



Our Forgetful God

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November 21-22, 2020

Big Takeaway: We are so much more than our memories. It's not what we forget, but what God remembers, that matters.

Application Point: Like God, what things should I choose to forget and what memories of God do I need to hold on to?

Psalm 13:1-6 (NLT)

1 O LORD, how long will you forget me? Forever? How long will you look the other way? 2 How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? 3 Turn and answer me, O LORD my God! Restore the sparkle to my eyes, or I will die. 4 Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall. 5 But I trust in your unfailing love. I will rejoice because you have rescued me. 6 I will sing to the LORD because he is good to me.

Highly Superior Autobiographical Memory (HSAM) is an unusual and rare phenomenon in which the afflicted person is unable to forget even the most mundane experiences in his or her life.

DAVID'S QUICK TURNAROUND

1. _____

Psalm 13:1-2 (NLT)

1 O LORD, how long will you forget me? Forever? How long will you look the other way? 2 How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?

But man's extremity is God's opportunity.

2. _____

Psalm 13:3-4 (NLT)

3 Turn and answer me, O LORD my God! Restore the sparkle to my eyes, or I will die. 4 Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.

3. _____

Psalm 13:5-6 (NKJV)

5 But I have trusted in Your mercy; My heart shall rejoice in Your salvation. I will sing to the LORD, Because He has dealt bountifully with me.

Process of healing: tears, truth, trust, triumph!

ANSWERS:

1. REGRET

2. REQUEST

3. REJOICING