

A close-up photograph of a bouquet of roses in a teal glass vase. The roses are in various stages of bloom, with colors ranging from light pink to deep red. The background is a soft, out-of-focus green and blue. The text is overlaid on the image in a classic serif font for the author's name and a mix of serif and script fonts for the title.

LIZ CURTIS HIGGS

Best-selling author of *The Women of Christmas*

*31 Verses*

TO WRITE ON YOUR

*Heart*



**Praise for**  
*31 Verses to Write on Your Heart*

“Liz Curtis Higgs has given us a versatile resource. Part story-rich devotional and part study-driven commentary, *31 Verses to Write on Your Heart* is as smart as it is approachable, as profound as it is practical. As someone who believes deeply in the importance of Scripture memorization but struggles with it all the same, I am personally grateful for this book.”

—AMANDA BIBLE WILLIAMS, Chief Content Officer of She Reads Truth and coauthor of *Open Your Bible: God’s Word Is for You and for Now*

“Consider *31 Verses to Write on Your Heart* your new spiritual strategy for deepening your daily walk with God. Full of relatable stories, this Scripture-saturated guide enables you to see familiar verses in a fresh, relevant way. Liz Curtis Higgs’s clever tips tucked throughout will empower you to move from simply wishing you had time to memorize Scripture to actually inscribing God’s precious Word forever on your heart. Whether you’ve walked with Jesus for decades—or just since last Tuesday—this encouraging and practical book will fertilize your soul.”

—KAREN EHMAN, Proverbs 31 Ministries national speaker and *New York Times* best-selling author of *Keep It Shut*

“Liz writes just as she speaks: eloquently, accurately, and with power. And *31 Verses to Write on Your Heart* is no exception. With her signature style, Liz weaves biblical context, fresh insight, and practical application in a way that empowers, educates, and equips. And if we ever needed a deeper understanding of God’s Word, ever needed His precious truths written on our hearts, it’s now. It’s today. Take this book, soak it up, and know God’s Word for yourself.”

—SUSIE LARSON, radio host of *Live the Promise* and author of *Your Powerful Prayers*

“Writing God’s Word on our hearts is insurance. It’s truth we can call on 24/7 in times of fear, insecurity, or intimidation. Liz, a faithful friend to all of us, has searched out truth and shared it by way of her brilliant mind and darling heart. Don’t miss this chance for thirty-one days of life enrichment.”

—PATSY CLAIRMONT, Women of Faith speaker, artist, and author of *You Are More Than You Know*

“Liz Curtis Higgs has a gift for taking important truths in Scripture and making them accessible, understandable, and easily digestible. In *31 Verses to Write on Your Heart*, Liz leads you through verses that are loved by countless numbers of believers. You will be inspired and encouraged to cherish God’s Word through practical and personal tips for hiding His letter of love in your heart.”

—CHRYSTAL EVANS HURST, coauthor of *Kingdom Woman*

**Praise for**  
*The Women of Christmas*

“Breathtaking! *The Women of Christmas* is tender and joy filled and funny and faithful. With genuine warmth, profound wisdom, and refreshing wonder, Liz Curtis Higgs offers up a perfect seasonal blend—just what every woman in the midst of Christmas needs. I savored every word.”

—ANN VOSKAMP, author of the *New York Times* bestseller *One Thousand Gifts: A Dare to Live Fully Right Where You Are*

“Liz Curtis Higgs ably mines the Scriptures, revealing undiscovered treasures in the familiar story. Through the pages of this powerful little book, we get to peer into the hearts of these women and find our own hearts melting at the beauty of God’s grace.”

—NANCY GUTHRIE, author of the Bible study series *Seeing Jesus in the Old Testament*

“This season delight your friends with an early gift of *The Women of Christmas*, inviting them to see how Elizabeth, Mary, and Anna were part of God’s great plan to rescue us. As Liz puts it, ‘Never doubt for a moment that women matter to the Almighty.’”

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—KELLY MINTER, author of *Nehemiah: A Heart That Can Break*

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### 31 VERSES TO WRITE ON YOUR HEART

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Hardcover ISBN 978-1-60142-891-2

eBook ISBN 978-1-60142-892-9

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Cover design by Kelly L. Howard; photography by Georgianna Lane

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Published in the United States by WaterBrook, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC, New York.

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The Cataloging-in-Publication Data is on file with the Library of Congress.

