

When...

We Struggle to Remember
Psalm 136

Launch

What is the earliest memory you can recall?

Explore

Read the Psalm

Skim back through the Psalm looking at just the first phrase of each verse. What story is being told?

Look at each individual word in the repeated phrase. Why is the phrase important? What does each word add to the story?

Psalms were often used as worship songs for the Israelites. When do you think they would have sung this song?

How does viewing this Psalm as belonging to the Israelites shape our view of the more specific memories they sing about as in verses 10, 19, and 20?

Apply

What has God done in Scripture or in your life that has meant a lot to you? How does looking back and reminding ourselves of what God has done give us hope for what God will do in the future?

Sometimes we need to repeat something over and over again so that even when we don't feel it, we are reminded of God's steadfast love. What is something about God that you want to constantly remind yourself of? How could you remind yourself of that truth?

Pray

Pray that God constantly reminds us of the good works he has done as well as reminding us of his promises for the future.