

BIBLE STUDY WORKSHEET

MOVING FORWARD WITH A THANKFUL MEMORY

Text: Deuteronomy 8:1–10; Psalm 103:1–5

I. OPENING QUESTION

When you hear the word “memory,” what comes up first for you — a wound, a moment, a person, or a blessing? Why?

II. THE REALITY OF MEMORY — A BATTLEFIELD, NOT A SCRAPBOOK

Read **Deuteronomy 8:2–5**

Discuss:

1. **Which part of Israel’s memory resonates most with you right now?**
 - The wilderness season (v. 2)?
 - The hunger moments (v. 3)?
 - The hidden blessings they didn’t notice (v. 4)?
 - The discipline they misinterpreted (v. 5)?
 2. **What memories in your life feel “unresolved,” confusing, or hard to look at honestly?**
What makes those memories difficult to face?
 3. **How has forgetting God’s faithfulness affected your confidence, obedience, or worship this year?**
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III. SCRIPTURE STUDY — THE POWER OF THANKFUL MEMORY

Read **Psalm 103:1–5**

A. “Bless the Lord, O my soul...” — Why is David preaching to himself?

- What does this reveal about the tension between **how we feel** and **what we know**?
- Why is gratitude not natural, but spiritual?

B. Five Benefits David remembers — which one do you need right now?

1. *He forgives all your sins*
2. *He heals all your diseases*
3. *He redeems your life from the pit*
4. *He crowns you with love and mercy*
5. *He satisfies you with good things*

Reflection:

Which of these five benefits do you struggle to believe emotionally — even if you believe them theologically? Why?

IV. HEART WORK — TRAINING A THANKFUL MEMORY

1. Identify Draining Memories

Write down (privately) at least **one memory** that drains your soul every time it surfaces:

- A person
- A decision
- A season
- A disappointment
- A failure
- A moment you rarely talk about

Why does this memory still have emotional power over you?

2. Practice Holy Rewinding

Go back to that same memory and ask:

- **Where was God that day?**
- **What did He protect you from that you didn't see?**
- **What did He hold together that could've fallen apart?**
- **What part of you survived that moment because God sustained you?**

Write one sentence describing how God showed up **behind the scenes**.

3. Rehearse God's Goodness (Aloud, Not Silently)

Read Psalm 103:1–5 aloud as a group.

Then answer:

- **How does speaking gratitude change what you feel internally?**
 - **Which verse hits your emotions the hardest right now?**
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V. MOVING FORWARD: PRACTICAL DISCIPLINES OF A THANKFUL MEMORY

1. “Selective Remembering” — Choosing what to magnify

Read **Lamentations 3:21–23**

- What does Jeremiah choose to call to mind?
 - How can we reorder our memory playlist?
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2. “Sacred Pause” — Slowing down to notice what God preserved

Read **Psalms 77:11–12**

- Why does the Psalmist “ponder” and “meditate”?
 - How can slowing down heal memory distortion?
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3. “Talking to Your Soul” — Not letting emotions have the last word

Read **Psalms 42:5**

- What does it mean to “speak to your soul”?
 - What would you say to your soul this week?
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VI. PERSONAL REFLECTION & JOURNAL SPACE

- A. One Memory I Need to Release
 - B. One Memory I Need to Reinterpret With God’s Grace
 - C. One Memory of God’s Goodness I Will Anchor My Week In
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VII. CLOSING PRAYER (Read Aloud Together)

“Lord, help me to remember rightly.
Heal the memories that haunt me.
Magnify the memories that strengthen me.
Teach my soul to bless You even when my feelings resist.
Give me the courage to revisit my past with Your presence.
Give me the wisdom to see Your hand in every chapter.
And give me the faith to move forward
with gratitude, with clarity, and with renewed hope.
Amen.”