



LIFENEWS

The weekly newsletter article of Parkside Chapel

Forget Not

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“Where is your water bottle?” This is a constant refrain in my house. My kids need their water bottles for various reasons—going to school, meals, bedtime, etc. However, they often forget to bring them on these occasions. I could shout up the stairs, “Breakfast is ready, and bring your water bottles,” and yet one of the kids would forget it in their bedrooms. Children often get distracted by what is in front of them. So do adults.

Adults can be just as forgetful. We sometimes walk into rooms and forget why we got off the couch to go there. We forget where we place our keys or the remote more times than we like to admit. Humans naturally tend to focus on what is right in front of them.

This distractibility and forgetfulness are known by God. Often in Scripture, we are called to “Remember.” The most famous example of this is when the Israelites crossed the Jordan in Joshua 3 and 4. They had this miraculous crossing where God stops the river, and they enter the promised land. Then the LORD commands the leaders to set up 12 large stones, so when people see them, they will ask questions. These questions lead them to remember what God has done for them.

This isn't the only time God calls us to remember. The opening verses of Psalm 103:1-5 read:

***“Praise the Lord, my soul;
all my inmost being, praise his holy name.
Praise the Lord, my soul,
and forget not all his benefits—***

***who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.”***

David is telling his innermost being - the immaterial part of himself - to focus on the LORD. He tells himself to focus on how a relationship with God has transformed him: the forgiveness for all sin, healing of all diseases, redeeming his life from a pit, giving him good things, and the list goes on. There are many things God has done for him.

It is easy to forget what God has done for us, especially in the midst of pain and trouble. It is easy to be distracted by many things. It is easy to live without focusing on what God has provided through a relationship with him. We make it about ourselves and not about him.

Today, friends, do not forget all his benefits. Take a moment to remind yourself of all the things God has done in your life. There are countless ways he has been involved in your life. Praise the LORD.

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