



MIX
session page

Bad News Antidote

Psalm 146 | Session 10.36

Before the Session

Facilitator: In advance of the session

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

Context (From the Mind Session Page)

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 (From the Media Session Page)

Read Psalm 146, then watch the Bible Background Video.

- Why do you think the psalmist calls on others and themselves to praise the Lord to start things?
- How challenging is seriously praising the Lord for us and why?
- In what ways does the writer insist that God is better than humans?
- How do you feel about the leaders you've grown to trust when you read this psalm,, and why?
- Why does the psalmist believe God is trustworthy?
- How do you feel about the psalmist's reasoning about dealing with bad things happening?

Closure (From the Current Session Page)

Share "One of Us" and ask:

- Assuming that we know that God expects us to stand for something, in what ways could seeing our fellow human beings as reflections of God help us to make bold decisions?
- If the Psalmist is so clear on our limitations and who the Lord supports, why is it so hard today to do that, especially as Christians?
- What changes do we need to make in our walk in Christ to follow these principles?
- If "God is where we see justice at work in the world." as Nikki says, where is God at work in our lives and where is God calling us to take part in God's work of loving the world?

Close with a prayer.