



A Bible Study On The Topic of Memory

Suggested use: To introduce this topic, show the brief video *Raise your Health IQ*. It is available for viewing on ALOA's website at <https://aloaserves.org/key-resources/health-and-wellness/>

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

Psalms 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

Psalms 25:6-7

Psalms 74:2

B. God helps us with our memory

John 14:26

Psalms 111:4

II Peter 1:12-21

C. We remember

Psalms 63:6

Psalms 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?

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Adult Lutherans Organized for Action - ALOA is a nationwide resource to the church that strengthens ministry by and for older adults. ALOA helps congregations provide more intentional and dynamic ministry by and for older adults and encourages older adult individuals to affirm their gifts and use them in service to family, church, community and world.



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



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