



Music Worship

Good day – Forest Frank

https://www.youtube.com/watch?v=Uc_HxKMKB_E&list=RDUc_HxKMKB_E&start_radio=1

Gather: Have a moment to yourself in silence and have a think about the following statement.

You can always make a choice to be joyful and have a good day

Engage: We are going to listen to a song called ‘Good day’ by Forest Frank. In the song, Forest sings this line:

“I’m going to have a good day, no matter what they say”. This suggests that no matter what other people might do or say to us, we can choose to have a good day and not let these things impact us negatively. Have a reflect on what your views are on this as you listen to the song.

Opportunity to share – Can you choose to have a good day despite your circumstances? What other lyrics stood out to you in the song?

Respond: As we listen to the song again, let’s consider the Bible passage below. The song is suggesting that he can choose to have a good day because he believes in a God that has created wonderful things in the Universe that can be enjoyed and he is known personally by God. “The God who made the universe knows my name”. The Bible passage below states that peace can be gained in any circumstance if we pray to God and purposefully think about what we can be thankful for. What are your thoughts on this?

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Listen to the song and then give an invitational opportunity to pray. “If you would like to make this prayer your own, you can join in with Amen at the end, or you may wish to sit quietly and reflect on what we have spoken about this morning”.

Heavenly Father,

We thank you that we have so many things that brings us joy. We ask for your help when we let worries, fears or stress come and steal our joy. Help us remain joyful even when things are tough. Amen.

Send: How can you choose to have a good day today?

