

God Says "I Have Not Forgotten You"

By System Import | Sermon | March 14, 2026

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It is one of the deepest and most isolating pains a human heart can feel. It is the agony of the "in-between" time. It's the season where you have prayed the prayer, you have stood on the promise, you have done everything you know to do... and you are met with silence. You look at your life, and the situation is not just bad; it is stuck. The heavens feel like brass. And as the days turn into weeks, and the weeks into months or even years, a terrifying, cold whisper begins to creep into your heart: "He has forgotten you. Your prayer didn't matter. Your faith was for nothing. You are overlooked. Everyone else is getting their miracle, but you... you have been forgotten."

This feeling is a silent crisis of faith. It's the place where hope begins to wither. We see others get the promotion, the healing, the relationship, the breakthrough, and we are forced to smile and clap while our own hearts are breaking, asking, "What about me, God? Do you even see me? Have you forgotten what you promised me?" This feeling is not a sign of weak faith; it is a sign of a tested faith. It is the cry of David in Psalm 13: "How long, LORD? Will you forget me forever? How long will you hide your face from me?"

If that is you today, if you are in that season of silence, feeling overlooked and left behind, this message is for you. This is not my opinion. This is not a platitude. This is a direct, eternal, and unbreakable promise from the very mouth of God. And before we dive in, if this message is already stirring something in you, hit the subscribe button and stay connected to God's Word daily, because God wants to silence the enemy's lie in your life right now. He wants you to hear Him clearly: "I have not forgotten you."

Number 1: The Ultimate Promise - More Faithful Than a Mother Isaiah 49

When God wanted to silence this fear of being forgotten once and for all, He didn't just make a casual statement. He chose the most powerful, the most intimate, and the most unbreakable bond known to human existence, and then He said His love is even stronger. In Isaiah 49:15-16, God speaks to His people, who felt abandoned and forgotten: "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!"

Let this sink in. God is setting up a comparison. He asks, "What is the strongest, most pure, most instinctive love you can imagine?" It is the love of a nursing mother for her newborn child. That bond is hormonal, chemical, spiritual, and physical. A mother's entire being is wired to respond to her baby's cry. And God says, "Can she forget?" And He answers His own question: "Though she may..." Even if the strongest human love on earth could somehow fail, even if the impossible happened and a mother could forget... "I will not forget you."

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God's covenant-keeping memory is more faithful than a mother's instinctive love. Your feeling of being forgotten is a lie. It is a direct contradiction of His character. But He doesn't stop there. He gives us the proof in the very next verse. "See, I have engraved you on the palms of my hands; your walls are ever before me."

In the ancient world, an engraving wasn't a marker drawing. It was a tattoo. It was a scar. It was a mark cut into the flesh with a sharp tool, a permanent reminder that could not be washed away. God is saying, "You are scarred onto My hands." He cannot look at His own hands, the very instruments of His power and creation, without being reminded of you. Your name, your situation, your promise... it is ever before Him. This is not a God who is capable of forgetting. This is a God who has made you a permanent part of Himself. You are not overlooked. You are engraved.

Number 2: The God Who Sees You - The Promise for the Outcast Hagar

One of the most powerful proofs of God's remembrance is who He chooses to see. He doesn't just remember the "important" people on the stage; He specializes in remembering the ones who have been cast out. The greatest example of this is Hagar.

In Genesis 16, Hagar is a nobody. She is a foreign slave, a "third party" in Abraham and Sarah's dysfunctional plan. She is mistreated, abused, and finally, she runs for her life, pregnant and alone, into the desert. She is the definition of "forgotten." She is an outcast, a victim, with no future and no hope. She has been forgotten by everyone on earth. But not by God.

"The angel of the LORD found Hagar near a spring in the desert..." Genesis 16:7. He found her. He sought her out in her wilderness. He called her by name. He spoke a promise over her and her unborn son. And Hagar's response, in her shock and awe, is to give God a new name. It is the only time in Scripture a human being gives God a new name. She calls Him "El Roi"—"the God Who Sees Me." She says, "I have now seen the One who sees me."

This is the truth that must anchor you. You may feel like Hagar. You may feel like you are in a desert, cast out by the very people who were supposed to protect you. You may feel like your promise has died. You may feel invisible to the world. But you are not invisible to El Roi. He is the God Who Sees You. He sees your tears in the desert. He sees the injustice you have endured. He sees the promise He placed inside you. He has not forgotten you. He finds those who are lost. Your loneliness is not proof of His absence; it is the very place He will come to meet you.

