

5 Day Devotional

Day 1: Recognizing Spiritual Amnesia

Devotional

Have you ever walked into a room and completely forgotten why you went there? Our spiritual lives can experience a similar phenomenon—spiritual amnesia. We acknowledge God on Sunday but by Monday morning, we're living as if He doesn't exist. This gradual forgetting doesn't happen overnight. As Howard Hendricks wisely noted, "People don't fall off a precipice. It's a slow leak."

Like Samson, who didn't even realize when God's power had left him, we can go through the motions of faith while operating in our own strength. We attend church, say the right words, but our hearts slowly drift. Before we know it, we're making decisions, handling stress, and navigating relationships without consulting God at all.

This spiritual amnesia isn't about forgetting facts about God—it's about forgetting His relevance to our daily lives. We become practical atheists, intellectually believing in God while practically living as if He doesn't matter. The good news is that recognizing this condition is the first step toward healing. God hasn't moved; we have. And He's waiting for us to remember Him again.

Bible Verse

"But he did not know that the LORD had left him." - Judges 16:20

Reflection Question

In what areas of your life might you be operating on autopilot, forgetting to include God in your daily decisions and activities?

Quote

"Spiritual amnesia—the condition of acknowledging God on Sunday but living as if He doesn't exist by Monday—gradually empties our spiritual tanks."

Prayer

Father, open my eyes to the places where I've forgotten You. Forgive me for the times I've lived as if You don't matter. Help me to recognize when I'm operating in my own strength rather than Yours. Renew my awareness of Your presence in every moment of my day. Amen.

Day 2: Remembering God's Promises

Devotional

When life's challenges loom large, our perspective can become distorted. Suddenly, our problems appear gigantic while our God seems small. This skewed vision is a symptom of forgetting God's promises—the first way we develop spiritual amnesia.

God has given us countless promises in Scripture. He promises to provide for our needs, to never leave us, to work all things for our good. Yet when difficulties arise, we often panic as if God has never been faithful before. Like the Israelites who witnessed miracle after miracle but still doubted God at the Red Sea, we forget His track record.

Remembering God's promises doesn't mean our troubles disappear. They remain real and sometimes painful. But when we hold onto God's promises, our perspective shifts. As today's quote reminds us, when our troubles seem great in size, they're still great—but God is greater.

Today, take inventory of God's faithfulness in your past. Those moments weren't coincidences; they were God keeping His promises. And the God who was faithful yesterday is the same God who holds your tomorrow.

Bible Verse

"The LORD is my shepherd; I shall not want." - Psalm 23:1

Reflection Question

What specific promises of God do you need to remember and cling to in your current circumstances?

Quote

"When our vision of God is small, our troubles seem great in size. Can I just change that around? When our troubles seem great in size, they're still great, but God's greater."

Prayer

Lord, forgive me for forgetting Your promises when life gets difficult. Thank You for Your faithfulness that never wavers, even when my trust does. Help me to remember Your promises not just in times of ease but especially in times of trouble. Anchor my heart in the certainty of Your word. Amen.

Day 3: Reclaiming God's Power

Devotional

The second way we forget God is by forgetting His power. We were never designed to live the Christian life in our own strength. Yet how often do we try to white-knuckle our way through temptation, stress, and difficult relationships without tapping into God's power?

When we forget God's power, we become vulnerable to what 1 John describes as the lust of the flesh, the lust of the eyes, and the pride of life. We develop addictions—which are fundamentally about loss of control. We crave position and influence. We create manageable gods that fit our preferences rather than submitting to the true God in all His majesty.

But here's the beautiful truth: God's power is still available to us. The same power that raised Christ from the dead lives in every believer. We don't have to live defeated lives. We don't have to remain stuck in patterns of sin and brokenness.

Remembering God's power means acknowledging our weakness and dependency. It means surrendering our illusion of control. It means believing that no temptation, no challenge, no circumstance is beyond His ability to transform. Today, instead of trying harder in your own strength, try trusting deeper in His.

Bible Verse

"I pray that you will begin to understand how incredibly great his power is to help those who believe him. It is that same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in heaven." - Ephesians 1:19-20

Reflection Question

In what area of your life do you most need to stop striving in your own strength and start relying on God's power?

Quote

"Stop living like you're defeated. Stop living like you're dejected. Stop living like you're destroyed and stop living like you're destitute. Start living like you're delivered and start living like the enemy is defeated."

Prayer

Mighty God, I confess that I've been trying to live life in my own limited strength. Thank You that Your power is made perfect in my weakness. Help me to stop striving and start surrendering. Fill me with Your Spirit today so that I might experience Your power working through me. Amen.

Day 4: Remembering God's Person**Devotional**

The third way we forget God is perhaps the most serious—we forget who He is. We reduce the infinite, holy, loving Creator to a cosmic vending machine or a distant rule-maker. We forget His character, His heart, and His ways.

When we forget God's person, we begin a dangerous progression. First, we reject truth, finding ways to justify choices that contradict God's word. Then, we refuse to listen, hardening our hearts against conviction. Finally, we return to past sins, compromising with worldly values that once we knew to avoid.

Remembering God's person means recalling His holiness and His love. It means remembering that He is both just and merciful. It means recognizing that His commands flow from His character and are for our good.

Perhaps most importantly, remembering God's person means remembering His forgiveness. He has removed our sins as far as the east is from the west—infinity. There is no sin too great for His mercy, no failure beyond His grace. When we truly remember who God is, we find the courage to bring our brokenness to Him rather than hiding in shame.

Bible Verse

"As far as the east is from the west, so far has he removed our transgressions from us." - Psalm 103:12

Reflection Question

How might your relationship with God change if you truly believed and remembered the fullness of His character—both His holiness and His mercy?

Quote

"God says, I have removed your sins. As far as the east is from the West. East is from the west. How far is that? Infinity."

Prayer

Holy God, forgive me for reducing You to something less than who You truly are. Thank You that You are both perfectly holy and infinitely loving. Help me to remember Your true character when I'm tempted to doubt Your goodness or take Your grace for granted. Draw me back to Your heart today. Amen.

Day 5: The Journey Back to God

Devotional

No matter how far we've wandered or how deeply we've forgotten God, there's always a way back. The journey of remembering begins with a simple step toward Him. As James promises, "Draw near to God, and He will draw near to you."

This journey back isn't about earning God's favor or proving our worth. It's about responding to the invitation He's been extending all along. Like the father in the prodigal son story, God is watching the horizon, ready to run toward us at the first sign of our return.

Remembering God means focusing on the salvation He provides. It means drawing strength from His mercy even in difficult circumstances. It means celebrating His goodness with praise. And perhaps most importantly, it means living with purpose—not succeeding at things that don't matter, but investing in what has eternal significance.

God's message to each of us today is one of hope: "So long as there's breath in your chest, I have a purpose for you and you can change." Your spiritual amnesia doesn't have to be permanent. Today can be the day you begin to remember God again—in His promises, in His power, and in His person.

Bible Verse

"Draw near to God, and he will draw near to you." - James 4:8

Reflection Question

What is one practical step you can take today to draw near to God and begin remembering Him in your daily life?

Quote

"It's never too late to remember God. I don't care how far you've walked from God or how deep the hurt. James says, draw near to God and he is there. He is ready with arms wide open, ready to embrace."

Prayer

Gracious Father, thank You that You're always ready to welcome me back. Thank You that no matter how far I've wandered or how much I've forgotten, You remember me. Help me to take that first step toward You today. Renew my mind, restore my joy, and revive my heart's awareness of Your presence. I want to remember You in every moment of my life. Amen.