

Gospel Lighthouse Church
Sunday, August 3, 2025 – Dr. Jerry D. Fryar, Senior Pastor

Living In the Rhythm of God's Faithfulness

From Short-Term to Long-Term Celebration: The Accumulation of God's Faithfulness

Text: Psalm 23:6 – *"Surely goodness and mercy shall follow me all the days of my life..."*

Introduction: Each week brings intense challenges, but these moments are also opportunities to pause, reflect, and celebrate God's sustaining presence through every second. This response should become a rhythm in response to the rhythmic flow of God's activity in our lives.

- *Rhythm*: a movement or procedure with uniform or patterned recurrence of a beat, accent, or the like. (Dictionary.com).

Rhythm in this context is the steady and patterned movement of our lives that reflects the ongoing presence and faithfulness of God. Just as music is built on recurring beats, our days are composed of moments where God's mercy and goodness pulse through time—second by second, minute by minute, hour by hour.

- Each week, with its **168 hours, 10,080 minutes, and 604,800 seconds** (in a standard non-leap week), becomes an opportunity to recognize and reflect on God's enduring grace.

Principles & Practices:

- **Principle:** *Trials magnify the presence of God when we look back.*
 - **God's faithfulness is accumulative—it builds over time.*
- **Discipline practice:** *stop, reflect. See the unseen faithfulness in the seconds, minutes, and hours.*

This becomes a sacred rhythm—a divine cadence—where we learn to live in step with God's sustaining grace. This rhythm is not random, but consistent, echoing **Psalm 23:6** as we recognize that *surely goodness and mercy don't just appear occasionally—they follow us continually*.

By reflecting on this rhythm, we shift from **short-term gratitude** to **long-term celebration**, tuned to the beat of God's unchanging faithfulness.

Memory & Faith Application: We need to develop *spiritual rhythm* to combat **short-term memory**:

- **Short-term memory** is the system that temporarily holds a small amount of information for a brief period—usually seconds to a minute—so it can be used immediately.
 - *Capacity:* Limited to about 7 ± 2 items (**Miller's Law**, 1956).
- **Long-term memory** is the system responsible for storing information over extended periods—from hours to decades—potentially a lifetime.
- **Application:** Information typically moves from short-term to long-term memory through:
 - **Repetition/rehearsal** — *cf. Joshua 1:8, meditate day and night.*
 - **Meaningful association** – *1 Samuel 17:37 "The Lord who delivered...will deliver..."*
 - **Emotionally impactful experiences** – *vulnerability, divine encounter-- transformation: Peter's denial of Jesus--Luke 22:61–62.*
 - **Deep processing** (e.g., connecting it to something already known) –like sub bullet point #2; 1 Sam.17:37.

Spiritual Application: short-term spiritual "moments" (like Sunday sermons, Bible studies and devotionals) must be intentionally reflected on and practiced for them to become part of our long-term spiritual memory—James 1:22-25.