

Forget Not

Merchantville Small Group Guide

Warm-up Question: (Choose one, make up your own, or skip this part altogether, depending upon the nature of your group.)

1. If you could instantly remember one skill or piece of knowledge you learned in the past but feel rusty on now, what would it be and why?
2. What's one small, everyday thing you're grateful for that often gets overlooked?

Read the following passage: Psalm 103

Psalm 103 emphasizes the importance of remembering God's goodness and benefits, especially during challenging times. David encourages his soul to praise the Lord and not forget His blessings—such as forgiveness, healing, redemption, and love. Humanity's tendency, many times, is to forget God's past faithfulness, often leading to doubt and fear.

There are many parallels between the Israelites' forgetfulness despite witnessing miracles and our own struggles to remember God's faithfulness. It underscores the spiritual battle for our thoughts, where the enemy plants seeds of doubt. Remembering God's works empowers faith, renews strength, and influences future generations. The act of remembering is not merely nostalgic but a spiritual discipline commanded by God. In response, believers can practice intentionally recalling and declaring God's goodness, fostering resilience and hope.

Questions for Discussion (Choose several that are relevant for your group):

1. Reflecting on Psalm 103, which of God's benefits listed by David resonates most with your current season of life, and why?
2. Can you share a time when you clearly saw God's hand in your life? How has that memory strengthened your faith during challenging times?
3. What "weeds" of doubt or negative thinking have you struggled with recently? How can you replace them with truths about God's character?
4. The Israelites often forgot God's miracles and complained. In what ways might you be prone to forget God's faithfulness in your daily life?
5. How can you cultivate a practice of remembering God's goodness?
6. Are there specific areas in your life where you need to shift from remembering past failures to focusing on God's forgiveness and redemption?
7. How can your personal testimonies of God's faithfulness inspire and encourage the next generation or those around you?

8. In moments of waiting or uncertainty, how do you remind yourself of God's promises and past provisions? How can this practice shape your outlook and decisions?

Pray