

# Memory problems

Sunday, August 11, 2024  
8:34 PM

## 1 Corinthians 11:23-26

23 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, 24 and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." 25 In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." 26 For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

## Numbers 11:4-5

4 The rabble with them began to crave other food, and again the Israelites started wailing and said, "If only we had meat to eat! 5 We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic.

People like to make jokes about memory loss...

I guess because it intersects a little bit of levity into what can be a very serious problem

**Man:** *Doctor I have got a short term memory problem. I forget things really fast.*

**Doctor:** *So, how long have you had this problem for?*

**Man:** *What problem?*

**Doctor:** *I have really bad news. You have cancer.*

**Man:** *This is terrible. How could my life get any worse?*

**Doctor:** *you also have dementia.*

**Man:** *Well, at least I don't have cancer*

Someone has said...

*"I have a photographic memory, I just forgot to load the film."*

*"I'd tell you a memory loss joke, but I keep drawing a blank."*

*"I once forgot how to throw a boomerang, but then it came back to me."*

What do you call it when a pig loses its memory? *Hamnesia*

The Israelites had a serious memory problem. Even though it had only been a short time since God had delivered them from their slavery in Egypt; their recall of the conditions had completely erased the harsh conditions of their environment.

They remembered the fish, cucumbers, melons, leeks, onions and garlic with great factuality (that is assuming they were correct about that - because as we will see our memory can play tricks on us in this area too) but they completely forgot about cost... *"At no cost"*

They had memory problems... But are we any different?

I began to think about all the memory problems we have as people of faith and how the enemy can use this against us

### **We remember the GOOD, but forget the BAD**

\*Like the Israelites we often remember and recite the good but fail to remember the bad

### **We falsely remember what we HAD, but forget about the COST**

\*Or another variation of that memory problem is that we FALSELY remember (embellish) what we had and then minimize the cost of having it.

For instance, have you ever said to yourself after having longed to eat a particular food or go back to a particular place - *"That wasn't as good as I remember it."*

Our memory problems will tend to embellish the good and minimize the bad

### **We remember the BAD that people do, but not the GOOD that people do.**

*Friends, Romans, countrymen, lend me your ears.*

*I come to bury Caesar, not to praise him.*

*The evil that men do lives after them;*

*The good is oft interrèd with their bones.*

– **Mark Antony (Julius Ceaser by William Shakespeare)**

\*Why is it that our memory wants to hold on to the bad things that people do (even if it pales in comparison to the good things that they have done)

## **We remember the CRITICISM we receive, but forget the COMPLIMENTS**

\*A lot of research has been done on this and some have suggested that there is a 3 to one ratio of negative to positive interactions needed to maintain psychological or relational balance in our lives. Others have said it is 5:1.

From my experience, I think it might be more like 10:1 or 100:1. All I know is that we give the criticism much more weight in our lives than we do compliments. Or perhaps as I am suggesting today... We have a memory problem. We remember, replay, and hold on to the criticism much more than we do the compliments. And the enemy uses this to discourage us.

## **We remember our PAST, but forget the FUTURE God has promised us in Him**

\*The enemy wants you to remember your past but God wants you to remember what He has done in you, how He has forgiven you, how He has transformed you how He has given you a future and a hope.

1 Timothy 1:12-16

12 I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service. 13 Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. 14 The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.

15 Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. 16 But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.

*Grace, grace, God's grace,  
Grace that will pardon and cleanse within;  
Grace, grace, God's grace,  
Grace that is greater than all our sin!*

– Juila H. Johnston

## **We remember our FAILURES, but forget our SUCCESSES**

\*It's important to learn from both of them

Peter could have been consumed by his failures (doubting when he walked on water, hearing Jesus say "*get behind me Satan*" when Peter rebuked Jesus for his plan to go to the cross, denying Jesus three times in one night) but after Jesus rose from the dead, He made it a point to refocus Peter's memory of what He had called him to do... First Jesus repeats the miracle of the catch of fish (because it was a reminder to Peter of his initial calling to follow Jesus and fish for men and then Jesus further emphasized this call by asking Peter three times... "*Do You Love Me*" and then telling him "Feed My Sheep"

## **We forget the PROMISES of God but remember the LIES of the enemy**

*We have between 50-70,000 thoughts each day. Yet God commands us to take EVERY thought captive. This means we have to pay attention to what we are thinking and determine if those thoughts agree with what God tells us in His word, or if they are lies from the pit of hell. That's a lot of work!*

– Dr. Michelle Bengtson, Hope Prevails Ministry

**It only takes a fraction of a second for the enemy to whisper lies to you:**

You're worthless.

