

What God Has Said

In a busy world full of distraction and uncertainty, we tend to focus on the here and now, and we worry about what's next. We pray for today and tomorrow, but forget to thank God for yesterday. But when we remember what He's already said and done, we'll find hope for our present and future.



INTRODUCTION

During all seasons of our lives, God wants us to remember His goodness. Bringing to mind all the qualities of our God and all the things He has done for us will spur us on in our journey with Him. David the psalmist had quite a few reminders for us of all the ways we can remember how powerful our God is.

STARTER QUESTION

This is the First Sunday of Advent - the Sunday of hope. What message of hope did you find in the music or the sermon shared? Do you find more hope in remembering what God has done or in looking forward to what God is going to do? What can we remember this week that will help our hearts draw closer to God?

INTO THE WORD

Today we studied Psalm 103:1-5 where we are reminded to praise the Lord for: his benefits, forgiveness of sins, healing diseases, redeeming life, giving love, and satisfying desires. Which of these godly gifts have become clearer than ever to you this year? What godly benefits have you overlooked and need to be reminded of? Continue reading through Psalm 103. What other blessings does God promise to His people? Is there another Psalm that specifically speaks to your heart of God's benefits to us?

God encouraged His people throughout time to remember. Consider today's message about physical reminders the saints of old used to remind themselves of God's hand on their lives. Reference Jeremiah 31:21 and Genesis 26:23-25. What other examples do you recall of God encouraging His people to remember? Discuss the differences, and what caused those differences between how the Israelites of old "remembered" and how from the New Testament encourages us to remember. Reference 1 Thessalonians 1.

Psalm 25:7 is a request for God NOT to remember the sins of the author's youth. Are there times in your life when you have asked God not to remember something? What example does this set for us when others have harmed us? Are there other examples of God showing mercy by not remembering sins? What does Isaiah 43:25 remind us?

APPLICATION

We learned to consider the following three things: think before we thank, ponder before we praise, and remember before we rejoice. What is the importance of pausing in our lives? What are ways we can implement these concepts into our lives?

What is your most favorite Bible Story of God's deliverance? Often God provides redemption when it seems impossible, and often His timing is not ours! Describe the gratitude or thankfulness expressed by the person/people immediately following their deliverance. How long did their feeling of gratitude last? How long should our feeling of gratitude last? How can we 'remember not to forget' these incredible Bible stories so that we consistently maintain an attitude of gratefulness and praise?

Today we were encouraged to remember: God's forgiveness, His healing, deliverance and redemption, His love and mercy and His fulfillment of our lives with His goodness. What are some specific ways we can reflect on these five areas? What are some specific ways we can share these ideas with non-believers?

PRAYER

Lord, we thank you for always meeting our needs. As we reflect on your goodness, let us anticipate with excitement your promises to come. Renew our youth like eagles, Lord. Help us 'remember not to forget' what you have already done for us. Thank you for forgiving our sins...for healing our diseases...for redeeming us from death...for crowning us with love and compassion...for satisfying our desires. We thank you for your righteousness and justice! In Jesus name, amen.