

[H]Institute Remember Journal Pages

Week 1 - Remember Him

Read Genesis 9:15-16

REMEMBER

God is relational. The first thing we learn about Him in Genesis 1:1 is that He is *Elohim*—plural for God—pointing to the Godhead. Immediately in creation we learn that the Divine Trinity, Father—Son—Holy Spirit, are relational. When did you first come to know the Lord? Write some memories of that experience.

REFRAME

What's your story? Remember one thing that happened. How would knowing our God is relational impact how you remember that circumstance? Or does it? Express your thoughts and feelings to the Lord.

REQUEST

Talk to God. Ask Him to help you remember what is true about Him.

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Week 2 - Remember Him

Read Exodus 13:3

REMEMBER

God is our deliverer. This day is a *good* day for the Israelites! They are free from Egyptian bondage; they've witnessed the mighty hand of their Lord. This day is full of joy! Yet, if you remember, when God first told his people that he heard their cries and was going to deliver them, He actually made life more difficult (Ex. 5:7-9). Have you asked the Lord for deliverance? What happened? Describe how you felt...what you were thinking.

REFFRAME

What's your story? Remember one thing that happened. How does knowing God as our deliverer impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

What do you want to ask for from your Heavenly Father? He summons you to come, to bring what's heavy laden (Matt. 11:28).

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Week 3 - Remember Him

Read Exodus 32:13

REMEMBER

God is faithful. God regularly reminds His children of who we are in the family of God. We are those who have inherited the promises that the people of old saw only by way of looking down the halls of faith. God calls to us to turn around and look; observe throughout the entire march of time how God has said it would be so and it was. What biblical person and promise provides you with hope in the faithfulness of our Heavenly Father and why?

REFFRAME

What's your story? Remember one thing that happened. How does knowing God as faithful impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

Take some time to go outdoors and reflect on God's creation. What, in nature, reminds you of His faithfulness? Give thanks to the Lord for the ways He reminds you of His faithfulness in His world.

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Week 4 - Remember His Gifts

Read Exodus 20:8

REMEMBER

God gives rest. The author of Hebrews writes, “There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his,” and then he shares an invitation, “Let us, therefore, make every effort to enter that rest.” Instead of struggling to improve our works, the Lord invites us to accept His. In His completion we find rest (Jn. 19:30). What do you hear when you read the word, “sabbath?” Is it simply a day? One in seven set aside for worship? Share when you realized only His works provide sabbath rest. What did you feel?

REFRAME

What’s your story? Remember one thing that happened. How does knowing that God gives rest impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

Spend time in prayer. God invites your raw emotions, honesty, and perplexities into this space.

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Week 5 - Remember His Gifts

Read Numbers 11:4-6

REMEMBER

God provides. The olfactory memories (fish, cucumbers, onions, and garlic) from Egypt were so powerful that they literally rewrote history for the Israelites. Instead of remembering the dire situation from which the Lord delivered them, the refugees in the desert memorialized food. Remembering truthfully is so important. God's promise is to provide all things for a godly life (2 Peter 1:3-4). When has God provided for you? When did that provision *not* look like what you thought "provision" should have been?

REFRAME

What's your story? Remember one thing that happened. How does knowing that God provides impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

"But I will look to the Lord; I will wait for the God of my salvation. My God will hear me (Micah 7:7)." What do you want to say to God? Or do you need to sit in silence?

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Week 6 - Remember His Gifts

Read Deuteronomy 5:15

REMEMBER

God's mighty hand. The Israelites were not spared from significant harm. While they lived as slaves in Egypt they were demoralized, degraded, and dehumanized. Human beings owned by other human beings have zero rights and zero voice. They are beholden to their masters for every single decision made for their lives and livelihood. God could have used His mighty hand sooner, but He did not. Write down some memories of when you wanted to trust God's power, but it felt like it didn't come soon enough. Did that effect your faith?

REFRAME

What's your story? Remember one thing that happened. How does knowing that God's hand is mighty impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

If you've witnessed God reaching out His arm and moving His mighty hand in your circumstances, spend some time thanking Him. If you're still waiting, ask Him to show His strength in a way that you will know it was directly from Him, specifically for you.