Printed in the United States of America

2016—First Edition

10 9 8 7 6 5 4 3 2 1

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*To Doris Foster,  
my Kentucky mom,  
who showed me how to be a  
lifelong student of God's Word.  
I love you, Doc.*

# Contents



Well Versed . . . . .	1
1 Write On, Sister – <i>Proverbs 3:3</i> . . . . .	5
2 All New You – <i>2 Corinthians 5:17</i> . . . . .	10
3 Afraid Not – <i>Proverbs 29:25</i> . . . . .	16
4 Great Expectations – <i>Jeremiah 29:11</i> . . . . .	21
5 Start Smart – <i>Proverbs 9:10</i> . . . . .	27
6 Can Do – <i>Philippians 4:13</i> . . . . .	32
7 Safe Guard – <i>Proverbs 4:23</i> . . . . .	37
8 Blown Away – <i>2 Timothy 1:7</i> . . . . .	42
9 God Works – <i>Romans 8:28</i> . . . . .	48
10 Charm School – <i>Proverbs 31:30</i> . . . . .	54
11 Just Stop – <i>Psalms 46:10</i> . . . . .	59
12 Love Song – <i>Zephaniah 3:17</i> . . . . .	64
13 All Grown Up – <i>Proverbs 22:6</i> . . . . .	69
14 Comfort Food – <i>Isaiah 41:10</i> . . . . .	74
15 Fret Not – <i>Philippians 4:6</i> . . . . .	79
16 It's Tough to Be Gentle – <i>Proverbs 15:1</i> . . . . .	85
17 This Is It – <i>1 Thessalonians 5:18</i> . . . . .	90
18 Lovely Thoughts – <i>Philippians 4:8</i> . . . . .	95
19 Laughing Matters – <i>Proverbs 31:25</i> . . . . .	101

20	High Flying – <i>Isaiah 40:31</i> . . . . .	106
21	Sharp Edge, Clean Cut – <i>Proverbs 27:17</i> . . . . .	112
22	Perfect Peace – <i>Isaiah 26:3</i> . . . . .	117
23	Start to Finish – <i>Philippians 1:6</i> . . . . .	123
24	With You – <i>Joshua 1:9</i> . . . . .	129
25	Flawless – <i>Proverbs 30:5</i> . . . . .	135
26	Love Mercy – <i>Micah 6:8</i> . . . . .	140
27	Fearless – <i>Isaiah 43:1</i> . . . . .	146
28	Right Answer – <i>Proverbs 15:23</i> . . . . .	152
29	Room Service – <i>John 14:2</i> . . . . .	158
30	Great Love – <i>Lamentations 3:22</i> . . . . .	164
31	Lean on Me – <i>Proverbs 3:5</i> . . . . .	170
	Write These 31 Verses on Your Heart . . . . .	175
	Study Guide . . . . .	181
	Heartfelt Thanks . . . . .	197
	Notes . . . . .	199



## Well Versed

Snow was falling thick and fast across my windshield on a cold February night many winters ago. Not far ahead I saw the glowing lights of a bookstore.

*Liz, you drove through a snowstorm to buy a book?* I did. But it wasn't just any book.

Minutes earlier, seated in a toasty-warm office, I'd confessed my sins (well, most of them) to the pastor of a church I'd started attending. I told him enough to get my point across, to convince him I was a Bad Girl.

The pastor gently said, "So you've lived a worldly life."

I was confused. "No, I did all that stuff in America."

He smiled. Then he prayed and encouraged me to read the book of John.

I bolted out of his office, intent on buying a Bible right then, snow or no snow. When I arrived at the bookstore, the place was deserted, and the cashier was freaked out about the weather. But I found what I was looking for: the biggest, thickest study Bible in town.

Safely back home, I opened to the book of John and read "In the beginning was the Word."<sup>1</sup> Did this mean way back when God created

the earth? No, even before that. “Before the world began, the Word was there.”<sup>2</sup>

Clearly, God wasn’t talking about a printed book. He was talking about the Living Word. His Son. *Wow*. That meant long before Jesus appeared as a baby in Bethlehem, He was with God.

I kept reading. “And the Word was with God, and the Word was God.”<sup>3</sup> Right. Father and Son together with the Holy Spirit, bound throughout eternity. So much truth packed into a single verse. *Is the whole Bible like this?* I wondered.

