



# “Why Do We So Easily Forget...?”

Sunday August 18, 2024

## I. **Deuteronomy 8:11-18**

### A. Why Do We So Easily Forget...

1. The Things That Have the Greatest Value...
2. But Remember Things That Hold Us In Bondage?

### B. The Power of Emotions

1. If our emotions are tied to it, we hold on to it.
2. Remember last week's sermon...
  - We learned that Satan is trying to deplete and replace the knowledge of God in his system of control.
  - If we do not know God (The Way God wants us to know Him), then our emotions will not allow us to connect to Him....Let me explain further...  
\*\* If we hold onto things that should not have emotions tied to them like “getting our feelings hurt”, un-forgiveness, loneliness, etc...they will only distract us from having our joy and happiness in God.  
\*\* Do you Remember Paul encouraging Timothy in **II Timothy 1:6-7** “*Stir up the Gift of God that is in you...*” (Put your heart and soul into your relationship with God...If you put effort in it, God will make certain that you reap the harvest!)

## II. Why Do We So Easily Forget?

### A. It is the Way God Created Us...

1. He created us to live “one day at a time” and learning to live each day with expectation and joy.
2. **Matthew 6:33-34** “*Seek ye first the kingdom of God...; Take no thought for tomorrow...*”
  - Forgetting things like where you put your keys or wallet can be frustrating....and the extreme side of forgetting seems to be on the increase in the world: Alzheimer and Dementia are both demonic strongholds that attempt to alter the way the brain is supposed to function...
  - But studies have shown a new understanding in the last 10 years concerning the actual mechanism that is in place in your brain. Everyone has been taught that forgetting is a passive breakdown of your memory, but Scott A. Small, a professor of neurology and psychiatry at Columbia University and author of the 2021 book *Forgetting: The Benefits of Not Remembering*. “The fundamental insight—the eureka, I think, of the new science of forgetting—is that our neurons are endowed with a

completely separate set of mechanisms ... that are dedicated to active forgetting.” (If you remembered everything like what it felt like when you put on your socks this morning, or how you combed your hair...there would be an overload of unnecessary information that would try to control the things that are important RIGHT NOW.)

3. This is the importance of this timely message from the Lord: We were not created to carry the weights that we have chosen to carry through hurtful, condemning memories (and some of us have taken great pride in these types of memories...and have even built walls around them to “protect us” from future hurts...we even talk about them with others as if we are comparing our load/walls to theirs!)
- B. This is Why there is a Need and Command for Diligence
1. The importance of Meditating, Writing, and Speaking His Word...
    - **Deuteronomy 6:6-9, vs. 17** (Do you have God’s writings in front of your eyes? What are you reading every day?)
    - **Habakuk 2:2** – Do you know why it is so important to write something down? (So you don’t forget it!!!!)
  2. **“A little effort goes a long way.”** (I believe this is something missing today...people want something for nothing as if they are owed something...put your effort, your heart and soul in His Word, His laws...and you will never fail).
- C. Join Your Emotions to the Right Things and Forget everything else
1. **Mark 11:25** *“When you stand praying, forgive (put those emotions under the law of faith)...”* / Faith isn’t moved by emotions, trouble, or pain....it is moved by the Word of God (When you expect God to move, He will move....your emotions can play un-godly tricks on you) (Do you remember the woman that came and cried after Jesus and He answered her not a word?)
  2. **Philippians 3:13-14** *“Forget the things that are behind”* (the things that hurt you or try to keep you from moving forward with God).
  3. Since God doesn’t condemn you, you shouldn’t allow the emotions of guilt and shame hang around either (everyone has made mistakes....but the devil always tries to convince you that your mistake is un-forgivable!).