



RCCG Sunday School Student Manual 5 May 2024: Lesson 36

Description

RCCG Sunday School Student manual 5 May 2024 for the adult class.

Today's Lesson 36 topic is MEMORIES.

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RCCG SUNDAY SCHOOL STUDENT MANUAL 5 MAY 2024 (LESSON 36)

TOPIC: MEMORIES

BIBLE PASSAGE: 1 Samuel 17:33-37

³³ And Saul said to David, Thou art not able to go against this Philistine to fight with him: for thou art but a youth, and he a man of war from his youth.

³⁴ And David said unto Saul, Thy servant kept his father's sheep, and there came a lion, and a bear, and took a lamb out of the flock:

³⁵ And I went out after him, and smote him, and delivered it out of his mouth: and when he arose against me, I caught him by his beard, and smote him, and slew him.

³⁶ Thy servant slew both the lion and the bear: and this uncircumcised Philistine shall be as one of them, seeing he hath defied the armies of the living God.

³⁷ David said moreover, The Lord that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine. And Saul said unto David, Go, and the Lord be with thee.

MEMORY VERSE:

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Philippians 4:8.

INTRODUCTION

Memories are events or experiences that happened in the past. God designed us each with memory - the capacity and capability of the human brain to store and retrieve past events.

The human memory is utilised continuously moment-by-moment to record what is going on in our lives even things done secretly.

This lesson shall highlight some facts about human memory and how believers should manage their memories.

OUTLINES:

1. FACTS ABOUT HUMAN MEMORY
2. MANAGING OUR MEMORIES

1. FACTS ABOUT HUMAN MEMORY

The human memory is involved in virtually almost what we do as humans:

1. It records what is ongoing in our lives, even mental images in our sleep (Genesis 41:1-8). Without it, we have no identity and purpose, and life will be meaningless.
2. It provides us with a source of the direction of what to do and how to do it through experience (1 Samuel 17: 33-37).
3. The capacity of the human brain (memory) is believed to be approximately 2.5 million gigabytes or 2,500 terabytes (2.5 petabytes). This storage device can store up to 300 years of continually recorded non-stop television video.
4. Unlike a hard disk drive, you cannot delete memory from your brain. If you stop thinking about certain memories and focus on others, they will slowly recede into the background. Some memories may not recede but are inaccessible, they are not entirely gone and could potentially be retrieved (Daniel 4.55-54. 50)
5. Memories are spiritual and part of our soul for instance; the martyrs could still recall how they were treated on earth (Revelation 6:9-10)
6. The entire body will decay in death but the memory and soul will remain.

CLASS ACTIVITY 1:

The class should recall any mighty act of God in their lives.

2. MANAGING OUR MEMORIES

Our memories can be pleasant or unpleasant which may be triggered by something we have seen or heard; or will just appear in our mind without a 'trigger. However, as believers:

1. We should know what to dwell on and what to let go of (Philippians 4:8).
2. We should treasure things that are inspiring in our hearts. Be it prophecies revelation from the scriptures, and so on. One of the ways of doing this is by taking notes (Luke 2:19).
3. We should recall what the Lord has done; how he drew us unto repentance and salvation. His faithfulness, kindness, and so on (Ephesians 2:11-13)

This, in turn, provokes worship that glorifies God and brings strength, courage, hope and faith when we struggle with afflictions and oppositions (Psalm 8:1-4; 1 Samuel 17:36-37)

4. We should recall others in our prayers, be the unsaved family members, co-workers, or friends in tough situations (2 Timothy 1:3-5; Hebrews 13:3).

5. The painful memories we recall should be handed over to our Saviour who can pour out love and comfort, to restore our broken hearts (Psalm 116:3-5; Hebrews 4:15)

6. Everyone will one day be just “a memory.” We should live in such a way that we would leave the stage with a good memory of ourselves to encourage and inspire others after our death (Proverbs 10:7; Psalm 112:6).

CLASS ACTIVITY 2:

The class should discuss the effective ways to handle our memory to ensure that it works to glorify God only.

CONCLUSION: RCCG Sunday School Student Manual 5 May 2024

Humans have the power to store a vast amount of experiences throughout their lives, but as believers, we should know which to recall or to let go, to the glory of God.

QUESTION

- Mention four facts about human memory.
- Identify four ways of managing our memories

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Recollect five events or experiences that you are grateful to God about (No marks).

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