

## Memories

### Identity

- We are influenced by our past, what we have assumed, and how we have responded.
- Our memories give us a snapshot of who we are.
- We need not be trapped in our past.

### Recall

- Types of memories:
  - Pleasant memories called to mind.
  - Unbidden and uninvited memories.
  - Forgotten, inaccessible, and suppressed memories.
- Ways to recall:
  - Physical reminders (senses).
  - Emotional connections (intentional or otherwise).
  - Triggered by people or events.

### Unpleasant Memories

- Trapped in a bad memory.
  - Loss and hopelessness.
  - Fear and anxiety.
  - Guilt and shame.
- Permanent history, unchanged results.
- Pain: There is a purpose for reliving a memory.

### Resolving Memories

- Pray for the starting point, the source or origin of the memory.
  - Address hopelessness, anxiety, or shame.
- Engage the memory in the present realm.
- Identify the assumptions and responses you made.
- Convert the past to righteousness.
  - Forgive and accept forgiveness.
- Replace the assumptions and responses with holiness.
- Ask Jesus to redeem the past.