



A Bible Study On The Topic of Memory

Suggested use: To introduce this topic, show the brief video *Five Steps to a Healthier You*. It is available for viewing on ALOA's website at aloaserves.org/resources/videos/health-iq/

1. The Memory of God

A. God indeed remembers. God does not forget who He is and what He promises.

Genesis 9:15
Exodus 2:24
Psalm 98:3
Luke 1:72

B. But God's memory does include forgetting some things.

Ezekiel 18:22
Isaiah 43:25h
Jeremiah 31:33-34

C. God calls people to remember

Deuteronomy 5:15
Exodus 3:15
I Chronicles 16:12
Ecclesiastes 12:1
I Corinthians 11:23-26

2. The Memory Of Human Beings

A. Our call to God

Psalm 25:6-7
Psalm 74:2

B. God helps us with our memory

John 14:26
Psalm 111:4
II Peter 1:12-21

C. We remember

Psalm 63:6
Psalm 77:11

3. Questions for Reflection and Discussion

- Do you have a good memory?
- Are there things in your life that you just can't forget?
- Do you worry about your memory as you continue in the aging process?
- How can some memories help us?
- How can some memories cause us problems?
- Are you trusting God to give you good memories?
- Agree or disagree: Old age means that we only live with memories.
- Is there something you can do that will result in giving you a better memory?

Pastor Ken Holdorf has been in ordained ministry for over 50 years, and currently serves as Pastor of Senior Adult Ministry at Prince of Peace Lutheran Church in Carrollton, Texas. He is the author of several manuals on senior adult ministry, including *Best Practices for Ministry By and For Senior Adults*. Pastor Holdorf generously grants permission for this study to be copied, used and adapted to fit individual needs.

Adult Lutherans Organized for Action - ALOA is a nationwide resource to the church that strengthen ministry by, with and for adults in the second half of life. ALOA offers events for individuals and provides resources to encourage older adult ministry in Lutheran congregations.



ALO A is a Recognized Service Organization (RSO) of the LCMS and an affiliated Social Ministry Organization of the ELCA.



Evangelical Lutheran Church in America
God's work. Our hands.

