**RISE UP** in 2021

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**A Christmas You’ll Never Forget**

The Power of ***Memories***



Today’s **moments** are tomorrow’s **memories**.

The best thing about memories is **making** them.

Memories take us **backed;** dreams take us **forward**.

**How good is your memory?**

Jill Price was not your average adult. She can remember everything about her life from August. On any given day, what she ate, what she wore. She could tell you the exact dates that she had been to the dentist or the doctor over the last five years. She was incapable of forgetting her life. In the early 2000, she became the first every person to be diagnosed with **Hyperthymesia**, or **highly superior autobiographical memory** (HSAM), a condition that leads people to be able to remember an abnormally large number of their life experiences in vivid detail. It is extraordinarily rare with only about 60 people in the world having been diagnosed with the condition as of 2021. People who are diagnosed with Highly Superior Autobiographical Memory (HSAM) **cannot forget anything**. Even if they want to, they cannot forget..

In the entire Bible, it says **remember** 234 times: 186 times In the OT and 48 times In the NT.

**The problem is we are prone to forget.**

**Why do we forget?**

* We fail to remember.
* We have competing memories.
* We want to forget a traumatic event.
* We may have physical issues relating to decline.
* We forget how to have fun and make a memory.

Research shows that when older people look back on their lives, a disproportionate number of their big memories happened in a very narrow window: between ages 15 and 30.

That is not even 20% of the average lifespan. Is this because our memory is sharper then? No. It is because after 30, life can become boring. After their third decade has passed, most people do not do anything as novel as falling in love for the first time, leaving home, going to college, or starting their first job.

God gave us a **memory** to remind us of who He is and all that He has done for us.

Memories are **powerful** ways that we **define** ourselves and our lives.

*But* ***Mary treasured*** *up all these things,* ***pondering them in her heart****.* Luke 2:19

*And when his parents saw him, they were astonished. And his mother said to him, “Son, why have you treated us so? Behold, your father and I have been searching for you in great distress.” And he said to them, “Why were you looking for me? Did you not know that I must be in my Father’s house?” And they did not understand the saying that he spoke to them. And he went down with them and came to Nazareth and was submissive to them.* ***And his mother treasured up all these things in her heart****. And Jesus increased in wisdom and in stature and in favor with God and man.* Luke 2:48–52

Memories strengthen our **faith**.

***I will remember the deeds of the LORD****; yes,* ***I will remember your wonders of old****. I will ponder all your work, and meditate on your mighty deeds. Your way, O God, is holy. What god is great like our God? You are the God who works wonders; you have made known your might among the peoples.* Psalm 77:11–14

*The past is frozen and no longer flows, and the present is all lit up with eternal rays.* C.S. Lewis

Memories give us **hope** for tomorrow.

*And* ***you were dead in the trespasses and sins in which you once walked****, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience …* Ephesians 2:1–2

***But God****, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses,* ***made us alive together with Christ****—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus,* Ephesians 2:4–6

God cannot forget **you**.

***Can a woman forget her nursing child****, that she should have no compassion on the son of her womb? Even these may forget, yet* ***I will not forget you****. Behold****, I have engraved you on the palms of my hand****s; your walls are continually before me.* Isaiah 49:15–16

God can forget your **sin**.

*… For I will forgive their iniquity, and* ***I will remember their sin no more****.”* Jeremiah 31:34

**How to Make a Memory**

**Elevate** the moment.

**Celebrate** the experience.

**Commemorate** the story.

*The more often you share what you’ve learned, the stronger that information will become in your memory.* Steve Brunkhorst

Commemorate memories of God’s provision.

***You shall remember*** *that you were a slave in the land of Egypt, and* ***the Lord your God brought you out*** *from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to* ***keep the Sabbath day****.* Deuteronomy 5:15

Commemorate memories of God’s **testing** and **hard** times.

*And* ***you shall remember*** *the whole way that the Lord your God has led you* ***these forty years in the wilderness****, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not.* Deuteronomy 8:2

Commemorate memories of God’s great **love**.

***You shall remember*** *that you were a slave in the land of Egypt, and the Lord your* ***God redeemed you****; therefore I command you this today.* Deuteronomy 15:15

There are some **memories** you **never** want to **forget**.

**What memories do you want to make today?**