Introduction:

While no one knows for sure the identity of this inspired poet, many of us know about his experience. We know that we have a God-given capacity to remember and that it can be either a blessing or a curse. How we use our memory in times of trouble will determine whether we find help or lose hope.

Actually the Psalmist did both. He misused his memory in the first part of the Psalm and was driven to despair. But in the second part of the Psalm he refocused his memory and found help.

I. WHEN MEMORY REVIEWS THE PRESENT CIRCUMSTANCE, IT ADDS TO THE TROUBLES.

1. It refuses comfort.

2. It produces complaints.

3. It raises questions.

II. WHEN MEMORY REVIEWS WHAT IT KNOWS OF GOD, IT BUILDS CONFIDENCE FOR THE FUTURE.

1. He acts in holiness.
2. He has all power.
3. He has redeemed.
4. He has led His people.