

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:

Foo Fighters

Song: Run

Album: Run - Single

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Theme

Freedom

Teaching Point

We get to “walk about in freedom” because we gaze upon the excellent standards offered to us by our loving God who sent His Son so we might have freedom.

Opening Questions

What is your favorite “free” time activity? What helps you to feel like you have freedom?

Discussion

Having the freedom to make choices and the freedom to do what we want when we want are readily taken for granted. In different stages of life, we have different times of freedom. While we are school age, summer is a time when many people feel freedom. Days are filled with little to no schedule, trips, and spontaneous adventures. After the school season has ended rarely is this experienced again except for a real vacation – which is typically much shorter!!

The Foo Fighters sing about the theme of freedom in this song. In a repeating line the writer says, *“Wake up, run for life with me ... in another perfect life, in another perfect light, we run, we run, we run.”* The chorus emphasizes, *“Before the time runs out, there’s somewhere to run, wake up, run for your life with me.”*

Experiencing freedom requires sacrifice. To choose freedom is to not choose something else. Some people are fine being “comfortable and stuck” in the same routines or rules without exploring healthier and more rewarding alternatives. But, experiencing freedom involves risk.

Psalm 119:41-48 inspires us with these words, “May your unfailing love come to me, Lord, your salvation, according to your promise; then I can answer anyone who taunts me, for I trust in your word. Never take your word of truth from my mouth, for I have put my hope in your laws. I will always obey your law, forever and ever. I will walk about in freedom, for I have sought out your precepts. I will speak of your statutes before kings and will not be put to shame, for I delight in your commands because I love them. I reach out for your commands, which I love, that I may meditate on your decrees.”

We get to “walk about in freedom” because we gaze upon the excellent standards offered to us by our loving God who sent His Son so we might have freedom. We choose rules, and we are free. Where else in life does that happen?!

Conclusion

What are ways you have allowed life to restrict and discourage you? What is one step you could take to run in the freedom Christ brings?