Number 3: The Silence of Preparation - The Lesson of 400 Years

"But I've been waiting for years," you might say. "The silence is deafening." This is when we must

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learn the difference between God's absence and God's preparation. The season that feels like "He has forgotten" is often the season where He is working most intensely behind the scenes. The greatest biblical example? The 400 years of slavery in Egypt.

God had given Abraham a glorious covenant, a promise of a great nation. Then, his descendants are plunged into centuries of brutal slavery. Where was God? Where was the promise? For 400 years, the heavens were silent. It was the ultimate "God has forgotten us" moment.

But then, we read the most hope-filled words in Exodus 2:24-25: "God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob. So God looked on the Israelites and was concerned about them."

When the Bible says God "remembered," it doesn't mean He forgot. It's not as if He woke up one day and said, "Oh right, the Israelites!" The word "remembered" in Hebrew means "to act on behalf of." It means, "It is time." But what was happening during those 400 "silent" years? God was not inactive. He was preparing. He was preparing a nation, growing them from a small family into millions. He was preparing the enemy, hardening Pharaoh's heart for a display of His power. And most importantly, He was preparing a deliverer, taking a prince named Moses and spending 40 years in the desert emptying him of his own pride and strength, so he could be a vessel for God's power.

Your "silent" season, your "forgotten" season, is not a delay; it is a preparation. God is working "underground," like a seed. You cannot see the growth, but He is building the roots. He is preparing you for the promise, and preparing the promise for you. He is moving pieces on the chessboard that you cannot see. Do not mistake the silence of preparation for the lie of abandonment. He has not forgotten. He is working. If this message inspires you, don't forget to subscribe for more Bible insights every week.

Number 4: The Sparrow Principle - The Proof of Your Infinite Value

Sometimes, the feeling of being forgotten comes from a feeling of being insignificant. We look at the billions of people on the planet, the vastness of the cosmos, and we think, "I am just one small person with one small problem. Why would the God of the universe care about me? My prayer is probably just lost in the noise."

Jesus anticipated this very feeling. He looked at His disciples, a group of "nobodies" in the eyes of the world, and He gave them this staggering truth in Matthew 10:29-31: "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care."

A sparrow. The most common, worthless bird. You could buy two for a single penny. They were the

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"throwaway" animals of the market. And Jesus says that God's attention is so infinite and so intimate that He is aware of every single one. Not one falls from a branch without His knowledge and His care.

And then, Jesus brings it home with a truth so profound it's almost hard to bear: "And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows."

This is God's answer to your feeling of insignificance. He is not a "big picture" God who only deals with kings and nations. He is a microscopic God who is intimately involved in the smallest details of His creation. He is currently, right this second, keeping an exact count of the number of hairs on your head. That is a level of personal, detailed attention we cannot even fathom.

If God gives that much attention to a sparrow, which He does not call "son" or "daughter"... If He gives that much attention to the hairs on your head... how can you possibly believe He has forgotten the prayers of your heart? You are not a number. You are not a face in the crowd. You are known. You are numbered. You are seen. He has not forgotten you.

Number 5: The Power of Memorial Stones - Your Job is to Remember

One of the great ironies of this struggle is that God is not the one with the bad memory. We are. We are the ones who forget. We experience a mighty breakthrough, a miraculous provision, an answered prayer... and then, six weeks later, when the next crisis hits, we are back to wringing our hands, saying, "God, where are You? Have You forgotten me?" We suffer from spiritual amnesia.

God knows this about us. And that is why, throughout Scripture, He constantly commands His people to create memorials. He doesn't need to be reminded, but we do. The most powerful example is in Joshua 4. After 40 years in the wilderness, the Israelites finally cross the Jordan River into the Promised Land. The river supernaturally parts for them. It's a massive miracle.

And what is the first thing God tells them to do on the other side? He doesn't say, "Go build a city" or "Go fight a battle." He says, "Go back into the middle of that dry riverbed, get twelve stones, and build a memorial."

Why? He tells them in verse 7: "These stones are to be a memorial to the people of Israel forever." And in verse 21: "In the future, when your descendants ask their parents, 'What do these stones mean?' tell them, 'Israel crossed the Jordan on dry ground.'" These stones were a weapon against forgetting. They were a command to "Remember My faithfulness."

