



Study Guide, Episode 74-How to Always Remember Him

Matthew 26; Mark 14; John 13

00:00-13:30	"The woman who served Christ will be remembered"
13:31-26:41	"QOTW: How do I 'always remember Jesus'? 3 processes of memory"
26:42-32:21	"'Lord, is it I?'"
32:22-42:56	"'...in remembrance of my body which I give a ransom for you'"
42:57-END	"Strategies to remember Jesus—timer, pictures, meaning, serve, love others..."

1. If you knew your life were ending soon, what would you want to do, say? With whom would you want to be? What would you want that experience to be like for them? For you? Consider: If these are the most important things you want others to experience/know, are you sharing them now? How might you share this week?
2. As you read the story of the woman anointing Christ's feet/head, to prepare Him for His burial, think about the ways you are seeking to serve Jesus, His children, your "neighbors." How are you "seeing" their needs? What might you do to reach out, be there, and love one another better this week?
3. Listen to 13:31-26:41 about the "3 processes of memory." How might understanding your own memory help strengthen your ability to remember the things that matter most? To better remember Jesus? How might you bring more meaning to these things, to Him, to the sacrament, so you may better remember, each day? Write about this in your journal. Share with your family or friends this week.
4. Ponder the questions listed in 26:42-32:21. Pray and ask, "Lord, is it I?" Consider each area of your life—physical, mental, emotional, social, spiritual, work, service, etc.—and ask if there are ways you might improve. Listen to the whisperings of the Spirit as He speaks truth to you. Write down what you feel/hear. Be willing to work on changing the things the Lord wants you to do.
5. Imagine you were there at the first sacrament, with Jesus. (Listen to 32:22-42:56) What might you have felt? What would that have been like for you? How might these things increase the meaningful nature of the sacrament for you?
6. Listen to 42:57-END. Which of these, or other, ideas might you try this week as you seek to "always remember Him" & His example in more meaningful and powerful ways? How might you better love Jesus Christ this week? And love one another?

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