

MEMORIZE THE FAITH!

(And Most Anything Else)



*Using the Methods of the Great
Catholic Medieval Memory Masters*



KEVIN VOST, PSY.D.

**Memorize The Faith And Most Anything Else Using
Methods Of Great Catholic Medieval Memory Masters
Kevin Vost**

Kevin Vost



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Memorize the Faith! Kevin Vost, 2006-07 **Memorize the Faith!** Kevin Vost, 2006-07-01 They laughed when I said I could name all 27 books of the New Testament but after I named them all in order plus the 46 books of the Old Testament they begged me to show them how I did it Yes I know that memorizing the Faith is no substitute for living a holy life but even devout people can't live by truths and precepts they don't remember That's why over 700 years ago St Thomas Aquinas perfected an easy method for his students to memorize most any information but especially the truths taught by Christ and His Church As the years passed our need for this ancient art of memorization grew yet somehow our culture largely forgot it which is why today when you and I try to remember a list of things we have to repeat their names over and over Or to remember to call the dentist we tie a string on our finger And we clutch at any means whatsoever to recall our passwords for ATMs credit cards and voicemail our login names for Yahoo eBay and Amazon and the host of other names and numbers that clog our minds and clutter our days Now thanks to the delightful pages of Memorize the Faith you can easily keep all these in mind and learn the Faith by tapping into the power of the classical memory system that helped St Thomas become the Church's preeminent theologian and made it easier for him to become one of its greatest saints Here Catholic scholar Kevin Vost makes available again Aquinas's easy to learn method the method Dr Vost himself has used for decades to recall names dates phone numbers the first dozen digits of pi 3 141592653589 and even whether when his wife called him at work today she asked him to bring home ice cream and toffee or was it truffles and coffee Indeed Dr Vost will teach you to remember virtually anything but he devotes most of his book to showing you how to improve your memory of Catholic truths so you can live the Faith better By the time you finish this book you will have memorized dozens of key teachings of the Church along with hundreds of precepts traditions theological terms Scripture verses and other elements of the Faith that every good Catholic needs to know by heart Memory is the foundation of wisdom It makes holiness easier To grow wiser in the Faith and holier turn to Memorize the Faith today Note Memorize the Faith will teach you and your children how to remember anything but it's particularly useful to those involved in religious education catechists and converts CCD teachers RCIA members and homeschoolers of all ages Here Dr Vost and St Thomas Aquinas show you easy ways to memorize the following truths and precepts of our Faith plus many more The 9 Beatitudes The 12 Apostles The 7 Virtues The 7 Sacraments The 4 Last Things The 7 Capital Sins The 10 Commandments The 4 Marks of the Church The 14 Stations of the Cross The 5 Precepts of the Church The 7 Gifts of the Holy Spirit The 12 Fruits of the Holy Spirit The 7 Spiritual Works of Mercy The 20 Mysteries of the Rosary The 7 Corporal Works of Mercy The 10 Holy Days of Obligation The 6 Sins Against the Holy Spirit The 5 Proofs for the Existence of God The 27 Books of the New Testament The 46 Books of the Old Testament And anything else you want to remember from the 14 items on your grocery list to the birthdays of your 7 nephews and nieces Memorize the Stoics!

Kevin Vost, 2022-03-22 *Memorize the Stoics The Ancient Art of Memory Meets the Timeless Art of Living* The title says it all Extolling the powers of God given human reason Stoic philosophers such as Roman knight Musonius Rufus and his student the former slave Epictetus developed powerful practical lessons for living tranquil virtuous loving lives These lessons were praised by such early Church Fathers as Justin Martyr and Origen Epictetus's Handbook was later adapted as a moral guidebook for monks A millennium later Thomas Aquinas mined the Stoic Seneca's lessons on anger gratitude patience and more for use in his *Summa Theologiae* And in our own day the psychological and moral teachings of the Stoics constitute an art of living that fairly cries out to act as compass for the nearly rudderless boat of our disordered contemporary world But still it is hard to live out important life lessons if you cannot remember them In those same early centuries before and after Christ Greeks like Simonides and Romans like Cicero championed a specialized art of memory Early Church Fathers such as Augustine and Jerome championed this also as did centuries later Albert the Great and Thomas Aquinas The unique virtue of Kevin Vost's book is its wedding of the ancient art of memory to the timeless art of living In his Handbook Epictetus exhorts us to remember his lessons a full dozen times and in his own book Vost shows us how to do just this thereby opening our eyes to unrecognized powers of imagination and memory and to unrecognized capacities for controlling thoughts emotions and behaviors Even so the Stoics would not mind at all if you found this exercise of imagination and intellect a rather fun thing to do Enjoy