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Week 7 - Remember His Covenant

Read Leviticus 26:42

REMEMBER

God is personal. In a previous passage, God grouped Abraham, Isaac, and Jacob into one entity (servants). In this passage, He names them one by one and confirms His promise for each of them. It's as if He's thinking about the moments He spent with each person as He made His covenantal promise (Gen. 15; 26:2-3; 28:13-15). When have you experienced a "God moment?" Write about a time God showed up in such a way that you knew it was just for you.

REFRAME

What's your story? Remember one thing that happened. How does knowing that God is personal impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

As God "brought out" (Deut. 5:15) the Israelites from the land of bondage, He also draws *you* out to Himself to worship Him. How will you worship the God who remembers you?

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Week 8 - Remember His Covenant

Read Leviticus 26:45

REMEMBER

God remembers for our sake. The lists of punishments for disobedience in this chapter are debilitating. We are a faithless people, and God knows it. So He keeps His promises for us, “that He might be [our] God.” What are your weaknesses? What promise has God granted on your behalf?

REFRAME

What’s your story? Remember one thing that happened. How does knowing that God remembers for our sake impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

Thank God for the provision of His Son. He has accomplished for us what we could not. Confess ... “Sins and the sins of ancestors—unfaithfulness and hostility toward [God]” (Lev. 26:40).

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Week 9 - Remember His Covenant

Read Numbers 15:39

REMEMBER

God is gracious. We sin while unaware! (Num. 15:22) Yet God gives grace for even our “unintentional sin.” As a reminder, He told His people to add tassels to their garments. These were meant to remind His people of His promises and provision, but also their involvement in the covenant. What has God told you to look at to remember to follow after Him?

REFRAME

What’s your story? Remember one thing that happened. How does knowing that God is gracious impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

It was our Lord Jesus Christ’s work that ushered us into the throne room of God. He is right now interceding on our behalf! Make your requests known to Him and couple them with a thanksgiving for His incredible grace.

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Week 10 - Remember He Is Making All Things New

Read Deuteronomy 4:10

REMEMBER

God speaks. So many things can be said about God's words. Think of Psalm 119, for instance. Psalm 19 tells us His words are sweeter than honey, and in His Words there is great reward. God *lets us* hear His words so that we will be transformed (2 Cor. 2:8), and so that the richness of His transforming power will be passed on to our loved ones. (2 Cor. 1:4). What are some of God's words that bring you joy? Comfort? Peace? When have you experienced word-inspired transformation?

REFRAME

What's your story? Remember one thing that happened. How does knowing that God has spoken, is speaking, and will continue to provide His word impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

God provides even the words we need in order to pray. Consider praying one of His laments to Him. Consider Psalms 54, 55, 56, 57, or 58.

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Week 11 - Remember He Is Making All Things New

Read Deuteronomy 8:2

REMEMBER

God examines. It's important to remember, however, what this is not. It is not punitive (Rom. 2:4), it is not condemnation (Rom. 8:1), it is not meant to destroy (Isa. 41:10). It doesn't feel good, that's for sure. We don't celebrate any type of correction or suffering. But we can know God in hard times as well as in good. What have you learned about your Heavenly Father in difficult times?

REFRAME

What's your story? Remember one thing that happened. How does knowing that God examines His people impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

What do you want to ask God about your difficulties? Ask Him to shine the light of Himself, His works, and His ways brighter than the darkness you've endured.

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Week 12 - Remember He Is Making All Things New

Read Deuteronomy 9:27

REMEMBER

God sees His Son. God sees you too. Your very person is written on His hands (Isa. 49:16). But when He looks at our sin, we have an Advocate that God sees in our place (1 Jn. 2:1). Remember a time you felt the shame of sin. How did Christ's work on the cross cover that sin?

REFRAME

What's your story? Remember one thing that happened. How does knowing God looks on His Son and pardons us impact how you remember that circumstance? Or does it? Express your thoughts or feelings to the Lord.

REQUEST

What's the hardest thing about today? You have a perfect Father who has used His mighty arm to save. How might He save you this day? Ask for it (Num. 6:24-26).
