



## Your Redemption Song | December 28, 2016

### Discussion Guide

#### The Scoop

As we head into a new year we often take time to assess. As we consider this year and look ahead to the next, we wonder how this year will be better than the last.

#### Key Verse

##### 1 Corinthians 10:11-13 (NLT)

*These things happened to them as examples for us. They were written down to warn us who live at the end of the age.*

*If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand.*

*When you are tempted, he will show you a way out so that you can endure.*

#### Discussion

*Redemption Song* by Bob Marley is a chill groove that causes the listener to both sway and nod in agreement with either the message or the rhythm. In it, Bob Marley sings the lyrics “emancipate yourself from mental slavery.” So much of this life is about winning when it comes to how we think and how we respond accordingly.

1. Music is such a good communicator or emotion. What is a song that gives you energy and courage in the face of difficulty?
2. What would you say is something in your daily life that causes you to be in a negative mental space?

Viktor Frankl, author of *Man's Search for Meaning*, renown Holocaust survivor, and psychiatrist, coined the idea “Tragic Optimism.” The basics are the idea that we can choose to redeem the negative experiences in our lives. He says when we choose to have Tragic Optimism, we take control of tragedy, and we redeem it when we give it meaning.

3. What real-world examples can you come up with of people who have redeemed tragedy and given it meaning?

In 1 Corinthians 10:11-13 Paul shares that the stories and lives of the Old Testament were written down for us so we could learn from them. He warns us not to get too confident, but also reminds us that God is faithful. What we are facing is nothing different than what anyone else has faced and God will not allow us to be tempted beyond what we can handle. God will show you a way out so you can endure...Tragic Optimism is your way out.

4. What things from your past have you been able to redeem?
5. What things from your past still have you in a state of mental slavery? What could you do to redeem them in the coming year?

#### What's Next?

Lead teaching pastor of Ada Bible Church and author, Jeff Manion, wrote in his book *The Land Between* that when facing tragedy and difficulty, the very things we desperately try to avoid are often the spaces we most desperately need. Consider how your tragedy has or could shape you. Consider how what you have gone through may also be just what the world needs.

Make this year different. Look at your past tragedies and ask God to help you endure...ask God to help you redeem them. Whenever you face difficulty in the coming year: Don't be caught off guard, don't run, but rather, face them with Tragic Optimism.