

5

November 3, 2019

31st Sunday Ordinary Time

“You Say,” Lauren Daigle

People influence us. Voices in our minds put us down. Voices around us judge us based on where we are from, how we speak, how we dress, even their skin color. These snap judgments can prevent us from being open and accepting and can create an environment of silence that can be even more hurtful than words spoken aloud. Lauren Daigle’s song “You Say” is about remembering who God says we are—that we are more than the judgments people make about us. We are valuable and worthy human beings who are more than our failures in our own and others’ eyes.

Key lines: *I keep fighting voices in my mind that say I’m not enough / Every single lie that tells me I will never measure up / Am I more than just the sum of every high and every low / Remind me once again just who I am because I need to know / Ooh oh / You say I am loved when I can’t feel a thing / You say I am strong when I think I am weak / And you say I am held when I am falling short / And when I don’t belong, oh You say I am Yours / And I believe (I) / Oh I believe (I) / What You say of me (I) / I believe*

Questions: When have you judged someone? When have you felt judged? How do you treat someone who creates distance from you? Who does God say you are? What helps you remember who God says you are? How can you help create bridges between different groups within your community?

6

November 10, 2019

32nd Sunday in Ordinary Time

“My Song Too,” Hunter Hayes

People react to grief or to breaking up in different ways. Some people distance themselves and internalize their grief. Others may express their grief and adapt quickly to their loss. The loss of a loved one can shake up any family and environment. The song “My Song Too” is a reminder that even when those we love are gone, they live on within us. They have helped make us who we are.

Key lines: *But it’s my song too / I know you’re gone but every word’s still true / It’s alright if it’s all that’s left / ‘Cause you, you left me better than you found me / It’s crazy I still sing it but I do / It’s my song too / Oh there’s love in every lyric / You live in every note / Don’t hate me if I never let go / It’s my song too*

Questions: When have you experienced loss? How did you handle the experience? How did the people around you handle it? What and who helped keep you steady during this time?

7

November 17, 2019

33rd Sunday in Ordinary Time

“To The Ground,” Death Cab For Cutie

We all make choices, some safe and some risky. As the main character in this week’s *SPIRIT* story sits in the ditch in a car full of friends, she wonders if God kept her safe because rubbed the cross on her visor before they started out. Her friends point out that God is always with us, no matter what choices we make and in every circumstance. The song “To The Ground” tells how one decision can change everything and how choices have consequences. We can trust in God to stay with us no matter the consequences but not to prevent them.

Key lines: *The arms lost control / Slipped and began to roll / And on the wings of an ocean gale / He crashed right through the rail / Down to the valley below / To the valley below / ...Return to the ground / To the ground*

Questions: What choices have you made without seeing the consequences? When have you been lucky enough to escape consequences you didn’t see coming? When have you felt God’s presence in a tough time? How has faith helped you make decisions or get through a difficult time?

8

November 24, 2019

Feast of Christ the King

“Let You Down,” NF

This week’s *SPIRIT* theme is about taking responsibility for the consequences that can result when we make hurtful decisions and break our promises. Sometimes we make risky decisions. I don’t need to study for a test. I stay out a little later than I tell my parents. One drink at a party won’t hurt anything. Then I get busted and have to explain myself to those I respect and care about. Or, on the other hand, I’m the one a friend disappoints and I find the risky choice hard to forgive. NF’s song “Let You Down” is about disappointing someone we respect and love, as well as disappointing ourselves. It’s a reminder that we are ultimately the ones responsible for our decisions and must also deal with the consequences.

Key lines: *Feels like we’re on the edge right now / I wish that I could say I’m proud I’m sorry that I let you down / Le-le-let you down / All these voices in my head get loud / I wish that I could shut them out / I’m sorry that I let you down / Le-le-let you down*

Questions: When have you felt disappointed in someone? What were the consequences? How did you forgive and move on or did you? What actions do you find difficult to forgive? When have you been forgiven?