



Artist:

Album Title & Record Company:

Song:

Study by:

SKILLET
SKILLET.COM

RISE
ATLANTIC/WORD

SICK OF IT

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The Student Guide for
this study is available here:
[interlinc-online.com/
studentguides/ylo92](http://interlinc-online.com/studentguides/ylo92)

Theme

Social Justice

Objective

Students will examine the things of this world they want to change by taking a stand for justice.

Warm Up

I'm Sick Of... – For this activity, you will need butcher/poster paper (preferably white or tan) or a whiteboard and a handful of markers/dry erase markers. Say something like, “We live in a pretty messed up world.

There are some things that I wish just didn't exist such as bullying, abuse, and low self-esteem. I'm just sick of these kinds of things. What I want you guys to do is think about some things that you're sick of seeing around you. Be serious; it's important that this isn't taken lightly. Then, I want you to grab a marker and write out what you're sick of. It can be a word or a phrase. Either way, just write it down.” Play some music (not the “Sick of It” song) while students write down their responses. If students seem stumped, write down something that you think of to help the process. Keep going until you have many responses.

Transition

Discuss how we can overlook a lot of the responses on the board because they are so common. Ask students to explain some of the ‘sick of’ responses. For example, “I'm sick of Anxiety because it has been affecting my daily routine” could be a response. Always give an example to lead students into further, deeper discussion. Then let students know that Skillet's song “Sick of It” is exactly what they are feeling towards the responses they've come up with.

The Song

The song “Sick of It” by Skillet is their first released single from their newest album, *Rise*. The song is an anthem against mediocrity, against worldly things, and against standing by while allowing those things to continue. Play the song and have students fill out the **Lingering Lyrics** section on their handouts.

Transition

Spend time in discussion over some of the lyrics that stood out to some of the students. Ask them to describe how the song made them feel – angry, happy, pumped up, etc. Discuss what students think the message of the song is overall.

Bible Study

Say something like, “We often stand by and allow ourselves to accept what the world has to offer. However, we aren't called to be worldly; we're called to be holy.” Pass out Bibles. Have student volunteers read the verses aloud, and have the students fill out the Student Guide section called **The Word Says**.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.

Isaiah 1:17 – Learn to do right. Seek justice. Defend the oppressed. Take up the cause of the fatherless. Plead the case of the widow.

Discuss with students what these two verses mean.

- Do they go hand in hand? If yes, how and why?
- Why are we called to not conform to this world?
- What is justice?
- Why do we need to stick up for people who are being oppressed by others?

Mention that if we want change, it has to start with us.

Wrap Up

Christians are called to be set apart from this world. We need to stand up to the things we're sick of – the things that are not right, not good, not true. Have students take a moment to look at the responses that were written down on the whiteboard/sheet. Have students complete the **Take A Stand** section on their Student Guide and challenge them to stand up against worldly acts, thoughts, ideals, etc. Pray and end with students either erasing the whiteboard or crossing out the words/phrases on the butcher/poster paper as a symbolic statement to take a stand against the things they're sick of.