

Remember & FORGET

Big Idea: The Bible teaches us that some things need to be remembered, others forgotten. Most importantly, we need to remember who God is, His promises and blessings, and what He has done for us in Christ. We also need to remember to forget many things, including hurts and offenses, negative or painful circumstances, past sins and failures, disappointments and discouragements, labels and lies. We should pray for a renewed mind that lets go of these and holds on to God and His work in our lives.

2 Corinthians 10:5 (GW) ... *We take every thought captive so that it is obedient to Christ.*

Philippians 4:8-9 (TLB) *And now, brothers, as I close this letter, let me say this one more thing: Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about. Keep putting into practice all you learned from me and saw me doing, and the God of peace will be with you.*

Romans 8:37 (NIV) *No, in all these things we are more than conquerors through him who loved us*

Ephesians 4:31-32 (NLT) *Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

Philippians 3:13-14 (TLB) *No, dear brothers, I am still not all I should be, but I am bringing all my energies to bear on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God is calling us up to heaven because of what Christ Jesus did for us.*

Start Talking:

How easy or hard is it for you to forget/release hurts and offenses? Why do think this is the case?

Start Thinking:

Read 2 Corinthians 10:5 and Philippians 4:8-9. What does it mean to take your thoughts “captive” and make them “obedient to Christ”? How can this help your mind and heart to be more healthy and godly?

Read Romans 8:37. In what ways are you “more than a conqueror” in Christ, even though you fail or fall short in your life?

Read Ephesians 4:31-32. How is receiving forgiveness and forgiving others a key to godly thinking and living?

Read Philippians 3:13-14. Why is it so important to forget things in the past that you can’t change and focus on things in the present and future that you can?

Start Praying and Doing:

Pray that God will help you release any hurt and pain that has been hard to forget, and forgive where you need to forgive. Perhaps you can ask a Christian friend or small group to pray and support you through this so you can find new hope and healing in this area of your life.