

Forgetting Curve Scripture Practice Worksheet

This worksheet helps you track your review schedule, apply the Seven Spirit-Filled Strategies, and intentionally move Scripture from short-term memory into long-term, soul-deep retention.

Scripture Passage:

Reference:	
Translation:	
Full Text:	

Initial Impressions:

Write down why you chose this passage and what it means to you right now.

Notes:	
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Review Schedule Tracker (Spaced Repetition)

Use this table to plan and check off your reviews. Suggested intervals: immediately after learning, 1 hour later, next day, 3 days, 1 week, 2 weeks, 1 month.

Review Interval	Planned Date	Completed?	Notes
Immediate			
1 Hour			
Next Day			
3 Days			
1 Week			
2 Weeks			
1 Month			

Seven Spirit-Filled Strategies Checklist

■ Reinforce It Regularly – Review daily by speaking, praying, or writing.
■ Use Multiple Learning Styles – Engage sight, sound, and movement.
■ Keep It Engaging – Add songs, visuals, stories, or challenges.
■ Microlearning – Break into small chunks and review often.
■ Spaced Learning – Increase review intervals over time.
■ Make It Personal and Relevant – Choose verses that speak to your season.

■ Make Scripture Accessible – Keep it visible and portable.

Reflection Notes:

What did you notice as you reviewed this verse over time? How has it spoken to you in different moments?

■ Tip: Forgetting is natural, but with God's help and consistent review, His Word can take deep root in your heart. Use this worksheet regularly to track your progress and celebrate how the Lord brings His Word to mind when you need it most.