



## Bad News Antidote

### Psalm 146 | Session 10.36

#### Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Encourage your group to listen to the Faithement podcast ahead of the next session (Share the link via email or social media).

#### Context

Start by asking:

- What situation or event is the most discussed in your household right now and why?
- What can you share with us that you are trying the hardest to *not* talk about and why?
- What are some situations that have tested your understanding of God and your desire to keep following?
- What keeps you going in the midst of those times?
- What or who has reminded you to keep trusting and keep following?

## Content

Read Psalm 146, and watch the Bible Background Video before asking:

- What do you think it means to tell your soul to praise God? (You may want to read this verse in other translations to get some ideas.)
- Why do you think the Psalmist seems so confident that he will continue to praise God his whole life?
- What kind of "trust" should we not place in powerful people or other human beings?
- How will placing trust in God instead of people affect the way we make decisions and approach relationships?
- What things does the Psalmist credit God with doing?
- To what degree is the Psalmist talking about miracles he's seen during his lifetime versus some future time when God will make things right?
- How would the Psalmist see God's work as carried out by human beings?

## Closure

Continue by asking:

- What difference does it make if God's work, as described in this Psalm, is being done by people who do not call themselves "Christian?"
- In what ways does our understanding of the reasons why people help others change the way we see the whole Psalm?
- What core principles do we express when we sing songs based upon this psalm or otherwise recite it?
- Even though this psalm is millennia old, and an expression of someone who practiced a different faith, at what points is it relevant to our faith in the Twenty-first Century?
- How have you recently experienced or seen God working as the psalm describes?
- What can we do to ensure that this psalm continues to ring true in our lifetimes?

Conclude by reading the Psalm aloud together. and encourage the group to consider using this as a passage for personal reflection this week. Close with prayer.

**Writer: Jon Parks**