“When the people saw that Moses delayed to come down from the mountain, the people gathered themselves together to Aaron and said to him, “Up, make us gods who shall go before us. As for this Moses, the man who brought us up out of the land of Egypt, we do not know what has become of him.” So Aaron said to them, “Take off the rings of gold that are in the ears of your wives, your sons, and your daughters, and bring them to me.” So all the people took off the rings of gold that were in their ears and brought them to Aaron. And he received the gold from their hand and fashioned it with a graving tool and made a golden calf. And they said,

EXODUS 32:1-6

“These are your gods, O Israel, who brought you up out of the land of Egypt!” When Aaron saw this, he built an altar before it. And Aaron made a proclamation and said, “Tomorrow shall be a feast to the LORD.” And they rose up early the next day and offered burnt offerings and brought peace offerings. And the people sat down to eat and drink and rose up to play.”

EXODUS 32:1-6

Anxiety and desperation will move you away from gratitude and toward substitutes for God.

Anxiety forgets what gratitude should have remebered.

They no longer remembered the victories God had given them. Instead, they focused only on the fact that Moses was not with them. Using his absence as an excuse, they turned back toward the pagan practices of Egypt. Moses was out of their sight for a time, allowing the calf to be placed before them, so they could openly worship what they had already been worshiping in their hearts.

ST. EPHREM THE SYRIAN

"They melted down yesterday's blessing to create today's idol."

Because an idol isn’t just what you bow down to; it’s what you turn to when you forget who God is.

"The Israelites didn't create the golden calf because they had forgotten the existence of God. They created it because they had forgotten His faithfulness."

Gratitude Remembers What Anxiety Forgets.

"Biblical remembering is much more than an intellectual recalling. Biblical remembering brings God's saving events to mind, body, and soul."

ROBERT WEBBER

Gratitude remembers. And because gratitude remembers, it worships.

Litany

Leader: When anxiety rises, let us remember God's faithfulness.

Church: We will trust God and not our fears.

Leader: When impatience grows, let gratitude anchor our hearts.

All together: We will remember what God has already done.