



With God on Our Side

Psalm 124 | Session 10.39

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: Paper and pens.
- Encourage your group to listen to the FaithElement podcast ahead of the next session (Share the link via email or social media)

Context

Read Psalm 124, and watch the Bible Background Video.

This is a reflective review of a media source.

Reflection

Tell the group: "In this song, Nicole Nordeman reflects on her life over time – the things that happened, and God's presence in each season. Listen to her journey and her names for God that tell you about God's place in her life. Play "I Am – Nicole Nordeman LYRICS". Invite individuals to reflect on their own life journeys by giving each person a piece of paper and pen before having

them fold their paper into quarters and labeling each section as follows: "childhood," "teenager," "young adult," "adult." Encourage everyone to list words or phrases that relate to each section of their lives, including who God was/is to them at that time. What names would they give to God in each section, based on their experiences?

- What did you notice about your life, and about God as you did this?
- As you reflect on this activity, for what particular aspects/things for which you are thankful?

Close with prayers of thanksgiving.

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