How to Think Like Aquinas Kevin Vost, 2018-09-20 About St Thomas Aquinas Pope John XXII said A man can derive more profit in a year from his books than from pondering all his life the teaching of others And Pope Pius XI added We now say to all who are desirous of the truth Go to St Thomas But when we do go to Thomas when we open his massive *Summa Theologica* or another of his works we're quickly overwhelmed even lost If we find him hard to read how can we even begin to think like Aquinas Now comes Kevin Vost the best selling author of *The One Minute Aquinas* armed with a recently rediscovered letter St Thomas himself wrote a brief letter to young novice monk giving practical sage advice about how to study how to think and even how to live In this letter written almost 800 years ago St Thomas reveals his unique powers of intellect and will and explains how anyone can fathom and explain even the loftiest truths Vost and St Thomas will teach you how to dissect logical fallacies heresies and half truths that continue to pollute our world with muddy thinking Best of all you'll find a fully illustrated set of exercises to improve your intellectual powers of memory understanding logical reasoning shrewdness foresight circumspection and practical wisdom You'll also learn The four steps to training your memory How to know your mental powers and their limits Why critical thinking alone is insufficient for reaching the truth Twenty common fallacies and how to spot them The key to effectively reading any book How to set your intellect free by avoiding worldly entanglements How to commit key truths to memory Pius XI called St Thomas Aquinas the model for those who want to pursue their studies to the best advantage and with the greatest profit to themselves Leo XIII urged us all to follow the example of St Thomas Over the centuries dozens of other popes have praised him Surely it is time to listen to these good men

time to go to Thomas to learn to think like him and yes even to live like him **Hounds of the Lord** Kevin Vost,2015-11-09 They are called Hounds of the Lord and Stoics on spiritual steroids For 800 years they have barked out Christ's gospel message saving countless souls and showing us how to think do and love for the glory of God Inspired by the stories of their saints we join the Dominicans in celebrating the Jubilee of their first 800 years In these pages we draw inspiration and spiritual strength from the lives lessons and legacies of their intellectual giants and enrapt mystics the men and women who scrubbed floors and those who cared for the dying You'll discover countless fascinating and pious stories prophetic dreams and visions apparitions of Christ and Our Lady appearances of the devil in disguise miraculous healings episodes of bi location stigmata incorruption after death and more From St Thomas Aquinas to St Martin de Porres in story after story you'll see how God favored these holy men and women in so many surprising and supernatural ways Even 800 years later these Hounds of the Lord are still out there today roaming the world seeking out souls to retrieve for Christ Open this book and you'll be given a taste of that glorious and joyful spirit that animates the Dominican Order a spirit they have so long and so willingly shared with the rest of the world Let their example serve as inspiration and let loose the hounds of the Lord within you

The Porch and the Cross Kevin Vost,2016-02-29 Regardless of their sometimes ambiguous concepts of God the Roman Stoic philosophers did acknowledge Him but on the basis of reason alone because they had not met Christ Nonetheless they did deduce from God's existence our need to live lives of virtue honor tranquility and self control and they developed effective techniques to help us achieve this Musonius Rufus the teacher Epictetus the slave Seneca the adviser to emperors and Marcus Aurelius the emperor himself produced a practical technology we can use to integrate Christian ethics into our own daily practice As Kevin Vost so wonderfully illustrates in his new book **The Porch and the Cross** the Stoics can help us learn and remember what is up to us and what is up to God alone

