know it.*

PSALM 139:14



REST

*On the seventh day God had finished his work of creation,
so he rested from all his work.*

GENESIS 2:2

It's not a coincidence that so much emphasis is placed on rest in the Bible. God designed our bodies to restore and recharge themselves through sleep. Even he rested on the seventh day (Genesis 2:2). This simple act was important at the dawn of Creation, and it's still important now. When we sleep, our brains actually "clean" themselves. They hit the reset button and ready themselves for another day. Anytime we get fewer than seven hours of sleep, we lessen our capacity to think clearly. Simply put, when our brains don't get enough rest, they start making mistakes. If you want to keep your brain healthy and happy, make sure to get plenty of sleep.

Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

MATTHEW 11:28

The LORD replied, “I will personally go with you, Moses, and I will give you rest—everything will be fine for you.”

EXODUS 33:14

Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

MATTHEW 11:29

You have six days each week for your ordinary work, but on the seventh day you must stop working, even during the seasons of plowing and harvest.

EXODUS 34:21

Be still, and know that I am God!

PSALM 46:10

I have given rest to the weary and joy to the
sorrowing.

JEREMIAH 31:25

Youths will become weak and tired,
and young men will fall in exhaustion.
But those who trust in the LORD will find new
strength.

They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint.

ISAIAH 40:30-31

Remember to observe the Sabbath day by
keeping it holy.

EXODUS 20:8

In peace I will lie down and sleep,
for you alone, O LORD, will keep me safe.

PSALM 4:8

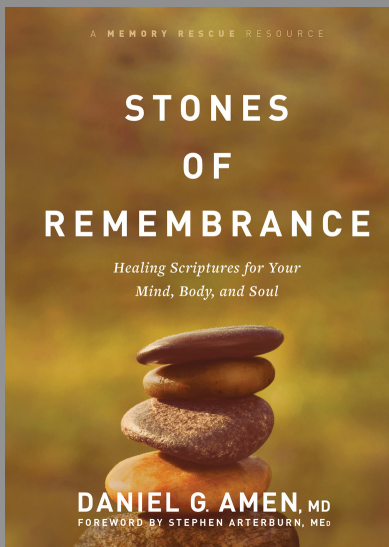
I lay down and slept,
yet I woke up in safety,
for the LORD was watching over me.

PSALM 3:5

Only in returning to me
and resting in me will you be saved.
In quietness and confidence is your strength.

ISAIAH 30:15

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