This is your practical assignment. If you feel forgotten by God, your job is to remember what He

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has done. You need to build your own "memorial stones." Get a journal. Write down every answered prayer from your past. Write down every time He provided, every time He healed, every time He gave you peace in a storm. long-Listen-to-me: This is your ammunition. The next time the enemy whispers, "He has forgotten you," you open that journal, you point to your "stones," and you say, "No, devil. You are a liar. The same God who did that is the same God who is with me now. He was faithful then, and He will be faithful again." Your memory is the weapon that slays your doubt.

Number 6: The Ultimate Proof - The Cross Romans 8:32

If the promise of Isaiah 49 is the anchor, and the story of Hagar is the comfort, and the lesson of Egypt is the perspective, then the Cross of Jesus Christ is the final, unanswerable, case-closed proof that God has not, and will not, forget you.

The Apostle Paul makes this airtight, logical argument in Romans 8:32. This verse should be your lifeline. He writes: "He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?"

Let's understand this logic. It is the logic of "the greater vs. the lesser." God has already solved your biggest problem. Your biggest problem was not your health, your finances, or your loneliness. Your biggest problem was your sin, which separated you from Him for eternity. And to solve that problem, God paid the highest possible price. He did not spare His only Son. He "gave him up" for you.

Paul's logic is this: If God was willing to give you the greatest gift His Son when you were at your absolute worst His enemy, dead in sin... why on earth would you now believe He will withhold the lesser gifts healing, provision, guidance, peace from you, now that you are at your absolute best His beloved child, righteous in Christ?

It makes no sense. The enemy's lie is illogical. The Cross is the receipt. It is the proof of purchase. It is God saying, "I have already invested everything in you. I have already proven My love. I have already paid the ultimate price." To now believe He has "forgotten" you or decided to "abandon" you is to say that the blood of His Son was not enough. It is to deny the very logic of the Gospel. The cross is your ultimate memorial stone. He did not spare His Son. He will not forget His child.

Number 7: The Guarantee of His Presence - The Holy Spirit

As if the promise in Isaiah, the example of Hagar, the lesson of Egypt, the logic of the sparrows, and the proof of the Cross were not enough, God gave us one final, living, breathing, present-tense guarantee that He has not forgotten us. He gave us Himself.

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When Jesus ascended, He gave us this promise: "Surely I am with you always, to the very end of the age" Matthew 28:20. How? Through the person of the Holy Spirit. When you believed in Jesus, God the Holy Spirit came to live inside you.

Paul calls the Holy Spirit the "deposit, guaranteeing our inheritance" Ephesians 1:14. When you buy a house, you put down a "deposit" or "earnest money." That deposit is a legally-binding promise that says, "I am coming back for the rest. I have a vested interest in this."

God has not forgotten you—He has made a down payment on you! He has placed His own Spirit inside you as a guarantee that He is coming back to redeem the whole package. He cannot forget you; He is living in you. The very breath in your lungs, the very pulse in your heart, the very fact that you still have a flicker of faith left in this dark season, is proof that He is with you and in you.

The feeling of "distance" is not a sign of His absence; it is simply the "static" of the world, the flesh, and the devil trying to drown out the frequency of the Spirit who is always broadcasting, "You are mine. You are sealed. You are loved. I am here." Your job is not to beg for His presence, but to attune your heart to the presence that is already there.

Conclusion

We have come on a great journey today, from the cold, lonely fear of being forgotten to the fiery, unshakeable truth of God's remembrance.

We learned that this feeling is a lie, because God's faithfulness is stronger than a mother's love, and our names are engraved on the palms of His hands.

We learned that He is El Roi, the God Who Sees Me, the one who finds the outcast in the desert. We learned that His silence is not absence, but the deep, underground silence of preparation, like the 400 years before the Exodus.

We learned that we are infinitely valuable to Him, that He knows the number of hairs on our head and sees every sparrow that falls. We learned that our job is to remember His past faithfulness, to build memorial stones to fight our spiritual amnesia.

We found our ultimate proof in the Cross, the unanswerable logic that says He who gave His Son will not now withhold His help. And we found our present-tense comfort in the Holy Spirit, the guarantee and deposit living inside us, proving we are sealed and secured forever.

So, if you are in that place of waiting, in that season of silence, I say to you: Do not lose faith. You are not forgotten. You are not overlooked. You are seen. You are known. You are loved. And you are engraved on the hands of the God who cannot forget you. Hold on.

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Before you go, make sure to subscribe, like this video, and share it with someone who needs encouragement today. And join us next time as we uncover another powerful truth from God's Word.

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