

Forgetting And Remembering

Unfortunately, many times we FORGET WHAT WE SHOULD REMEMBER and REMEMBER WHAT WE SHOULD FORGET!

Repetition: Generally, it takes multiple exposures (often 5-7 times) to retain information.

Active Engagement: Actively engaging with the material (e.g., summarizing or teaching) enhances retention.

Contextual Learning: Relating new information to existing knowledge helps solidify memory.

Spaced Repetition: Spacing out review sessions over time improves long-term retention.

Emotional Connection: Information tied to strong emotions is often remembered better.

Sleep and Rest: Adequate sleep after learning is crucial for memory consolidation.

2 Peter 1:3-9

3 His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.

4 Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;

6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness;

7 and to godliness, mutual affection; and to mutual affection, love.

8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

9 But whoever does not have them is nearsighted and blind, FORGETTING that they have been cleansed from their past sins.

Ephesians 2:1-10

1. As for you, you were dead in your transgressions and sins,
2. in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.
3. All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.
4. But because of his great love for us, God, who is rich in mercy,
5. made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.
6. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,
7. in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.
8. For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God--
9. not by works, so that no one can boast.
10. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

I. Forget your OLD IDENTITY and REMEMBER that you are a NEW PERSON!

Ephesians 2:1-5

- 1 As for you, you were dead in your transgressions and sins,
- 2 in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.
- 3 All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.
- 4 But because of his great love for us, God, who is rich in mercy,
- 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

1 Peter 2:9-10

9. But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.

10. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

2 Corinthians 5:16-17

16. So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer.

17. Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

II. FORGET your OLD LIMITATION and REMEMBER that you have a NEW POSITION!

Ephesians 2:6 - And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

1. He raised us up with Christ!

2. He sat us down with Christ!

Eph. 2:7 - in order that in the COMING AGES he might show the INCOMPARABLE riches of his grace, expressed in his kindness to us in Christ Jesus.

III. FORGET your OLD PERSPECTIVES and REMEMBER that you have a NEW POINT OF VIEW!

Colossians 3:1-4

1. Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.
2. Set your minds on things above, not on earthly things.
3. For you died, and your life is now hidden with Christ in God.
4. When Christ, who is your life, appears, then you also will appear with him in glory.

There is no ability to see ourselves through heavens eyes unless we are first saved!

1. RENEW Your VIEW to a KINGDOM PERSPECTIVE!

Vs. 1 says, "...set your hearts on things above..."

2 Corinthians 4:4 - The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.

Isaiah 40:31- but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

V1 "...set your hearts..." - synonyms = affections, desires, goals, ambitions

v2 "...set your minds..." - synonyms = thinking, attitudes, understanding, perception

2. RECAST Your PAST for a KINGDOM FUTURE!

Recast means...

1.To give a different form by melting it down and reshaping it:

(You literally become a new person with a new future destiny!)

Recast means...

2.To present or organize in a different form or style:

(You speak and do things different now!)

Recast means...

3.To allocate the parts in (a play or film) to different actors:

(In the Move of your life, Jesus becomes the hero!)

It becomes a TESTIMONY that brings JOY and LIFE instead of a TRAGEDY that brings SORROW and STRIFE!

Vs 3 says, "...For you died..."

Galatians 2:20 - I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

2 Corinthians 5:17 - Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

Philippians 3:12-14

12. Not that I have already obtained all this, or have already been made perfect, but I press on to TAKE HOLD OF THAT for which Christ Jesus took hold of me.

13. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: FORGETTING WHAT IS BEHIND and straining toward what is ahead,

14. I PRESS ON toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

The most common reason for a wrong perspective of our spiritual selves comes from an inaccurate understanding of what truly happened when we were 'BORN AGAIN'

One word... DON'T!

Two words... STOP IT!

Three words... LET IT GO!

Four words... REPENT AND BE FREE!

Five words... DON'T RETURN TO THE VOMIT!

Acts 7:39 "...they rejected him and in their hearts turned back to Egypt"

"DON'T! STOP IT! LET IT GO! REPENT AND BE FREE! DON'T RETURN TO THE VOMIT!"

3. RE-EMBRACE your PLACE in a KINGDOM PURPOSE!

Colossians 3:4b - "...you will also appear with him in glory"

Ephesians 2:8-10

8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—

9 not by works, so that no one can boast.

10 For we are God's workmanship, created in Christ Jesus to do good works, which GOD PREPARED IN ADVANCE FOR US TO DO.

Ephesians 1:3-4 - Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight.

Romans 12:2 - "Do not conform any longer to the pattern of this world, but be transformed BY THE RENEWING OF YOUR MIND"

Philippians 2:5 "Your attitude should be the same as that of Christ Jesus ..."

(KJV) - 'Let this mind be in you which was also in Christ Jesus'

Rev. 3:3 - REMEMBER, therefore, what you have received and heard; hold it fast, and repent. But if you do not wake up, I will come like a thief, and you will not know at what time I will come to you.

"I will REMEMBER what I have received and heard in God's Word tonight; I will hold it fast, and repent!"

"I will not return like a dog to the vomit!!

"I will FORGET what is behind and strain toward what is ahead!"

"I will PRESS ON to take hold of that for which Christ Jesus took hold of me!"