

Artist:

LECRAE
LECRAE.COM

Album Title & Record Company:

RESTORATION
(FEAT. JOHN LEGEND)
REACH RECORDS

Video Title:

DROWN

Study By:

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Playlist

This song is featured on "The Linc: Faith Within Trials" Spotify playlist – which is the perfect way to remind your students what you've taught them in this session. To share it with them, click the live link on the web version of this study.

Theme

Faith; Within Trials, Alcohol/Drugs, Hope; Within Difficulties

Objective

Students will learn that despite what is happening in the world around us or within our personal lives, we must continue to focus on God – He can be trusted and is worthy of our praise.

Warm Up

Say something like, "Most of us are familiar with the account of Jonah. What do you remember from that account?" Give several students time to answer. (Most will remember events from Jonah chapters 1, 3, and even 4. Few will remember Jonah's prayer from within the big fish.)

Transition

Summarize Jonah chapter 1 by saying something like, "Jonah had a lot going on, and I'm sure he was pretty stressed out. God asked him to do something he did not want to do. Rather than deal with it, he decided to get on a boat and try to run away from God. Then a terrible storm came along, and the sailors all voted to throw Jonah overboard. Jonah

was left to drown in the sea, but a big fish swallowed him. Jonah was in the belly of that fish for three days and three nights – which gave him plenty of time to think."

The Video

Say something like, "Today there is so much going on in our family lives, our schools, our communities, and even around the world, that it's easy to feel overwhelmed, anxious, and stressed out. We all have our ways of dealing with stress – some healthy, and others not so much. The Bible tells us to turn to God in difficult times. Many Christians find, however, that amid the chaos, fear and doubt sometimes get in the way. Lecrae teamed up with John Legend to create the song 'Drown' to address the many emotions that he and many others have been dealing with, especially when looking at what is going on in the world around us."

Play the video. Allow time to discuss the "Lingering Lyrics" section of the Student Guide.

Bible Study

We're going to look at a Bible passage where a guy named Jonah describes what it feels like to drown.

Jonah 2:1-6a

- Do you ever get so overwhelmed by what is going on around you that you feel as though you are drowning?
- In verse 3, Jonah describes waves and breakers sweeping over him. What do you see happening in the world today that qualify as "waves and breakers"?
- What are some of the things you have seen people turn to in times of hopelessness?
- Have those solutions made things better or, ultimately, worse?

Jonah 2:6b-10

- Jonah's situation has not changed, but how does his attitude change?
- If you were in Jonah's situation, would you find it easy or difficult to praise God?
- Why do you think we often wait until our situation is as hopeless as Jonah's before we turn to God?

Philippians 4:4-7

- Is it comforting to know that God is near?
- Do you feel that this is always true?
- What does it mean to rejoice in the Lord always? What does that look like for you?
- What do you do to feel better in times of anxiousness?

Wrap Up

Say something like, "Lecrae presents a perspective that most Christians struggle with at some point in their life – trusting God when things are difficult. We may not be able to choose the things that happen to us, but we do get to choose how we will respond. Thankfully, we don't have to wait until we are drowning to talk with God. Developing a daily habit of prayer will make it easier for us to go to Him when we are struggling with our faith, or, as in Jonah's case, obedience." End in prayer.

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