

# FIT FOR A KING

## Artist:

FIT FOR A KING  
FITFORAKINGBAND.COM

## Album Title &amp; Record Company:

THE HELL WE CREATE  
SOLID STATE RECORDS

## Video Title:

FALLING THROUGH THE SKY

## Study by:

JACKSON FONG  
YMOPTIONS  
LOS ANGELES, CALIFORNIA  
JACKSONDFONG@GMAIL.COM



## Playlist

This song is featured on "The Linc: Hopelessness" 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

Hopelessness, Pain, Faith

## Objective

Participants will learn Biblical ways to deal with hopelessness, failure, and feeling overwhelmed.

## Warm Up

Give a prize to anyone who can complete these *Impossible Human Tricks!*:

**Drop A Penny:** Put your hands together, palms and fingers touching. Have someone place a penny between your ring fingers. Keeping your ring fingers extended, lower the rest of your fingers so your hands are clasped together. Now try to move your ring fingers apart – without straightening your other fingers – so the penny falls into your palms.

**Lift Your Foot:** Stand next to a wall with one side of your body touching it. Place your ankle, knee, hip, shoulder, and head against the wall. Now try to lift your other foot off the ground without moving away from the wall.

**Stand Up:** Sit in a chair with your feet in front of you, your back touching the back of the chair. Now try to stand up without using your hands and while keeping your back against the chair.

- What was your experience attempting the impossible human tricks, and how did you handle the challenge?
- What are some common things that can be overwhelming, cause failure, or lead people to feel hopeless?
- How do you typically handle pressure or stress, and do you have any strategies for coping with difficult situations?

## Transition

When it comes to things like being overwhelmed, failure, or hopelessness, pressure can build. Not everything causes the same amount of pressure and not everyone handles the pressure the same way.

## The Video

In their song "Falling Through The Sky," the group Fit For A King shares some of those thoughts and feelings.

Play Fit For A King's music video "Falling Through The Sky."

- As you watched the video, what were some of the things that stuck out to you?

## Bible Study

Read **Psalm 142:1-7**  
David cries out to God from a place of distress and loneliness, expressing his confidence in God's ability to rescue and protect him from his enemies.

- Have you ever felt overwhelmed like David did in this Psalm? If so, what was happening in your life and how did you feel?
- How can prayer help us when we're feeling overwhelmed or hopeless?
- How can we learn to trust in God's goodness in difficult circumstances?
- In verse 7, David expresses confidence that God will deal bountifully with him. What does David mean by this, and how can we trust in God's provision in times of need?

### Read Psalm 143:1-12

This Psalm is a prayer of David, asking God for mercy, guidance, and deliverance from his enemies. David expresses his distress and despair, acknowledging his own sinfulness and his need for God's help. He also praises God's faithfulness, and promises to obey Him.

- What are some ways you can seek help and guidance when you feel overwhelmed or hopeless?
- What are some things that can distract us from staying on the right path, and how can we stay focused on our goals?
- How can focusing on God's love and faithfulness help us when we're feeling hopeless or anxious?
- How can recognizing our mistakes and asking for forgiveness help us when we're struggling with difficult emotions or situations?

## Wrap Up

David had many times where he felt overwhelmed, hopeless, and failed. In the midst of those difficulties (some caused by him and some caused by others) he turned to God.

- What are some things you can do to help you during these times?
- How can the group help and support you?
- How can you help and support others who are dealing with feelings of failure, being overwhelmed or hopelessness?

Take some time to pray together.

## Playlist

This song is featured on "The Linc: Hopelessness" 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.