

Remembering well helps build a better tomorrow by allowing us to learn from mistakes, grow personally, and predict future outcomes based on past experiences.

By recalling both good and bad times, we gain self-awareness, improve our decision-making, and use the past to inform our actions for a more successful future.

The same brain processes used for remembering the past are also used for planning the future.

“Remembering well helps us build a better tomorrow.”



As we meet together
and journey through
our day,

Help us to hold on to
our hope in you.



Sometimes, you just need a reminder that you are amazing.

This is where music comes in. My choice today is "**Good As Hell**" by **Lizzo**.

The song is all about a breakup, but the core message is universal and relates perfectly to positive remembering: **Remember your value.**

When you're having a bad day, or you've found lessons hard , or a friendship has gone wrong, the song encourages you to: ***“Go on, dust your shoulders off, keep it movin’.”***

It's a sonic memory-booster.

It reminds you to recall your best qualities, remember the people who lift you up, and remember that your self-worth isn't tied to any single event or person.

You were "Good As Hell" before the challenge, and you are "Good As Hell" now.



OUR INTERNAL HARD DRIVE

Think about your phones for a second.

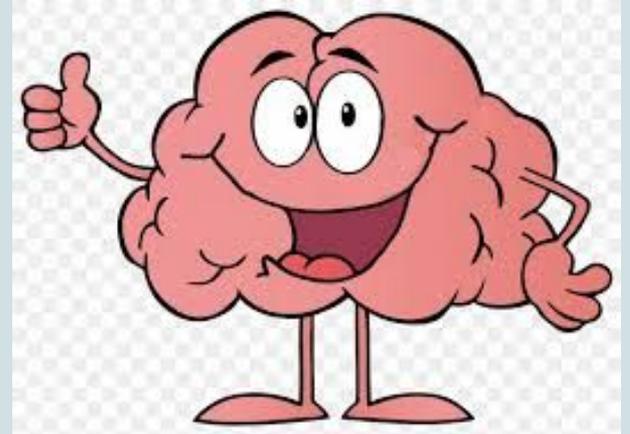
What happens when the memory runs out?

Everything slows down, you can't download that new app, and you definitely can't take another selfie. Your phone has a limit.

But your brain? Your brain's memory, the real stuff—the memories of triumph, of learning, of laughter—that memory doesn't just store data; it **creates** your future.

Today, we're talking about the positive power of remembering.

We're not talking about remembering homework deadlines—we're talking about remembering **who you are, what you've achieved, and what you're capable of.**



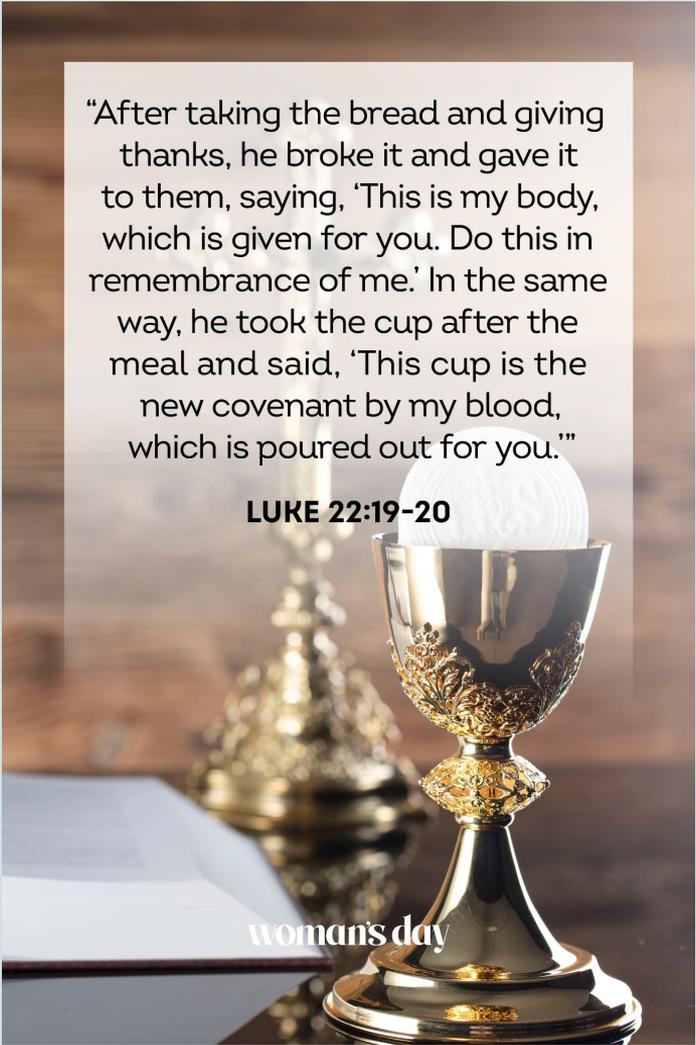
BIBLE TEACHING LINK -

Christianity, the act of Holy Communion (Eucharist) is a powerful example of positive remembering.

