



MYSTIC
session page

Bad News Antidote

Psalm 146 | Session 10.36

Before 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.
- Materials Needed: markers, writing paper, pens, four poster papers titled: *What is happening today*; *What God does (taken from the psalm)*; *What humans are doing or can do to cooperate with God's work*; *What humans are doing or can do to hinder God's work*
- Encourage your group to listen to the FaithElement podcast ahead of the next session (Share the link via email or social media)

Context

Read aloud [Psalm 146](#) then share the Bible Background Video.

This is an "active reflection" activity.

Reflection

Invite the group to make a list of the most talked-about things that are happening in the world and their lives today, placing their responses on a poster or white board. Follow that by inviting the group to make additions to the second list (from the psalm), of where they see such things either happening or needing to happen.

After a few minutes, Invite the group to consider the other posters, placing their responses to them as they will, in graffiti style. When the posters are completed, invite the group to a time of silent reflection based on the following prompts (you might want to print these on a poster or handout) with a pause between each:

- Spend a few moments acknowledging God's presence with us.
- Invite God to reveal connections between the posters and your own life.
- What thoughts and feelings surface as you review them?
- What might you be doing to hinder God's work?
- What might you consider doing or not doing in order to cooperate with God's work?
- What questions do the posters raise for you?
- Share your thoughts and feelings with God.
- Listen for God's response, if any.

Invite volunteers to share their insights with the group, then close with prayer.

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