



RE:TUNED

Unavoidable. Pervasive. Inescapable. Secular pop music is everywhere. Even if you can get your young Christian friends to switch their listening habits from secular to sacred, they are still going to hear the top popular songs everywhere they go. In this section we provide you some

ideas to take advantage of some of the most popular secular songs. Use the opening questions, the thematic concepts and discussion ideas to spice up your Bible study, Sunday School lesson, camp/retreat meeting or outreach event message.

Artist:

twenty one pilots

Song: Stressed Out

Album: Blurry Face

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Theme

Self-Examination

Opening Question

Do you ever feel as though you are under constant scrutiny and criticism, being attacked from all sides and even by yourself?

Discussion

Everyone seems to love twenty one pilots, so what in the world would they have to feel insecure about? When we were younger we thought, “When I am older, I’ll have everything figured out. I won’t have to listen to anyone.” However, as we get older we realize that we live in a world where no one ever has it all figured out—and, believe it or not, you *always* have a boss!

“Stressed Out” makes us stop and examine our lives about what is really stressing us out—is it others, or the bullies in our own heads?

- Do you ever wish you were younger when things were simpler?
- Do you ever feel as though your fears and insecurities are taking over your life?
- Do you sense that you are being watched, and that you failing to be what everyone needs?

Satan Loves for us to question our identity and how we measure up to others because then we aren’t focused on Christ. Read **Ephesians 6:12**.

God tells us over and over in His Word not to worry – He is in charge, He loves us and wants to take care of us. Read **Matthew 6:31-24**, and **1 John 2:15**.

Conclusion

Think about what is really stressing you out, and examine the Scriptures above to see where you can lay your fears and insecurities.