

## REMEMBERING Curing Spiritual Amnesia!

I recently decided to go back through a Bible study I had completed over three years ago. As I read back through my detailed responses to the questions, I was struck by my answers, but in a good way. I had poured out my heart on those pages, asking God to give me clarity and courage to take some big steps of faith. Unfortunately, I had forgotten so much of what I had written. I had a bad case of spiritual amnesia! I'm so thankful God led me back to this study because I never want to lose sight of His faithfulness. I know you don't want to do so either.

### [Read Exodus 14:29-31.](#)

*How did the Israelites experience God's power?*

*What was their response (v. 31)?*

### [Read Exodus 16:1-3.](#)

*How long had it been since the Israelites were rescued from the Egyptians?*

*What were they complaining about?*

*What had they forgotten?*

The human mind is forgetful. God brings us through a trial, answers prayer, and within a few days it's almost forgotten. Take a moment to reflect on this past year. *How have you experienced His power in your own life?*

### [Read Joshua 4:1-7.](#)

*Why did God command Joshua to lead the twelve men to pile up stones in the camp?*

**God knows we need memorials to protect us from spiritual amnesia. Consider the following to remember His faithfulness.**

**Think:** Psalm 77:12 says, *"I will consider all your works and meditate on your mighty deeds."* Create your own pile of stones by listing the moments when God's activity was real and powerful in your life. Keep a record!

**Thank and Tell:** Psalm 9:1 says, *"I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds."* Spend time in worship and praise offering your gratitude to God. Don't keep it to yourself. Tell someone!

*Dear Faithful Father, we love you. We acknowledge our tendency to forget all you have done. Forgive us. Thank you for not giving up on us. Thank you for coming to our rescue every time. Help us remember, Lord, that you have been faithful in the past and can be trusted in our future. In Jesus name, amen.*