



With God on Our Side

Psalm 124 | Session 10.39

Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Provide some string and a ring of some sort for every two members of the group, and have something to use as a countdown timer. (See Context)
- Have the Bible Background Video ready to view.
- Listen to the FaithElement podcast for this session.

Intro

Play the Positive attitude video and ask:

- How would you rank, on a scale of one to five, your attitude when things don't seem to go your way?
- Why do we let our circumstances determine our attitude?
- What cheers you up when you are down and why?
- Who cheers you up the most and how do they do it?

Context

Have everyone sit in a circle, each with a partners who is sitting directly across from them. Give each pair a string of yarn, fishing line, or whatever else you have that stretches from both partners across the middle of the circles, letting the strands from various partners overlap, as well as something that can travel the length of the string, like some type of plastic ring, key ring, or something else with a hole for the string to pass though. Once each pair is prepared has something, tell the group that you are about to start a three-minute timer. While it counts down, their goal is to make their ring travel the length of the string as many times as possible, getting one point for each time the ring successfully makes it to the other side.

After ensuring that everyone understands what they are supposed to do, start the timer. When time is up, stop the activity and ask:

- What was it like having such a crazy mess happening in the middle of the circle?
- What was the most challenging part of doing this, and what would have helped you be more successful?
- How do you tend to respond when you circumstances don't work out the way you had planned and why?
- What would help you to be able to not be frustrated when life treats you unfairly?

Content

Read [Psalm 124](#), and watch the Bible Background Video before asking:

- What would have been the result in the Lord was not on Israel's side, according to the author?
- How do you usually respond when you feel that God has protected you from something?
- When in our lives do we tend to praise God the most?
- Why do we tend to draw nearer to God when we feel helpless, only to need reminding of God's acting in our lives when they are not?

Closure

Play the [NY Times clip](#) and ask:

- How do you feel when athletes praise God for winning a game or doing something good?
- Why do you think they don't praise God when something bad happens to them?
- Why would God care about the results of an athletic competition?
- Besides athletes, what other groups claim to have God on their side?
- What happens when adversarial groups both claim to have God on their side, and why might God choose sides?
- What do you think is the secret to being able to praise God in good times or bad?

Close this session in prayer.

Writer: Don Breeden