

the Venues

Go Deep

The Heat is On

“Memories Pressed Between the Pages of My Mind”

May 29, 2016

What are your Memorial Day plans?

Do you have an example of forgetfulness?

1. Do you have memories you'd like to vacuum up?

In the movie “Inside Out” we meet the “Forgetters,” mind workers whose job it is to remove certain memories.

Would you like to hire some “Forgetters?” What memory would you like them to remove?

2. Is that memory affecting your life?

Read Proverbs 4:23 and ask these questions of the verse:

What are we told to do?

What is the heart?

How are we to do it?

Why are we to do it?

What does this verse tell us about the power of memory?

Read Luke 6:45.

What is one way to know that someone is from the South?

What does Jesus say reveals what is in the heart?

Do you think that is an accurate indicator?

3. What do I do with my memories? - How do we heal from hurtful memories?

What has worked for you? Maybe this will help:

-Live in the Present. The hurt happened in the past, but our response is in the present.

How does “living in the present” help us heal from the past?

-Identify my hurt.

What do you have to do to identify the hurt? How can this help the healing process?

-Identity myself. We have a tendency to identify ourselves by what has happened to us.

What are other ways to identify ourselves? What do the following Bible verses say about our identity?

Romans 8:15-17; 1 John 3:1

Read 1 Corinthians 13:11.

What does this verse have to do with living a life of love?

One theory is that a person can be stuck at the emotional age that corresponds to the chronological age of the trauma.

Do you know anyone chronologically mature but emotionally immature?

-Make a move toward forgiveness.

How can forgiveness aid in the healing of memories?

Author Lewis Smedes says this about forgiveness:

“Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future.”

-Focus on experiences with people.

What can you do today to create good, positive, memories for the people you meet and the people in your life?