

# NEEDTOBREATHE

Artist:

NEEDTOBREATHE  
NEEDTOBREATHE.COM

Album Title & Record Company:

HARD CUTS  
ATLANTIC/SPARROW

Video Title:

HARD LOVE (FEAT. ANDRA DAY)

Study By:

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## Theme

Perseverance

## Objective

Students will be encouraged to stand strong in Christ through trials and separation.

## Warm Up

Hand out Student Guides and pens. Have your group fill in these “Three \_\_\_\_\_ I Can’t Live Without” lists:

- Three Foods I Can’t Live Without
- Three Possessions I Can’t Live Without (Hint: smartphones should make this list!)

## Transition

After some (hopefully) lively discussion, explain that not everything goes our way all the time. Then ask these questions, allowing for discussion:

- How do you get through hard times?
- Have you ever had a job, school, or other life situation that you had to suffer through? Explain.
- Does life drag you down sometimes? How?
- Where do you find hope? Explain.

## The Video

Explain that NEEDTOBREATHE writes and plays music from personal experiences. Their hit song “Hard Love” came out of the hardship of being away from their families while on tour. Encourage your students to listen for some clues to how they cope with the separation in this video. Play the video.

## Transition

Divide your group into trios. Ask at least one student in each trio to Google the lyrics to “Hard Love.” Then have the trios use the *Three Lines* section of the Student Guide to jot down at least three lines from the song that capture their attention (and preferably relate to the theme of perseverance.) Once everyone is finished, bring the group back together to share each trio’s lines. As the trios share, invite them to explain why they chose their three particular lyrics.

## Bible Study

Explain that NEEDTOBREATHE does cling to their faith in the hard times—when it’s hard to love. The Bible offers much wisdom on enduring the hard times through deep faith. Let’s check out the life of Paul, a man who went from persecuting Christians to being one of the most outspoken followers of Jesus in his day and even today through the portions of the Bible he penned!

Using Bibles, Bible apps, or even scripture handouts you made before the meeting, point students to **2 Corinthians 4:8-13**. Ask a volunteer to read the passage aloud before discussing these questions:

- What are some situations that you’d like to have a “skip button” for?
- What are some things that make you realize that you aren’t as strong as you’d like to be?
- Is admitting your weaknesses hard for you? Explain.
- What are some big truths you can pull from this Bible passage?

## Transition

Explain that Paul drew strength through knowing that Jesus had overcome all sins, struggles, and even death. The challenge we face daily is to follow Paul’s example and rely on Jesus not self for the power to persevere.

## Wrap Up

Challenge students to spend a few minutes in self-evaluation while you play the video again. Direct them to utilize the *Self Check-Up* section of the Student Guide for this activity. This section may be difficult for some students due to it cutting right to the core of pride and self-dependence.

After the video ends and students seem to be at a stopping point, close in prayer. Encourage students to talk to you one on one after the gathering.