

## Introduction

One of the greatest spiritual disciplines a believer can cultivate is the intentional remembrance of God's past faithfulness. Forgetting what God has done opens the door to doubt, disobedience, and discouragement. The Bible repeatedly calls God's people to "remember" to anchor their present trust in God's past actions.

### 1. Forgetfulness: A Spiritual Weakness

The Israelites in the wilderness are a powerful example of what happens when we forget God's faithfulness. Although they experienced dramatic miracles deliverance from Egypt, the parting of the Red Sea, manna from heaven they consistently reverted to grumbling and unbelief when facing new challenges.

*Psalm 106:13 (ESV)*

"But they soon forgot his works; they did not wait for his counsel."

God's frustration with Israel was not due to their questions, but their forgetfulness and failure to trust Him based on His proven track record. When they faced the Red Sea, instead of recalling His power over Pharaoh, they panicked.

*Exodus 14:11-12 (ESV)*

"They said to Moses, 'Is it because there are no graves in Egypt that you have taken us away to die in the wilderness?'"

The same pattern occurred days later when they lacked water:

*Exodus 15:24 (ESV)*

"And the people grumbled against Moses, saying, 'What shall we drink?'"

These complaints revealed a deeper issue: a lack of spiritual memory. Faith that does not remember quickly becomes faith that does not endure.

2. The Theology of “Chewing the Cud”: Clean and Unclean Animals

In Leviticus 11, God distinguished clean animals from unclean. One of the key criteria for a clean land animal was that it must chew the cud and have a split hoof.

*Leviticus 11:3 (ESV)*

“Whatever parts the hoof and is cloven-footed and chews the cud, among the animals, you may eat.”

While these were ceremonial laws given to Israel, they also carry spiritual significance. Animals that chew the cud are those that re-digest their food symbolically, a reminder for believers to meditate on God’s Word and works, not just hear once and forget.

This reflects the discipline of biblical meditation actively revisiting and digesting God’s truth until it becomes part of us.

*Joshua 1:8 (ESV)*

“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night...”

To fail to meditate is, symbolically, to become spiritually “unclean” forgetful, ungrateful, and vulnerable to deception.

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3. Hearing and Doing: The Mirror of the Word

James warns believers not to be passive hearers of the Word, but active doers, lest they forget their true spiritual identity.

*James 1:22-25 (ESV)*

“But be doers of the word, and not hearers only, deceiving yourselves.

For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror.

For he looks at himself and goes away and at once forgets what he was like.

But the one who looks into the perfect law, the law of liberty, and perseveres... he will be blessed in his doing.”

This passage aligns with our earlier principle: spiritual memory leads to spiritual maturity. Forgetting the Word means forgetting your true self in Christ.

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#### 4. Practicing Remembrance: A Daily Spiritual Discipline

God knows our human tendency to forget, which is why Scripture repeatedly calls us to “remember” (Deut. 8:2, Ps. 103:2). The antidote to forgetfulness is active remembrance through journaling, testimony, public thanksgiving, and daily meditation on Scripture.

*Psalm 103:2 (ESV)*

“Bless the Lord, O my soul, and forget not all his benefits.”

You might recall times when God healed you, answered prayers, or protected you from harm. These are not just memories they are spiritual resources for future battles.

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#### 5. The Power of the Word in the Heart

Scripture should not only be read it must be cherished,  
internalized, and obeyed. Solomon and David both emphasized  
this:

*Proverbs 7:2-3 (ESV)*

“Keep my commandments and live; keep my teaching as the  
apple of your eye;  
bind them on your fingers; write them on the tablet of your  
heart.”

*Psalms 119:97-100 (ESV)*

“Oh how I love your law! It is my meditation all the day.  
Your commandment makes me wiser than my enemies, for it  
is ever with me.  
I have more understanding than all my teachers, for your  
testimonies are my meditation.  
I understand more than the aged, for I keep your precepts.”

If you want to endure in faith, you must learn to “chew the cud” spiritually to revisit, reflect, and rejoice in all that God has done for you. Write down His faithfulness. Reflect on His Word. Let it shape your heart and behavior.

When trials come, you will not be shaken because your confidence will rest, not in what you see now, but in what you remember God has already done.

*Lamentations 3:21-23 (ESV)*

“But this I call to mind, and therefore I have hope:  
The steadfast love of the Lord never ceases;  
his mercies never come to an end;  
they are new every morning; great is your faithfulness.”

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Be blessed!

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