Becoming by Beholding Lanta Davis,2024-07-30 A must read for anyone interested in the relationship of imagination to Christian devotion Christianity Today Christianity Today 2025 Book Award Finalist Culture Poetry and the Arts Southwestern Journal of Theology 2024 Book Award Honorable Mention Discipleship Spiritual Formation We tend to think of the imagination as the realm of fantasy and makebelieve However the imagination shapes our vision of reality in that the stories symbols and places that capture our hearts become part of who we are **Becoming by Beholding** restores the imagination to its central role in spiritual formation by recovering key works from the Christian tradition enabling us to experience the formative power of the imagination for ourselves It also revives the art of fashioning the soul as an essential aspect of Christian spiritual formation and character development Lanta Davis explains that many of the problems at the heart of the Christian church today such as nationalism consumerism and partisan politics stem from a crisis of the imagination She encourages us to reorient our gaze from diseased cultural forms and fix our eyes instead on works from the historic Christian imaginative tradition that better reflect the love joy and wonder of the gospel **Becoming by Beholding** will appeal to professors and students in spiritual formation

worldview and theology and arts courses as well as to all Christian readers interested in the intersection of theology and art Each chapter introduces a different work of the Christian imagination icons sacred architecture imaginative prayer bestiaries and personifications of the virtues and vices The book also includes a twenty page insert featuring numerous full color images *American Book Publishing Record* ,2005 **The Catholic Periodical and Literature Index** ,2007 St. Albert the Great Kevin Vost,2011-03 Even while he was still alive Dominican friar Albert of Cologne was widely called Magnus the Great His contemporaries said St Albert simply knew all there was to know he was a scientist theologian and philosopher a teacher preacher and negotiator a shrewd shepherd and an unflinching defender of the Faith The time has come to re discover St Albert s greatness and to profit from his prodigious wisdom and virtue as did his famous student St Thomas Aquinas Author Kevin Vost presents St Albert s brilliant scholarly career at the height of the Church s intellectual renewal in the thirteenth century St Albert was tireless and courageous in his leadership and works of reform as a Dominican provincial and diocesan bishop Desperate popes pressed him into diplomatic missions hoping that Magnus might succeed in making peace where lesser men had failed These pages not only tell St Albert s story they share his lessons Each chapter uses Albertine teachings and the witness of the saint s life to instruct edify and inspire us to greater holiness and more ardent love Read St Albert and see why the greatest man of his age has great things to offer our age as well *Three Irish Saints* Kevin Vost,2012-03-17 Are you a thinker a doer or a lover In *Three Irish Saints A Guide to Finding Your Spiritual Style* Dr Kevin Vost mines ancient and modern sources to reveal what Saints Kevin of Glendalough Patrick of Ireland and Brigid of Kildare can teach us about the joys of contemplation evangelization and charitable living Thinking doing and loving Included is a simple self test to find out which spiritual master you are most like Would you rather plop down in your easy chair and enjoy a good book Celebrate life and the company of others Engage in long conversations with your close friends Vost examines the lives of these three great saints unearthing the gifts and virtues that made one a thinker one a doer and one a lover So which one are you Read the book Take the test And find out **Memorize the Reasons!** Kevin Vost, PhD,2013-09-28 In his previous bestseller *Memorize the Faith* Kevin Vost rediscovered a memory method invented by the ancient Greeks and perfected by medieval scholars and showed twenty first century Catholics how to use it to recall everything from the Ten Commandments to the Seven Deadly Sins Now in *Memorize the Reasons* Dr Vost shows you how to remember information you need to explain and defend the Catholic Faith Often when we re challenged by non Catholics who always seem to be able to quote chapter and verse we stumble and later think regretfully of what we might have said The powerful mnemonic techniques found in *Memorize the Reasons* will make sure it never happens again In simple steps that even children can master Dr Vost teaches you how to build memory cathedrals inside your mind and to fill them with vibrant images that will instantly recall reasons for the papacy and Church authority for Catholic beliefs about the Blessed Virgin Mary for Sacred Tradition and more **Catholic Faith Inventory** Kenneth Boyack,Robert D. Duggan,Paul

Huesing,1986-06-01 Contains all the material to use the process with 10 people

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