



## Our Forgetful God

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**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