



Remember Me

Focus Because it is very easy for us to forget, we must *intentionally* remember what Jesus did for us on the cross and His work in our lives.

Open What is the most important (or funniest) thing you've ever forgotten?

Read We are amazingly forgetful people. When Jesus led the disciples in the first communion during the Last Supper, He instructed them to “remember” Him each time they took communion thereafter. He knew that they (and we) would have a tendency to develop “spiritual amnesia”—to forget the work of Christ.

We have a tendency to remember what we should forget (such as hurts and failures) and to forget what we should remember (what was provided for us through Christ's death and resurrection). Communion is an opportunity for us to remember to forgive others and ourselves and to remember the costliness and personal nature of our redemption.

- Talk**
1. Why do we have a tendency to remember what we should forget, such as hurts inflicted by others and our own failures and mistakes? Why is it important for us to forgive and “forget what is behind” (Philippians 3:13-14)?
 2. “*When we remember what God has done, we remember who God is. When we remember who God is, we remember who we are.*” What do you think this statement means? Why is this true?
 3. Jesus wants us to remember that our redemption is both costly and personal. Why is it important to purposefully think about these qualities of redemption regularly? In what way is it costly to us as well?

Live

1. Take a few minutes to ask the Lord the following:
 - a) What do I need to forgive myself for (let go of)?
 - b) Who do I need to forgive?Jot down your answers.
2. With a partner, take a few minutes to talk to the Lord about these things and pray for one another.

Pray

Tell Jesus how thankful you are for His complete work on the cross that made a way for you to have relationship with God. Thank Him for all that His sacrifice provided for you. Repent for holding on to unforgiveness towards yourself and others, and ask Him to cleanse you from the poison it deposited in your spirit. Ask the Holy Spirit to work in your heart to cultivate an attitude of remembrance and thankfulness.