



Prayer Guide: Remembering And Forgetting

*I will cause your name to be remembered in all generations;
therefore nations will praise you forever and ever.*

(Psalm 45:17)

*Seek the LORD and his strength;
seek his presence continually!
Remember the wondrous works that he has done,
his miracles and the judgments he uttered.
Remember his covenant forever,
the word that he commanded, for a thousand generations.*

(1 Chronicles 16:11-12, 15)

*This one thing I do:
forgetting what lies behind and straining forward to what lies ahead,
I press on toward the goal for the prize of the upward call of God in Christ Jesus.*

(Philippians 3:13-14)

Key Principle: Remember and rehearse that which magnifies Jesus and the Gospel; forget everything that does the opposite.

Remembering

- What are some things the Scripture calls you to remember?
 - The _____ of God.
 - The wonderful and powerful _____ of God.
 - The _____ of God.
 - The _____ of God.
- What were the best and worst things that happened to you over the past year? Make a short list of highs and lows.
- Apply the 4 categories above to your list of memories. What is God showing you about Himself? What would it sound like for you to praise and adore Him for these things?

Forgetting

- What are some things the Scripture calls you to forget (or choose not to dwell on)?
- What would it sound like for you to confess and seek forgiveness for building your identity on these things?

Petitioning

- What are some things you'd like to see God do in your life this year? [spiritually, relationally, emotionally, vocationally, etc.]
- Look at the 4 categories under "Remembering." What about God gives you hope that God will hear your requests?