

## **FORGET AND REMEMBER**

### **Introduction**

- *These short jottings will give you a chance of conducting some events for all sorts of audiences*
- *They may help you also to spend fruitful time in personal reflection, prayer and renewal in your relationship with God, with others and self*
- *They is based on “**forgetting and remembering** things and happenings of your life.*
- *In order to enjoy peace of mind and grow in the love of God, of others and self, there are many things we should remember and may others we should forget for ever.*

### **Procedure**

1. Here below, you will find a list of some items of our past lives that we should remember always, and of others that we should forget for ever.
2. If you recollect similar events still affecting you from your past life, you may add them to the list.
3. Reflect, pray and resolve which events of your past life you should remember and which others forget for ever.
4. If you conduct this event in a group, as you go over the items suggested in the list below, you may spend time: with the participants:
  - *Sharing pleasant and unpleasant memories,*
  - *Discussing the pros and cons for remembering or forgetting them,*
  - *Thanking God for the m all. *Both, pleasant and unpleasant happenings were God given learning experiences for living**
  - *Searching for means and ways on how to remember or to forget them*
  - *Praying for healing of painful or harmful memories.*

## **FORGET AND TREMEMBER**

**Forget** the kindness that you did  
**Remember** every kindness done to you.

**Forget** the praises due to you.  
**Remember** the praises and successes others won

**Forget** the slanders you heard about people before you can pass them others  
**Remember** every kindness and goodness you discovered in them

**Forget** each spite, slight, sneer, whichever, you were made an object of in life.  
**Remember** the kind and considerate persons who praised you and appreciated you.

**Forger** the promises made to you by other and never kept.  
**Remember** every promise you made to you and kept by others.

**Forget** those who refused to help you in times of need.  
**Remember** those who gave you a helping hand in times of need.

**Forget** those who cheated you  
**Remember** those who have been honest and loyal to you.....

**Forget** those who refuse to forgive you....  
**Remember** all those who lovingly forgave you

**Forget** those who caused you pain... and pray for them.  
**Remember** those that soothed your pains and comforted you.

**Forget** those who cursed you....  
**Remember** those that blessed you and prayed for you.

**Forget** those who forgot you and forsook you....  
**Remember** those that kindly and affectionately think of you and remember you

**Forget** those who spoilt your name...  
**Remember** those who stood by you and praised you.

Forget those who have been ungrateful to you....  
**Remember** those who have been grateful and thankful to you

**Forget** the days of sickness and pain.  
**Remember** the days of physical health and well-being

**Forget** your sinful moments  
**Remember** the moment of grace and goodness.

Etc... Etc...