

SERMON NOTES

Title: *Good Memories and Bad*

Text: Romans 1:2

Topic: Emotional Healing

Teacher: Pastor Barry

Time: 5/24/26

File Under: Christian Living



There are things that we should remember and other things that are **best forgotten**.

Memorial Day is a means by which very important memories and lessons are **kept alive**.

In the Old Testament God instituted holy days that were a means by which memories were **preserved**; examples: *Day of Atonement, Harvest Festivals, Passover*

While some things are hard to remember others are very, very hard to **forget**.

Somewhere between our sins, and our sicknesses, lies an area scripture calls **infirmities**.

Deep wounds/scars are often not touched by ordinary **grace**, or the ordinary benefits of **prayer**.

Being “*Born Again*”, and “*filled with the Spirit*” does not automatically remove **emotional baggage**.

It is necessary to understand this for two reasons: 1. So that we can compassionately **live with ourselves** and allow the **Holy Spirit** to heal our hurts and confusion. 2. So that we do not judge other people too harshly, but instead have patience with their sometimes **confusing and contradictory behavior**.

Shall we continue in sin, that grace may abound? God forbid! Romans 6: 1

The response of well-meaning Christians is often a **simplistic, insensitive and cruel**.

Ways painful memories manifest themselves:

1. **Unworthiness.**
2. **Perfectionism.**
3. **Super-sensitvety.**
4. **Anxiety.**