



YOUTH  
session page

## 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.
- Listen to the FaithElement podcast for this session.
- Use the social media prompts on this session's web page to help youth begin engaging the session ahead of their gathering.

### Intro

Show the [Mad TV clip](#) and ask:

- How does this clip make you feel and why?
- When have you tried to do something where nothing seemed to go right?
- How do you react when your plans fall apart and why?
- When you look at what is going on in the world, where does it seem like things are falling apart?

## Context

Play a game from "Whose Line Is It Anyway?" called Press Conference, where you have a volunteer leave the room while the rest of the group comes up with some kind of accomplishment by that person. It needs to be creative and totally made up, like "invented the high five" or "managed to place 23 large marshmallows in their mouth while playing 'Chubby Bunny'." Have the volunteer come back in the room and give a press conference answering questions from the other people.

The fun of this activity is that the group knows the accomplishment, but the person giving the press conference does not, so the questions can have some pretty bizarre answers. The group can ask specific questions eventually leading them in the right direction to figure out their accomplishment.

Play as many rounds as time allows, then ask:

- How did it feel to play this game and why?
- How did you figure out what you had accomplished?
- When have you done something that resulted in praise from other people?
- When have you done something that no one really noticed, but you were very proud of?
- What feels different about doing something for God rather than yourself?

## Content

Read Psalm 146, then watch the Bible Background Video.

Ask:

- Why does the writer of this psalm put his trust in the Lord?
- Why is it so hard to put our trust in God when bad things are happening in our world?
- In what ways does this psalm answer those who question where God was when bad things happen?

- According to this passage, how does God take care of those who are most vulnerable?
- In what ways is caring for others the work of God, or the work of people?
- What is the relationship between praising God and doing the things that we praise God for getting done?

## Closure

Play "Hands and Feet" and ask:

- How do you think God chooses to work in this world?
- What happens if God's people choose not to be God's hands and feet?
- In what ways do you see God's people following Jesus with their actions?
- How fair is it to say that a person's actions show you the measure of that person's faith?
- At what points does doing the work of God help you connect more closely to God?
- In what ways can we improve the world around us and cause the change God wants in this world?

Close this session in prayer.

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