It might seem like a simple tradition of sharing bread and wine or juice, but it's actually the act of actively remembering a massive, hopeful promise—a covenant.

By remembering this agreement, Christians are reminded that even if things feel broken or tough today, there is a promise of forgiveness, hope, and a fresh start (renewal) that secures their future.

It's a memory that looks forward, not backward.



“After taking the bread and giving thanks, he broke it and gave it to them, saying, ‘This is my body, which is given for you. Do this in remembrance of me.’ In the same way, he took the cup after the meal and said, ‘This cup is the new covenant by my blood, which is poured out for you.’”

LUKE 22:19-20

woman's day



**You
will be
secure
because
there
is Hope**

**Job
11:18**

The Case Study: Malala Yousafzai

Think about Malala Yousafzai, the youngest Nobel Peace Prize laureate.

Malala grew up in Pakistan, fighting for her right to go to school. When she was shot by the Taliban for speaking out, she suffered catastrophic injuries. But what did she do when she recovered? She remembered.

She didn't just remember the pain or the attack; she remembered the joy of learning, the injustice her friends faced, and the promises she made to herself.

Her positive memory was this: *the memory of a girl who dared to pick up a book, the memory of her father's belief in her, and the memory of the millions of girls whose voices were silenced.*

That act of positive remembering—recalling her purpose and strength—powered her return to advocacy, leading to global impact. She used her past as motivation, not as a weight.



HOW TO REMEMBER WELL

Be present

Remove distractions

Engage multiple senses

Talk about your experiences

Use physical reminders

HOW REMEMBERING WELL HELPS:

Learn from mistakes:

Gain self-awareness

Improve future planning

Strengthen relationships

Enhance learning

Spiritual Connection / Reflection

What are the three best decisions you've made in the past year? Remember the feeling of success, the bravery you showed, or the hard work that paid off. These memories are your fuel.



How does remembering a person's story or background help you show them respect?



How can remembering the history of a place, or the people who came before you, inspire you to show respect for the world around you, like your community or the environment?



The 'Beyond' is about the future, your purpose, and what you haven't done yet. Today, take one minute to quietly remember the person you want to be in five years. Holding that vision in your mind is the first step to making it real. It is the memory of a future goal



The past isn't a museum of relics; it's a toolbox of lessons, strengths, and successes.

Your Challenge: This week, whenever you feel low, stop for just 30 seconds. Don't scroll or distract yourself. Instead, remember a positive, tiny win from the past week—a good laugh, a solved problem, or a goal completed.

Use that memory to reset your attitude and remind yourself: **"I did that. I can do this."**



Almighty God,

Let the doors of our school be wide enough to take in all the young people in need of education and friendship,

Let them be narrow enough to shut out prejudice and lack of love,

Here may all of your children thrive and go on their way in hope and joy.

Help us to **remember** the lessons we've learned and to **respect** ourselves and each other.

May we see the dignity in every person, and may our words and actions be a reflection of kindness and understanding.

We pray for the strength to overcome challenges and the wisdom to make choices that build up our community.

Amen.

Sending



Pray if you wish or give a moment if silence



HOW TO REMEMBER WELL

- **Be present:** Pay attention to your experiences in the moment to help embed them in your memory.
- **Remove distractions:** Put away your phone and focus on the details of your surroundings to create clearer memories.
- **Engage multiple senses:** Actively observe your surroundings to help solidify memories.
- **Talk about your experiences:** Sharing anecdotes with others strengthens the memory.
- **Use physical reminders:** Keep journals, take pictures, or collect small souvenirs to serve as physical triggers for memories.

HOW REMEMBERING WELL HELPS:

- **Learn from mistakes:** Reflecting on past errors helps us avoid repeating them in the future, leading to personal growth and self-improvement.
- **Gain self-awareness:** Remembering helps us understand who we are and how we got to where we are today, enabling us to be more intentional about our actions.
- **Improve future planning:** By remembering past experiences, we can predict what is likely to happen and alter our behavior accordingly.
- **Strengthen relationships:** Sharing and revisiting fond memories with loved ones strengthens your bonds and creates new, positive memories.
- **Enhance learning:** The act of recalling information (retrieval practice) is a powerful learning tool that strengthens memory and helps you apply knowledge later on.