

Protect the Mind Part 5

(Summary)

The Importance of Daily Review for Spiritual and Intellectual Growth

I would like to share an insightful practice that has significantly contributed to maintaining spiritual sharpness and intellectual growth in my journey of faith. **This practice is known as the Daily Review.**

The concept of **Daily Review** is fundamentally about paying attention—a critical aspect of both spiritual and intellectual development. According to the dictionary, to "**review**" **means** to view or examine something again, while "attention" involves applying the mind to an object of sense or thought. In essence, it is about observing and considering with the intention of taking action.

In the context of spiritual growth, **Hebrews 2:1** (AMP) advises us to "pay much closer attention than ever to the truths that we have heard," emphasizing the need to prevent drifting away from God's truth. Similarly, **Deuteronomy 4:9** (RSV) instructs us to "take heed, and keep your soul diligently," underscoring the importance of remembering and passing on spiritual insights.

Daily Review is a tool that aids in this remembrance and retention. An effective approach that parallels this practice in the educational domain is the Saxon Math Method. This method emphasizes teaching concepts in small chunks with extensive review, ensuring mastery and retention. It has been particularly beneficial in homeschooling environments, where consistent review helps solidify understanding.

As Barbara Ronck from Ridgeview Elementary in Oklahoma City notes, Saxon Math's daily reviews allow students to revisit and build upon previously learned concepts, enhancing comprehension through repetition and assessment. This method is crucial today, given the rapid pace at which knowledge is disseminated. The speed of information can often overwhelm our capacity for comprehension, making structured review essential for deeper understanding.

In conclusion, whether in spiritual pursuits or academic endeavors, the practice of **Daily Review** serves as a cornerstone for retaining and mastering knowledge. It ensures that we remain anchored in our beliefs and equipped to navigate the complexities of modern information flow.

Thank you for your time and consideration. I hope this message inspires you to incorporate **Daily Review** into your routine for continued growth and understanding.

Hebrews 2:1 (AMP) (*If we do not pay much closer attention to God's truth we will drift away from His truth*)

"SINCE ALL this is true, we ought to pay much closer attention than ever to the truths that we have heard, lest in any way we drift past [them] and slip away."

Deuteronomy 4:9 (RSV) (*We are to keep our soul diligently lest we forget*)

"Only take heed, and keep your soul diligently, lest you forget the things which your eyes have seen, and lest they depart from your heart all the days of your life; make them known to your children and your children's children—"

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