5 Day Devotional

Day 1: Remember What God Has Done

Devotional

It is easy to forget. Life gets busy, hard seasons pile up, and before long, we find ourselves focusing more on what is wrong than on what God has already done. But forgetting is dangerous. When we stop remembering God's goodness, our faith begins to dim and our hearts grow cold.

David knew this. That is why he did something intentional in Psalm 103. He did not wait for a feeling to wash over him. He commanded his own soul to remember. He listed God's benefits one by one, from forgiveness to healing to redemption. He chose to remember.

Gratitude works the same way for us. It is not something that just happens. It is a decision. Every morning, we can choose to look back at what God has done before we look ahead at what worries us. That simple shift changes everything.

You may be in a hard season right now. Things may feel uncertain or even painful. But God has not stopped working. His track record in your life is real, and it is worth remembering. Start there. Start with what He has already done, and let that fuel your trust in what He is still doing.

You are not alone, and you are not forgotten. God's goodness toward you is not a thing of the past. It is ongoing, and it is worth celebrating today.

Bible Verse

'Praise the Lord, my soul, and forget not all His benefits.' - Psalm 103:1-5

Reflection Question

What is one specific thing God has done in your life that you have stopped actively thanking Him for?

Quote

Gratitude is an antidote to spiritual amnesia.

Prayer

Lord, forgive me for the times I have forgotten Your goodness and taken Your blessings for granted. Help me to choose gratitude today, remembering all You have done and trusting all You are still doing. Amen.