

### Spiritual Amnesia

#### read

*Psalm 103*

#### think

Joy, is a wonderful feeling, but it's an emotion many are not experiencing today. With endless things to be concerned about (job loss, healthcare, school shootings, a sluggish economy, not to mention all the new stresses COVID-19 brings) joy seems hard to come by. Many people measure joy by looking at their circumstances or possessions; expecting to find something there to make them happy. Yet the harder they look, the sadder they become.

In Psalm 103, King David finds himself in a sad, almost depressed, state. We don't know what has happened, or when he penned these words; but it's obvious that joy has escaped him. See, King David suffered from spiritual amnesia. He had forgotten all the great things and many blessings he had received from the Lord. So David reminds himself of God's character and good works. That He forgives, redeems, and restores our brokenness. That He is the One who works healing in our life. That His love and compassion never fail and only He truly satisfies. David continues recounting the blessings of God until verse 22 where he joyously shouts - "Praise the Lord."

If you're seeking joy in the pleasures of life, or letting its concerns weigh you down, joy will be far from you. Instead, like King David, stop looking inward or outward, and start looking upward to the true source of joy; Jesus Christ. Crush your spiritual amnesia and drive away those despondent feelings by recounting the many blessings and benefits from the Lord.

#### apply

- How do we unknowingly look for joy in things instead of Christ?
- What causes you to have spiritual amnesia?
- What are some of God's good works or qualities that lead you to praise Him?

#### pray

Heavenly Father, forgive me for seeking joy in things others than you. Please remind me of your goodness in the past, Your unchanging presence with me in the present, and Your faithful promises for the future. Let these fuel songs of praise from my lips. Amen.

#### by Eric Christenson

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