

Forgetting

Scripture Reading — Psalm 78:1-22

They forgot what he had done, the wonders he had shown them.
—Psalm 78:11 —

It's remarkable how many times God's people were blamed with "forgetting" the Lord and all he had done for them. Deuteronomy 32:18 declares, "You forgot the God who gave you birth." And Judges 3:7 proclaims a refrain that continues throughout their history: "The Israelites did evil in the eyes of the LORD; they forgot the LORD their God." As our reading today puts it, "They forgot what he had done, the wonders he had shown them." God's people could be so forgetful!

God intends, however, that we use the gift of Sabbath to remember him, taking the opportunity to tell of his goodness and recount his faithfulness. Sabbath is a time for celebrating the freedom he has won for us in Jesus!

Decay theory suggests that a memory trace is created in our brains with each new piece of information or each new experience we take in. These memory traces, though, begin almost immediately to fade and disappear. If they're not retrieved and rehearsed, eventually they're lost. In short, if we don't use it, we'll lose it!

Sabbath gives us time and space to simply sit and reflect. It provides us the opportunity to muse over and ponder God's wonderful love for us in Jesus and to give him thanks!

Prayer

Gracious God in heaven, it's so easy for us to lose sight of the grace and love you've shown us in Jesus. Help us to develop the Sabbath discipline of "remembering." In Jesus' name, Amen.

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