




THE JOY OF REMEMBERING  
LUKE 2:19



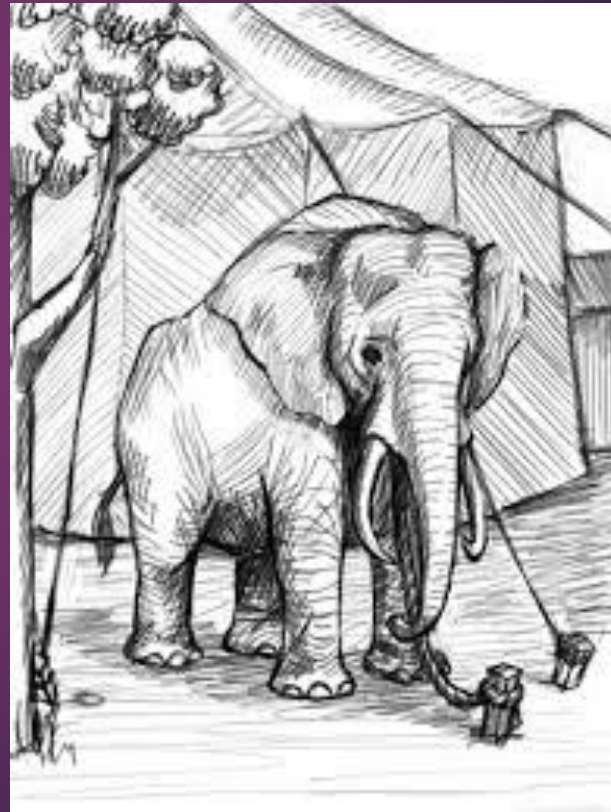
. . .<sup>19</sup> But Mary treasured up all these things  
and pondered them in her heart.

Luke 2:19

# A truth to ponder

- ▶ What we focus on from the past determines what we anticipate in the future.

# The power of the past



# Regarding the Past

- ▶ We need to learn from what we have suffered.

<sup>8</sup> Although he was a son, he learned obedience from what he suffered

Hebrews 5:8

# Regarding the Past

- ▶ We need to learn from what we have suffered.
- ▶ We must determine to release the pain.

# Philippians 3:12–14

<sup>12</sup> Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. <sup>13</sup> Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup> I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

# Looking to the future

## ▶ We must cherish the good.

<sup>8</sup> Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:8–9



# Looking to the future

- ▶ We must cherish the good.
- ▶ We need to celebrate the faithfulness of God in and through it all.

# Romans 8:28

<sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

# Philippians 4:4–7

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

# The power of the past

- ▶ Look: objectively at the past
- ▶ Learn: from what you have experienced
- ▶ Lean: into your relationship with God to find hope as you look to the future.