Don’t Forget What You Just Learned!

*By Kris Swiatocho*

As soon as you leave an event/study/conference, etc., the enemy will work very hard at getting you to forget what you have learned and any decisions you have made. He will make many attempts to distract you.

*John 10:10* ***NKJV*** *The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

**So how do we make sure we don’t forget? How do we make sure we use what God has given us?**

1. **Make sure you stay connected to God.**   
     
   Don't throw away your notes or lose them. Use them for your quiet time this week. Go back through and look up each of the scriptures. Ask yourself these questions: What did God say to me this weekend/today? What is the one thing that kept coming to the surface? What is God asking me to do, to change? If I made a change, what is my next step?
2. **Stay connected to each other.**   
     
   Make a plan to check in with new and old friends. Set up a coffee or zoom/facetime event to see how they are doing and what God is showing them.
3. **Make a plan for change/adjustment.**  
     
   Ask God and others to hold you accountable for what you want to change. Maybe you gave up a relationship or ask God for forgiveness for past sins? Maybe you got saved? Maybe you ask for help to draw closer to God. Set up a time to meet with a friend to keep these changes.
4. **What’s Next?**   
     
   What is God calling you to do next? Maybe it’s to start or join a Bible study? Attend an event? Serve? Tithe more?
5. **Celebrate God’s love and goodness to you to keep depression, self-pity, discouragement, and isolation away.**  
     
   Start a “Blessings” list in your home on a wall or in your journal. Each day add something new you are thankful for or have been blessed by.

For more info on Kris Swiatocho

[www.LaborDaySingles.org](http://www.LaborDaySingles.org)

[www.TheSinglesNetwork.org](http://www.TheSinglesNetwork.org)

[www.KrisSwiatochoMinistries.org](http://www.KrisSwiatochoMinistries.org)

[www.IntentionalRelationshipSolutions.org](http://www.IntentionalRelationshipSolutions.org)