

Connecting to the Past - Scripture: Psalm 105:1–6

View Sermon Here: https://www.youtube.com/watch?v=_AVxZkWJoK8

Question: What is one meaningful family story or tradition that has been passed down to you? Why does it matter?

Summary: We all struggle with “spiritual amnesia”—forgetting who God is, what He has done, and how deeply we depend on Him. Psalm 105 calls us to remember. Remembering isn't passive—it's active. We retell the stories of God's faithfulness to strengthen our faith and pass it on. Through prayer, gratitude, writing, reading, and perspective, we develop habits that help us remember and live in God's presence daily.

1. Spiritual Amnesia

- How do you see spiritual amnesia showing up in your own life or in the life of the church?

2. The Power of Story

- The sermon talks about how the church's history had records of decisions, but not the stories behind them. Why are the *stories* of God's faithfulness more important than just the events?

3. Remembering as a Spiritual Practice

- The sermon offered five ways to actively remember:
 - **Pray** (What went well? What could've gone better?)
 - **Show Gratitude**
 - **Write it down**
 - **Read it again**
 - **Live with Perspective**Which of these practices is most meaningful for you? Which one is hardest to keep up?

4. Faith in Hard Times

- Reflecting on the stories of Abraham, Jacob, Joseph, Moses, and the Israelites—what do they teach us about trusting God when things look bleak?
- How can we build faith habits now that will help us endure when hard times come?

5. Passing It Down

- What are ways we can share the stories of God's faithfulness with the next generation (in our families, in church, or in our community)?