

Memories

1. You Are Fearfully and Wonderfully Made:

“I will praise You, for I am fearfully and wonderfully made;

Marvelous are Your works, And that my soul knows very well.”

Psalms 139:14 NKJV

Your Brain:

-2.5 million gigabytes of memory-biggest computer memory 10k gigabytes.

-average attention span 20 minutes, decreased 12 minutes in last decade.

-lefties have better memories, more white brain matter.

-60% of memories are made between 15-25 years of age.

-alcohol prevents memory storage.

-the brain can store one quadrillion, one followed by 15 zeros, pieces of info over a lifetime.

-70,000 thoughts a day, and your brain works harder when you dream than when you're awake.

IF YOU'RE LOOKING FOR THE COMPUTER WITH THE GREATEST STORAGE CAPACITY IN THE WORLD, PUT YOUR HAND ON YOUR HEAD AND YOU'VE FOUND IT!

2. Things to Remember:

“This letter is from Paul, chosen by the will of God to be an apostle of Christ Jesus. I have been sent out to tell others about the life he has promised through faith in Christ Jesus. I am writing to Timothy, my dear son. May God the Father and Christ Jesus our Lord give you grace, mercy, and peace. Timothy, I thank God for you—the God I serve with a clear conscience, just as my ancestors did. Night and day I constantly remember you in my prayers. I long to see you again, for I remember your tears as we parted. And I will be filled with joy when we are together again. I remember your genuine faith, for you share the faith that first filled your grandmother Lois and your mother, Eunice. And I know that same faith continues strong in you. This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

2 Timothy 1:1-7 NLT

-remember that you are loved and God has someone praying for you.

-remember your godly heritage and God’s faithfulness to the generations that have gone before you.

-remember call and gifting God has given you and stir them up!

-remember that you are filled with the Holy Spirit.

3. Things to Forget:

God sets the example.

**““I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins.”
Isaiah 43:25 NKJV**

The Hebrew words means to choose to act on a memory.

To not remember is not the same a forgetting.

Biblically, it means that because of God’s mercy and grace to us through faith in Christ, His memory focuses on the cleansing power of the Blood of Jesus, not on the memory of our past sins.

**THE FATHER AND THE OLDER BROTHER
ILLUSTRATE TWO WAYS TO DEAL WITH
MEMORY**

“Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me.

Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.”

Philippians 3:12-14 NKJV

The Greek word for “remember” means to replay in your mind over and over.

Paul could remember that he was a religious star in Judaism, with a perfect record of keeping the law. He could also remember that he persecuted everyone who believed in Jesus and even participated in their imprisonment and death.

Success and failure are two sides of the same coin. We can't replay either one over and over and still keep our focus on Jesus and the call of God.

4. We need a Reminder

“But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.”

John 14:26 NKJV

-I need to do some remembering and the Holy Spirit will help me, because He knows all the present truth I need to have in mind.

-I need to do some forgetting and the Holy Spirit will help me, because He know what I need stop replaying in my mind and just move on.

Leave the useless stuff behind, grab hold of the godly stuff and move on!