

# THE BIBLE DOESN'T SAY THAT

## WEEK 7

“ These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class. ”

**It is frustrating to forget what we want to remember, but it can be even more frustrating to remember what we wish we could forget. And sometimes that frustration can feel more like condemnation when someone tells us, “You’ve got to forgive and forget.”**

**1 FORGIVE AND FORGET? Forget about *forgetting about it*...** The phrase “*forgive and forget*” sounds biblical but the Bible doesn’t say that. Why does it sound true? What are some of the negative consequences of believing it is a biblical truth?

**2** God did not design our brains with a key that allows us to selectively delete events from our memory. We all have some scars we will never forget. No one has the ability to forget on command, and the Accuser tries to use this to his advantage. How does the Accuser take advantage of our inability to forget what we need to forgive?

**3 Read Jeremiah 31:34.** How does an omniscient God not remember things?

**4 FORGIVE AND FORGET? But decide to *remember the right way*...** Read Hosea 9:9 and Genesis 8:1. When we think “remember” and “forget” we focus on mental activity, but in Hebrew thought these are action words. What light does this shed on the way that God “remembers”? What does this imply about the way we should remember Jesus when we take communion?

**5 FORGIVE AND REMEMBER... that *my memory can be part of my testimony*.** It’s hard to share what God has brought you through if you cannot remember it. The testimony cannot be bright if the darkness is not recalled (see Genesis 50:20). Forgiveness is not saying that the wrong wasn’t that bad; forgiveness is declaring that grace is that good. How can painful memories actually be part of a testimony to the grace of God? Give an example.

**6 FORGIVE AND REMEMBER... that *forgiving and trusting are two different things*.** In what way is forgiving different from trusting? Why is it important to make that distinction?

**7 FORGIVE AND REMEMBER... that *disciples never forget the cross*.** It is not wrong to remember injustice. But as you recall how you were mistreated, also recall how God in Christ has treated you. How does remembering the cross help us deal with things we cannot forget?

**ACTION STEP** *The Bible doesn't say “forgive and forget” but it does remind us that it takes more love to choose not to remember than it does to simply forget. So, when you reflect on the hurts of your past, don't take those painful memories and stuff them in a closet. Bring them to the foot of the cross. Somehow remembering Jesus' wounds helps us remember our own in a better way.*