

## Worksheet: The Power of Positive Memory

“And don’t you remember? When I broke the five loaves for the five thousand, how many basketfuls of pieces did you pick up?... And when I broke the seven loaves for the four thousand, how many basketfuls of pieces did you pick up?”

—Mark 8:18–20

Current challenging or discouraging situation: \_\_\_\_\_

\_\_\_\_\_

A similar, comparable situation in the past in which God graciously helped me:

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\_\_\_\_\_

How worried and upset was I before God moved in the way he did?

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How did he help me? \_\_\_\_\_

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How long did it take him to work it out? \_\_\_\_\_

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How does this help me know God will once again bring good out of what I am facing now?

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*God, I hereby come to you in prayer, thanking you for the past help—and for the fact that you are still as gracious and powerful now as you were then!*

*To download this worksheet, visit [WarriorfortheLord.com/downloads](http://WarriorfortheLord.com/downloads).*