



# Remembrance

## Practicing The Discipline of Remembrance During A Time of Transition

*As you get ready to transition into a new season of life, it is important to remember and reflect on the things that God has already done in you. This resource includes some helpful exercises to think back about how God has worked in your life and what you want to see Him do in you in the future.*

Throughout the Old Testament we see God remind Israel of the spiritual discipline of remembrance. The Israelites celebrated many festivals as acts of remembrance, Passover being the most important. Before Israel entered the Promised Land, Moses reminded the people to never forget what God had done:

*When you have eaten and are satisfied, praise the Lord your God for the good land he has given you. Be careful that you do not forget the Lord your God, failing to observe his commands, his laws and his decrees that I am giving you this day. Otherwise, when you eat and are satisfied, when you build fine houses and settle down, and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, then your heart will become proud and you will forget the Lord your God, who brought you out of Egypt, out of the land of slavery. He led you through the vast and dreadful wilderness, that thirsty and waterless land, with its venomous snakes and scorpions. He brought you water out of hard rock. He gave you manna to eat in the wilderness, something your ancestors had never known, to humble and test you so that in the end it might go well with you. (Deuteronomy 8:10–16)*

As you move into a new season of life, it is important to remember what God has done for you in the past season. The act of remembrance helps us cultivate a humble and thankful heart, as well as help us look to the future with renewed perspective.

Set aside two hours for the following two exercises. First, look backward and remember how God has helped you become more anchored in the past season of life. Second, anticipate what will be required to stay anchored in the next season in life. Ask the questions that are provided, as well as any others that come to mind. Journal your reflections so you can look back on them later.

## Remember—Looking Backward

### Real Devotional Life

*What have you learned about being dependent on God? What has He taught you about His character?*

### Real Community

*What have you learned about what it takes to be in real community? What have the people you've done real community with meant to you?*

### Real Responsibility

*How have you seen God use you? What lives have you seen changed because of how God's used you? What have you learned about the mission that God's calling you to take part in?*



## **Don't Forget—Looking Forward**

*What would your life look like without a real devotional life, real community, real responsibility?*

### **Real Devotional Life**

*How do you want your relationship with God to deepen in the next season of life? What commitments do you want to make to stay anchored in real devotional life?*

### **Real Community**

*What commitments do you want to make to live out real community in the next season of life?*

### **Real Responsibility**

*What commitments do you want to make to live out real responsibility in the next season of life?*