Sitting there in my drafty old apartment, where central heat was little more than a rumor, I let the truth of John 1:1 sink in and was warmed by its poetic beauty and what it revealed about this God whom I was only beginning to understand.

Then I read the next verse. And the next. I inhaled the book of John, then Psalms, then the letters of Paul. I couldn’t get enough, didn’t want to stop.

With each passing month I feared that my enthusiasm for the Bible might wear thin. That once I’d read every page, the stories and lessons wouldn’t be as exciting the second time, let alone the tenth time.

Now I know the truth. Whenever I read a familiar verse, God reveals a richer, deeper meaning. And when I find a passage I’ve not read before? Pure joy.

Is that how reading the Bible is for you? An ongoing journey of discovery, an endless adventure? Or has it become a duty, a task, something to be checked off your daily to-do list? Maybe it’s not on your list at all and you’re wondering why an ancient book has any significance in our modern world.

Here’s why reading the Bible matters. When you spend time in God’s Word, life starts making sense. The broken places inside you begin to heal. Darkness and discouragement give way to the light of hope. You have a new reason to get out of bed in the morning. Your purpose becomes clearer, and your desire to make a difference grows.

The Bible can do all that? It can. It will. Just begin. Go slowly. Stand on tiptoe, anticipating all God has in store for you. “I wait for the LORD, my whole being waits, and in his word I put my hope.”<sup>4</sup>

We’re about to look at thirty-one verses, each one carefully divided into phrases and then into individual words. We’ll consider what God is saying and how we can apply His truth to our lives, starting today. “The word is very near you; it is in your mouth and in your heart so you may obey it.”<sup>5</sup> That’s where we want to land after reading, studying, and memorizing God’s Word: we want to do what He asks of us.

If you’ve been reading the Bible for a few seasons, is there one verse you cherish above all others? A powerful statement that nourishes and sustains you year in and year out? Words you’ve posted on your fridge, stitched on fabric, written on greeting cards, included in your e-mail signature?

When I asked that question on social media, more than a thousand women responded with their favorite verses. I think you’ll love the ones they’ve chosen, gathered here in no particular order simply because they all matter. Your personal pick may be among them, or you could discover a verse that calls your name and speaks to your current situation.

That’s one of the beautiful things about the Bible: it meets us right where we are. Since “all Scripture is God-breathed,”<sup>6</sup> we can be sure every word is vital and every verse serves God’s good purpose.

You might use *31 Verses to Write on Your Heart* as a daily devotional, reading through it in a month, following the Study Guide as you go. (You’ll find that resource in the back of the book.) Or you could read five chapters each week and meet with a circle of friends to discuss what you’re learning, perhaps over a six-week stretch. Whatever works for you . . . works!

If you’re ready to give Scripture memorization a go, you’ll see lots of practical ideas and fun tips scattered throughout the book, then collected in the final pages for easy reference. You’ll also find a page at the end of each chapter where you can write your favorite translation of the verse to help you remember it word for word.

I know, I know. You don't have time. Your memory isn't what it used to be. You tried before and gave up. You think it's too hard. I get it. Totally.

Still, here's what the Bible says: "Keep my words and store up my commands within you."<sup>7</sup> This isn't simply the wisdom of King Solomon written to his son. This is the Word of God written for all of us. *Keep and store*. That's memorizing Scripture in a nutshell.

And look at all the benefits of having the Word in our hearts! First, we can share His truth with authority. Rather than our having to say, "Uh, let me find this for you in the Bible, because I know it's here somewhere," God tells us to "take hold of my words with all your heart"<sup>8</sup> so that our counsel is solid and effective. Unless we point people to Scripture, we're giving them little more than our opinion.

Second, when temptation knocks on our door, the verses we've memorized will come to our rescue. Countless times God's Word has stopped me in my tracks before I veered down the wrong path. The psalmist confessed, "I have hidden your word in my heart that I might not sin against you."<sup>9</sup> A good plan for all believers.

A third benefit? While we're learning these verses, our loved ones will be learning them with us. Saying verses aloud not only helps *us* remember them; it also helps anyone who hears them. "Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."<sup>10</sup>

Best of all, when God's Word is written on our hearts, it goes with us everywhere. Our smartphones and tablets may run out of juice, and even a small travel Bible can be out of reach when we need it most. God has a better plan: "These commandments that I give you today are to be on your hearts."<sup>11</sup> By memorizing key passages from His Word, we'll be ready to encourage others and give them hope.

