

JOE MELENDREZ

Artist:

JOE MELENDREZ
JOEMELENDRZ.COM

Album Title & Record Company:

INDEPENDENT
PRAISESHIP

Video Title:

HOLD ON

Study By:

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Playlist

This song is featured on "The Linc: Difficulties; Hope Within" 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

Hope Within Difficulties,
Perseverance

Objective

In the midst of life's disappointments and discouragement, students will have the opportunity to discuss the hope there is in holding on to their faith in Jesus Christ.

Warm Up

- When in your life have you ever felt like giving up?
- Describe the circumstances.
- What causes people to give up?
- Which of the following messages or voices do you relate with?
 - "I messed up too many times; it's too late to fix this."
 - "I keep trying and it doesn't work."
 - "I get tired, emotionally and physically."
 - "People have failed me."

Transition

We are going to watch a video. It reminds us that in the midst of life's

difficulties we have a choice, an opportunity to hold on. It's not too late.

The Video

Notice what messages you hear, see, or feel as you watch.

Play the music video for "Hold On" by Joe Melendrez.

Transition

God meets us in the "real." There is no judgement here; only God lovingly meeting us in our "real."

- What did you see, hear, or feel during the video?

Bible Study

- What does the Bible say about holding on or persevering in the midst of life's difficulties?

Read **1 Corinthians 15:58**

- What does it look like for you to "Be strong, stand firm and immovable?"
- What does it look like to "work enthusiastically for the Lord?"

- What does it look like to "*know that nothing you do for the Lord is ever useless?*"

Break students into small groups. Assign each group 2 or 3 of the following verses. Have them discuss how we can better hold on.

- **Joshua 1:5-7** - I am with you. Be strong and courageous.
- **James 1:2-4** - Perseverance
- **John 16:33** - Don't be afraid; I have overcome.
- **Psalms 27:14** - Wait patiently for the Lord.
- **John 10:10** - Abundant life
- **Deuteronomy 20:4** - God fights for you.
- **Psalms 46:10** - Be still and know.
- **Romans 8:11** - God lives in us.

Bring the groups back together to share their responses to the Scriptures.

Wrap Up

When life gets tough we need to **wait** for the Lord, **stay** in the uncomfortable, and **listen** for the voice of the Holy Spirit.

- Is there an opportunity, or invitation for you that is different than giving up?

Simply listen for the next good or right step; do that. The compassionate Lord is with you.

Hold on to hope. It's never too late for hope.

In groups of 2 or 3, have students answer the following question without judgment. Remember that the honest "real" is where God meets us and invites us to hold on.

- What is one takeaway you have from the video, discussion, or Scripture reflections?
- Pray for each other, without judging or fixing.

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