



Monday Matters

September 15, 2014

This I Remember

Memory has been extensively studied for many years, yet today we are a little more than absorbed with memory. Due to a dramatic increase in the average life expectancy, we have now become concerned about the "life" expectancy of our memory.

There is an abundance of advice on how to preserve our memory through the aging process.

One memory tool is called mnemonics. Mnemonics are techniques for remembering information that is otherwise quite difficult to recall. We learned the rhyme "30 days hath September..." to remember the number of days in each month. This is a simple example of a mnemonic.

Mind Tools explains there are some fundamental principles underlying the use of mnemonics. They are imagination, association and location.

Imagination is what you use to create and strengthen the associations needed to build effective ways to remember. The more strongly you imagine and visualize a situation, the more effectively it will stick in your mind for later recall.

Association is the method by which you link a thing to be remembered to the way of remembering it. Some ways you can do this is by (1) imaging things placed on top of each other (2) merging images together (3) linking images using the same color, smell, shape or feeling.

Location gives you a place to put information that is related to some other piece of information. For instance: Wimbledon can be pictured taking place in Manhattan.

Memory is important. We depend on it to create a coherent life. When it doesn't work well chaos creeps in and makes life confusing.

There are some powerful spiritual dynamics with memory.

What to remember:

God is my protector, deliverer, refuge (Psalm 62:2)

In Him alone there is salvation (Acts 4:12)

God gives a fountain of water that eternally quenches our thirst (John 4:14)

Add to this list of all the things to remember about God for your life...the list would take a lifetime to write because He is gracious to show us something new about who we are in Him every day.

Years ago we had an elderly friend who was slowly losing his memory. He knew us well and our families spent many fun times together. We moved away and had been gone for a few years. We did return to attend a funeral. When he met us at the funeral we knew he did not remember us, but the first thing he asked me was did I know Jesus. I smiled and assured him I did. That made him happy. I was so overwhelmed that I couldn't reach him and continue our valued friendship. But it did touch me deeply, however, that he did REMEMBER Jesus.



We Will Remember

Tommy Walker

Jesus is so worth remembering every minute of every day!

LJN



Ron Nelson, CCA - Email - MondayMatters.us@gmail.com

Linda J. Nelson - Email - ArtByLJNelson@bellsouth.net

Click below to view previous posts to Monday Matters

www.MondayMatters.us