



Music is something that touches us down to our souls. It can put you in the mood to dance, it can lift up your spirits, or it can make you cry like a baby. We can remember song lyrics from years and years ago with little effort, just because at some point in our lives that song *spoke* to us – the bass made our blood pump, the drums kept a good rhythm, the electric guitar had a cool part. There’s nothing like listening to your favorite song to get you in a good mood.

But when it comes to worship music, sometimes it becomes more about your feelings when the band plays a song you love. We’re all guilty of it: on Sunday we hear the opening notes and automatically know what song the band is going to play. We have the words ingrained into our brains - it’s automatic to sing along with the band, and you know exactly when an instrument is going to have a solo and when the worship leader is going to have a speaking moment during a long pause in the song. It all becomes second nature, part of the regular routine every time we go to our church service.

We forget to be in a mindset of worship – to have not just an appreciation for the talent of those who are on stage leading us in praise, but to really listen and intentionally communicate with our Father. We forget to remind ourselves of why He is worthy of our worship.

Each guide will have URLs to video resources for your small group, and end with a challenge for you to follow up with your students the next time you meet. You are also encouraged to have a printout of the lyrics of each song ready to reference. In this series of small group guides, we will read Scriptures that align with the words we sing, ask questions to relate the week’s song to our own lives, and have a challenge for practical application for the following week. We will go through a journey of breaking down both new and old worship songs to help us understand the heart behind the songs. This journey helps us to know that our worship is more than words.



[TEACHER NOTE: This week's song is "Champion," by Bethel Music. At the beginning of the group, use the icebreaker questions to get students comfortable and to prompt discussion. When ready, watch the music video and song story as a group before progressing to the lesson and questions.]

ICE BREAKER QUESTIONS

- On a scale of 1-10, how competitive are you?
- Have you ever been in a competition and won? If so, what was your prize and title?

WATCH: Champion music video (<https://www.youtube.com/watch?v=BOK8F9caDic>)

WATCH: Champion song story (<https://www.youtube.com/watch?v=JQa-Jg0M3Evk>)

[TEACHER NOTE: An optional discussion opportunity would be to have students read over the lyrics and discuss what line impacts them the most, and why.]

Say: The song we're exploring this week is Champion. So often, we have battles and feel like we have to face them alone. This song reminds us that we have the best help available to us, and that God sees us in our troubles. It is a reminder that we do not have to be worried, because He has already won our battle; and that we only need to trust Him as He shows us the victory. Let's look at the scripture that inspired this song so we can understand it a little better.

Read 2 Corinthians 2:14 (NASB) *But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place.*

1. Have you ever been given a big responsibility? What was it?
2. Describe how it feels knowing that God chose you to be on His team.

Say: It can be exciting when we are trusted with something, but it can also be overwhelming. Sometimes we can feel guilty about asking for help, because then it makes us seem like we can't handle it. We have to remind

ourselves that God has chosen us, and He knows what we are capable of. We don't need to be afraid of relying on Him through a difficult time – He is ready and waiting for us to reach out to Him, and He will lead us to victory.

Read 1 Corinthians 12:9 (NIV) *But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.*

3. What is something you were given that you feel like you didn't deserve?
4. Has something of value to you ever been broken? What did you feel, and did you try to fix it?

Say: Often our first instinct when something is broken is to throw it away. It looks useless and worthless. But if you have a different perspective, there can be value to broken things. There is a practice in Japan to fix broken pottery by fusing the pieces together with melted gold to create a stronger and more beautiful piece of art. God is more than capable of doing this for us – though we may feel that we are broken and useless, God puts us back together and fills all our gaps to make us worthy.

Read John 16:33 (NIV) *“I have told you these things, so that you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”*

5. Have you ever worked in a group project before? If so, what was it like? [TEACHER NOTE: Discuss effort of all participants, if one person got more credit than everyone else, etc.]
6. Often we are faced with things in life that are overwhelming to us, big or small. What is something you have been worried about recently?

Say: We worship the God who has faced every trial we could ever encounter and won every time. What's even more amazing is that He not only cares about us enough to fight and win our battles for us, but that He wants us to share in His victory because He loves us! This is why we do not have to be consumed with worry, and can instead be confident in the knowledge that He has won.

Read Psalm 46:10 (NIV) *He says, “Be still and know that I am God; I will be exalted above the nations, I will be exalted in the earth.”*

7. Is it hard for you to ask for or accept help? Why or why not?

This preview includes a select number of pages from this resource.

If you like what you see, download the entire resource today!

downloadyouthministry.com