You're not important.

You're just a victim.

Nobody likes you.

You're all alone.

You are ugly.

You are a failure.

You are rejected.

1. Know what God's word says, so that when the enemy of your soul tells you, "You are weak!" You can fight back with the truth that says, "No! According to Isaiah 40:31, in Him, I am strong."

2. When the enemy suggests, "You are a failure!" Refute him with the truth that says, "No! According to Romans 8:37, I am more than a conqueror!"

3. When the enemy tells you, "You are rejected!" You can fight back with the truth that says, "No! According to Ephesians 1:6, in Jesus I am accepted."

4. When the enemy suggests that, "You are not important!" You can refute him with the truth that says, "No! According to Deuteronomy 7:6, I am God's treasured possession!"

5. When the enemy tries to convince you that, “Nobody likes you.” You can fight back with the truth that says, “No! According to Psalm 17, I am the apple of God’s eye.”
6. When the enemy tells you that, “You are a victim!” You can fight back with the truth that says, “No! According to 1 Corinthians 15:57, in Christ, I am victorious.”
7. Next time the enemy tells you that, “You are all alone!” You can refute his lies with the truth that says, “No! According to Joshua 1:5, I am never alone.”
8. When the enemy tries to convince you that, “You are ugly!” You can fight back with the truth that says, “No! According to Psalm 45:11, God says I am beautiful.”
9. When the enemy tells you that, “You are rejected.” You refute him with the truth that says, “No! According to 1 John 3:1, God loves me so much He adopted me as His child.”
10. When the enemy tries to discourage you by telling you that “You will never be healed!” You can fight back with the truth that says, “No! According to Isaiah 53:5, by His stripes I am healed.”
11. When the enemy tries to convince you that “You are worthless and unworthy!” You can fight back with the truth that says, “No! According to John 3:16, Jesus declared me worthy!”

- Dr. Michelle Bengtson, Hope Prevails Ministry

## We remember our FEARS, but forget to have FAITH

1. [Matthew 6:30](#)

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of **little faith**?

2. [Matthew 8:26](#)

He replied, “You of **little faith**, why are you so afraid?” Then he got up and rebuked the winds and the waves, and it was completely calm.

3. [Matthew 14:31](#)

Immediately Jesus reached out his hand and caught him. “You of **little faith**,” he said, “why did you doubt?”

4. [Matthew 16:8](#)

Aware of their discussion, Jesus asked, "You of **little faith**, why are you talking among yourselves about having no bread?"

5. [Matthew 17:20](#)

He replied, "Because you have so **little faith**. Truly I tell you, if you have **faith** as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

We remember those who SIN AGAINST, but forget how we have SINNED AGAINST others

Matthew 6:12 (NLT)

12 and forgive us our sins, as we have forgiven those who sin against us.

We remember UNANSWERED PRAYERS, but forget the miraculous ways that God HAS ANSWERED

Psalm 145:1-6

1 I will exalt you, my God the King; I will praise your name for ever and ever. 2 Every day I will praise you and extol your name for ever and ever.

3 Great is the Lord and most worthy of praise; his greatness no one can fathom...

6 ..and I will proclaim your great deeds.

We remember the NO's but forget the YES's

We remember what He PROMISES to give us, but FORGET what He asks us to give Him

We remember to COMPLAIN about what we don't have but FORGET to give thanks for what we do have

Either we either forget the positive and remember the negative or we forget the negative and remember the positive

### Lamentations 3:19-26

19 I remember my affliction and my wandering, the bitterness and the gall. 20 I well remember them, and my soul is downcast within me. 21 Yet this I call to mind and therefore I have hope:

22 Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. 24 I say to myself, "The Lord is my portion; therefore I will wait for him."

25 The Lord is good to those whose hope is in him, to the one who seeks him; 26 it is good to wait quietly for the salvation of the Lord.

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