



# 30 Verses EVERY MAN Should Know

Soldiers memorize code. Athletes memorize plays.  
Men of God memorize Scripture.

“Take the helmet of salvation and the sword of the Spirit, which is the word of God” (Ephesians 6:17). You don’t go into a fight without a weapon. God’s Word isn’t just something you read, but something you train to use and carry with you. When pressure hits, you will be equipped to respond.

\*NIV translation except where noted.

## HOW TO USE THIS

**1** Read through the verses.  
Notice which ones stand out to you.

**2** Pick one verse to memorize.  
Read it aloud several times.

**3** Write the verse on a notecard  
and carry it with your phone  
throughout the day.

**4** When you have a free moment, look  
at the notecard and repeat the verse  
several times. At stop lights, while  
you’re in the elevator, between workout  
sets, while you brush your teeth.

**5** Try memorizing one  
verse per week.

### **Psalm 119:105**

Your word is a lamp for my feet,  
a light on my path.

### **Psalm 119:11**

I have hidden your word in my heart  
that I might not sin against you.

### **Colossians 3:16**

Let the message of Christ dwell among  
you richly as you teach and admonish one  
another with all wisdom through psalms,  
hymns, and songs from the Spirit, singing  
to God with gratitude in your hearts.

### **Proverbs 27:17**

As iron sharpens iron,  
so one person sharpens another.

### **Joshua 1:9**

Have I not commanded you? Be strong  
and courageous. Do not be afraid; do not  
be discouraged, for the Lord your God  
will be with you wherever you go.

### **Ephesians 6:17**

Take the helmet of salvation and the sword  
of the Spirit, which is the word of God.

### **Lamentations 3:22-24**

Because of the Lord's great love we are not  
consumed, for his compassions never fail.

They are new every morning;  
great is your faithfulness.

I say to myself, "The Lord is my portion;  
therefore I will wait for him."

### **1 Corinthians 16:13 (ESV)**

Be watchful, stand firm in the faith,  
act like men, be strong.

### **1 Corinthians 15:58**

Therefore, my dear brothers and sisters,  
stand firm. Let nothing move you.  
Always give yourselves fully to the work  
of the Lord, because you know that  
your labor in the Lord is not in vain.

### **Galatians 1:10**

Am I now trying to win the approval of  
human beings, or of God? Or am I trying to  
please people? If I were still trying to please  
people, I would not be a servant of Christ.

### **Hebrews 4:12**

For the word of God is alive and active. Sharper  
than any double-edged sword, it penetrates even  
to dividing soul and spirit, joints and marrow; it  
judges the thoughts and attitudes of the heart.

### **Psalm 119:60**

I will hasten and not delay  
to obey your commands.

### **Luke 10:27**

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’

### **Phillipians 4:11-13**

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

### **James 1:19-20**

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

### **Psalms 27:1**

The Lord is my light and my salvation—  
whom shall I fear?  
The Lord is the stronghold of my life—  
of whom shall I be afraid?

### **Psalms 51:10**

Create in me a pure heart, O God,  
and renew a steadfast spirit within me.

### **Ephesians 2:8-9**

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.

### **Colossians 3:12**

Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

### **Micah 6:8**

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

### **Proverbs 20:7**

The righteous lead blameless lives;  
blessed are their children after them.

### **1 Corinthians 10:13**

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

### **Galatians 5:1**

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

## Psalm 34:18

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

## 2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

## 1 Peter 5:7-8

Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

## 1 Timothy 4:8

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

## Luke 19:10

For the Son of Man came to seek and to save the lost.

## 1 Timothy 6:10-11

For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.

## Colossians 3:23-24

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

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