

Remembering the Truth

Sixth Sunday

Part of knowing and speaking God’s truth involves having a good memory. When we are in our darkest moments, we may say to ourselves: “Nothing good has ever happened to me. God has never answered my prayers. I have always been this miserable.” When we feel in a better place, we recognise these words as untruth. This is why it’s so important to record God’s actions in our lives, because we forget so quickly!

Read: Psalm 107

This is a long, poetic list of what God has done in the life of Israel, nicely summed up in verse 41: “He lifted the needy out of their affliction”.

Create: Try to rewrite Psalm 107, or parts of it, in your own words, using your own experience. Describe some events in your life and how God has acted. You could also include other people’s experience. People around you - do they have testimony of God breaking into their lives which you can add to your psalm?

At the beginning of the psalm the poet writes: “Let the redeemed of the Lord tell their story” (v.2). This is your story, commit it to memory and remember it in darker times. And once you have thought about it, and remembered all the good things God has done, you can feel confident in speaking it out.