

WOC INTERNATIONAL

Trust the Spirit, Not Your Memories Shabbat Dec 16, 2022

Introduction

Ever wonder why Scripture says in various places to remember, to forget, or let Him remind?

It says to "remember" the import of being holy in our _____ with Yeshua

Rev 2:5 "Therefore, remember where you were before you fell, turn from this sin, and do what you used to do before. Otherwise, I will come to you and remove your menorah from its place – if you don't turn from your sin!" CJB

It says to "forget" past achievements/failures & _____ forward towards the goal

Phil 3:13-14 "Brothers, I, for my part, do not think of myself as having yet gotten hold of it; but one thing I do: forgetting what is behind me and straining forward toward what lies ahead, 14 I keep pursuing the goal in order to win the prize offered by God's upward calling in the Messiah Yeshua." CJB

It says the Spirit needs to "remind us" sometimes of what Yeshua has _____

John 14:25-26 "I have told you these things while I am still with you. 26 But the Counselor, the Ruach HaKodesh, whom the Father will send in my name, will teach you everything; that is, he will remind you of everything I have said to you." CJB

Important Reality - If we need the Spirit to remind us of what Yeshua has said

We really need the Spirit's help to recall some of what we and others have said

How does "remembering, forgetting, and reminding" pertain to life in the Birth Pains?

Remembering, forgetting, and being reminded will be Satan's point of attack

How does "remembering, forgetting, and reminding" pertain to my personal memories?

It is a fallacy for me to think I recall things completely and accurately most of the time

My faulty memories cause me to miss out on new experiences and relationships

They lead me to avoid the Father's way of life in favor of Satan's avenues of death

My faulty memories cause me to keep recalling sins and failures (mine and others)

Causing my soul to feel depressed and bound with seemingly no way of escape

If I trust the Spirit to help me completely and accurately recall things as they were

Accurate memories allow me to experience new adventures and improved relationships

They direct me into the Father's way of life by avoiding Satan's avenues of death

Accurate memories remind me of my victories over sins and past failures

Allowing my soul to be happy and feel free because it has escaped its bondage

Notes

What do the preceding truths have to do with Fresh Starts Demand New Memories?

New Starts and New Memories require a New Identity and a New Me

And if I want to be this new Me, my goal regarding memories must be to ...

1 - Eliminate false or modified memories, so I can profit from the legit ones

2 - Position myself to receive Yahweh's new and "RRR" experiences properly

Lesson

What are memories? - They're the sum of what we recall regarding info, experiences, & people

Memories are a gift of God, designed to help us learn and adapt from past encounters

By encoding and storing information we are experiencing, that can be retrieved later

Why are memories dangerous and should never to be trusted and taken at face value?

Reason 1 - Human memories are notoriously _____

Our brains do not store info about our experiences verbatim, it stores snippets of info

And when we try to recall something, our brain merges stored bits of related info

And then makes a best guess as to what happened

Our brain comes to false conclusions when it cannot properly process some experiences

For it only retained the gist of a specific experience and not the details of it

Reason 2 - Human memories are easily manipulated and _____

Mark 14:57-59 "Some stood up and gave this false testimony: 58 "We heard him say, 'I will destroy this Temple made with hands; and in three days I will build another one, not made with hands.'" 59 Even so, their testimonies didn't agree." CJB

Anxiety, fear, mental illness, etc. hinder accurate memory recording, storing and recall

Such things cause our mind to say something "happened" that never did happen

And make us prone to situational false facts and other people's emotional states

Reason 3 - Memories record some incomplete _____ as complete

2 Kings 5:10-13 "Elisha sent a messenger to him, who said, "Go, and bathe in the Yarden seven times. Your skin will become as it was, and you will be clean." 11 But Na'aman became angry and left, saying, "Here now! I thought for certain that he would come out personally, that he would stand, call on the name of Adonai his God and wave his hand over the diseased place and thus heal the person with tzara'at. 12 Aren't Amanah and Parpar, the rivers of Dammesek, better than all the water in Isra'el? Why can't I bathe in them and be clean?" So he turned and went off in a rage." CJB

Events we experience as emotionally negative

Trigger our brain to recall details about what triggers the emotion (_____)

While ignoring the other things going on around it (promise of _____)

Notes

Events we experience as neutral or emotionally positive

Don't trigger our brain to focus on a specific detail in particular

These events cause us to only remember what happened in general

Reason 4 - Substances/traumatic events lead brain to form _____ memories

They make us less sensitive to pleasurable sensations we get from some activities

And more sensitive to stressful feelings, irritability, & uneasiness in other activities

Prov 23:31-35 "31 Don't gaze at the red wine as it gives its color to the cup. It may glide down smoothly now; 32 but in the end, it bites like a serpent — yes, it strikes like a poisonous snake. 33 Your eyes will see peculiar things, your mind will utter nonsense. 34 You will feel as if lying on the waves of the sea or sprawled on top of the mast — 35 "They hit me, but I didn't feel it! They beat me up, and I didn't even know it! When will I wake up? . . . I'll go get another drink." CJB

Conclusion

Rom 8:11-12 "And if the Spirit of the One who raised Yeshua from the dead is living in you, then the One who raised the Messiah Yeshua from the dead will also give life to your mortal body through his Spirit living in you. 12 So then, brothers, we don't owe a thing to our old nature that would require us to live according to our old nature." CJB

What 4 basic facts must I accept about memories if I'm to be refreshed by new experiences?

Fact 1 - My brain processes too much information for most of my memories to be accurate

Fact 2 - My brain regularly makes illogical assumptions and takes mental short cuts

Fact 3 - My brain creates, modifies, and erases memories at times to appease my emotions

Fact 4 - My brain chooses to keep some false memories it considers beneficial at times

What role does the Spirit play in fixing altered memories? - He sanctifies them via submission

John 17:18-19 "Just as you sent me into the world, I have sent them into the world. 19 On their behalf I am setting myself apart for holiness, so that they too may be set apart for holiness by means of the truth." CJB

Thus, without the Spirit sanctifying certain false soul memories, I never overcome my ...

1 - Memory _____

My mind forgets certain things due to age or what it considers unlikely to need

2 - Memory _____

My mind wanders and fails to retrieve certain memories at the proper moment

3 - Memory _____

My mind stores my memories properly, but is unable to retrieve them on demand

Notes

4 - Memory _____

My mind recalls the info correctly, but is wrong about the source of that info

5 - Memory _____

My mind lets others fill in its memory gaps with their incorrect information

6 - Memory _____

My mind recalls my past as being better or worse than it really was

Or it recalls my past in a way more self-glorifying or more negative than it was

7 - Memory _____

My mind gets fixated and cannot move on from things it needs to let go (e.g. PTSD)

If I'm to be refreshed with new experiences, what role do I play in correcting these issues?

I must seek the Spirit's counsel as to which long-term memories are false or modified

I must replace biased and negative short-term memories I know are untrue & inaccurate

I must let the Spirit heal me of false/modified memory damage, so that I can mature in Him

Notes