

LACEY STURM

Artist:

LACEY STURM
LACEYSTURM.COM

Album Title & Record Company:

STATE OF ME - SINGLE
FOLLOWSPOT RECORDS /
THE FUEL MUSIC

Video Title:

STATE OF ME

Study By:

ADAM CAIN
PYRO @ BETHLEHEM BAPTIST CHURCH
NEWNAN, GA
ACDUM@HOTMAIL.COM

Playlist

This song is featured on "The Linc: Encouragement" 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

Encouragement, Despair, Suicide

Objective

Students will learn that life can be hard at times but it is always worth living. We should never give up.

The Video

Lacey Sturm, formerly of Flyleaf, teamed up with John and Kory Cooper of Skillet to write this song. Listen to it carefully and write down lines that stick out. Play the video, *State Of Me*.

Transition

- What lines stuck out to you?
- How does this song speak to you?
- What meaning or application do you find in the lyrics?

Ultimately this song is a song of encouragement. Lacey Sturm said about this song, "Choosing life is violent in that we reject every subtle form of suicide, every eternal death choice that would try to disorient, distract, and seduce us away."

- What are some "subtle forms of suicide" that you encounter in your life or that of people around you?

One subtle form of suicide is tearing yourself down, "I'm not as smart as this person. That person looks so much better than me even when we wear the same clothes." These statements devalue our lives.

But there are others we tell ourselves too, "I can't believe I did that. I can't believe I didn't do that. I am so ashamed. I am a horrible person. Nobody would ever love me."

Let me just say those are all lies. You are loved. If you asked Jesus to forgive you of your sins then He has. They are all behind you. Pope John Paul, II said, "We are not the sum of our weaknesses and failure, we are the sum of the Father's love for us and our real capacity to become the image of His son Jesus."

Not only is choosing life violent, it is also messy! It can be ugly at times, but choosing life is always the better option. No matter how dark a hole you may find yourself in. You can get out of it. Whether it is something you need to just endure for a season, find a solution for, get help with, or whatever. Choosing life is always better – not always easier, but always better.

Kyle Idleman wrote in *Grace is Greater* (Baker Books, 2017), "When God's grace and mercy collide with our shame and guilt, it's messy but it's beautiful. Jesus knows everything you ever did, but He wants to make

sure you know that His grace is greater."

Bible Study

Read **Romans 8:18-23**

- What words of despair do you see? (Examples from HCSB include: bondage, decay, pain, groaning.)

Read **Romans 8:24-27**

- Who helps us according to verses 26-27?

Read **Romans 8:28-30**

Verse 28 is often misquoted. Some claim it says all things are good but that is not the truth. Some things are bad.

Bad things happen but they can be used to conform us into the image of Jesus. In Genesis, the Bible says that man and woman were created in the image of God. But sin distorted that image and so by God's grace we can be reshaped into His image by both good and bad times. All things can be used for good.

- As you look back in your life, do you see how something bad, really made you better? (Ask if anyone is willing to share.)

Read **Romans 8:31-39**

This is a passage of not just hope but of winning. Winning at life. Winning at eternity. Winning it all. If God is for us who can be against us?

Think for a moment about the problems in your life. Think about the issues you may be dealing with. Think about the destructive words you have heard from yourself and others. And then throw it all away because God is for you.

- Is there something you need to pray and ask God to help you with?

Wrap Up

Lacey went on to say, "Eternal life starts in our soul. So look at the state of it. And if you see eternal death, be violent against it, cut off every temporary thing that would bring that into your heart and reach out and cling to eternal life, even if it costs you this temporary one."

In this passage, it said we are more than conquerors through Jesus. It doesn't say we might be conquerors. It is a definite thing. It is definite that not only are we conquerors but somehow more than that. We are more than conquerors.

Connected to Christ, we can never be separated and if we are together, He will help us through our problems and use them to make us more like Himself. There is hope. There is grace. And there is love for wherever you are at in life today.