So glad we're doing this together, beloved!



## Write On, Sister

*Let love and faithfulness never leave you;  
bind them around your neck,  
write them on the tablet of your heart.*

PROVERBS 3:3

Open the Bible to any page, and your eyes will land on truth. Every time. Our first verse describes how we can grasp those amazing truths and write them across the pages of our lives with indelible ink.

Let love and faithfulness never leave you; . . . *Proverbs 3:3*

From God's point of view, love and faithfulness are inseparable. One can't exist without the other. Because God loves us, He remains ever faithful. Because God is faith itself, His love is never ending.

Whether translated as "loyalty and kindness" (NLT) or "grace and truth" (CJB), two Hebrew words are used here: *chesed*, meaning "favor, mercy, lovingkindness," and *emeth*, meaning "firmness, faithfulness,

truth.”<sup>1</sup> Such concepts are drenched in goodness, sweet as honey, and deeply satisfying—the very opposite of “hatred and selfishness,” of “hypocrisy or falsehood” (AMPC).

Sadly, we live in a world that often focuses on the negative. We harbor unkind feelings toward others. We insist on doing things our way and for our benefit. We call people two faced, even as we hide our own duplicity.

Some days even the best of us can act like the worst of us.

This proverb shows us the way out. “Don’t lose your grip on Love and Loyalty” (MSG), and “do not lose sight of mercy and truth” (VOICE). How do we do that? We seek the Lord before we turn to an earthly friend, however wise. And we read His Word before we open another book, however edifying.

The Lord knows we can’t drum up love and faithfulness on our own; that’s why He weaves these righteous qualities into our very being. The love is all His, the loyalty is all His, yet both are threaded through us by His masterful design.

Our part? Holding His truths close to our hearts.

... bind them around your neck, ... *Proverbs 3:3*

This phrase is so visual, so tactile. Imagine slipping God’s sacred words onto a silver chain so you could “wear them like a necklace” (NCV), displaying His loyalty and kindness for all to see.

When I was twelve, my first crush gave me a wooden ring (*the* thing to wear that year). Because my fingers were too small for his ring, I wore it on a leather cord around my neck, proudly on display. That ring told the world I was chosen. That ring told me I was cherished. And that leather cord gently rubbing against my skin? A constant reminder of the one who mattered most to me.

Interesting thing about necklaces: they rest against the carotid artery,

one of the most accurate places to measure a heartbeat. Maybe now is a good time to take our spiritual pulse and ask ourselves, *Does my heart truly beat for the Lord? Is His truth active in me?* If the answer is “Sometimes yes, sometimes no,” then the rest of Proverbs 3:3 will show us how we can put God’s words of love and faithfulness into practice every day, every hour.

... write them on the tablet of your heart. *Proverbs 3:3*

We have all sorts of tablets now, from spiral bound to sleek digital models with countless apps. But such tablets are easily broken, stolen, or lost forever. God asks us to store His wisdom in a more permanent place—“deep within” (NLT) on the “tables of thy heart” (DRA). The same Hebrew word describes “the tablets of stone inscribed by the finger of God”<sup>2</sup> that the Lord covered with His commandments and entrusted to Moses.

The tablets God writes on today aren’t hard stones. They’re tender hearts. He wants His truths etched “in your mind” (CEV) so you can “meditate on them” (VOICE). I’m grateful to have God’s Word on my cell phone, my Kindle, my laptop, my bookshelf, but where it makes the most difference is in my heart.

As a writer, speaker, teacher, and, most of all, a woman who loves Jesus, this is my constant prayer: “May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.”<sup>3</sup> When His loving words are in our minds, they are far more likely to pour out of our mouths.

As you reflect on Proverbs 3:3, how might you write His love and faithfulness across the heart of each person you meet today?



*Lord, You've made this so simple  
and so abundantly clear.  
When I read Your Word,  
when I study Your Word,  
when I memorize Your Word,  
when I live Your Word,  
Your love and faithfulness  
will beat in my heart so loudly  
others may hear and see Your truth  
and be set free.  
Oh, let it be so, Lord!*

# *His Word, Your Heart*



**Tip #1 for memorizing Scripture:**

Pray. It's the most important step of all.

**Proverbs 3:3 from the New International Version:**

Let love and faithfulness never leave you;  
bind them around your neck,  
write them on the tablet of your heart.

**Proverbs 3:3 from your favorite translation:**

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