



## **Music Worship**

Sunrise by Forest Frank

[https://www.youtube.com/watch?v=UlldpO\\_5P\\_s&list=RDUIldpO\\_5P\\_s&start\\_radio=1](https://www.youtube.com/watch?v=UlldpO_5P_s&list=RDUIldpO_5P_s&start_radio=1)

**Gather:** Let's pause for a moment and think of three things you are grateful for. They could be people, places or things.

*Emphasise how amazing it is that there are always examples of things we can be thankful for, but life doesn't always feel like this.*

**Engage:** We are going to listen to a song called 'Sunrise' which we are going to listen to twice. As you listen to the song, reflect on these questions:

1. Who do you think the lost and the broken are?
2. Do you think it is possible to have a home but not feel like you have one?
3. What are your thoughts on the lyric 'God made you for greater'?

Opportunity to share thoughts and reflections to the questions above.

*In a tutor group setting, it would be helpful to give pupils a chance to think to themselves and then share within a small group before having a larger group discussion. If you are not used to holding these sorts of conversations in tutor time, emphasise that their voice is important and that this is a space to help them process what they think and being able to articulate what they think and why. The video below may be helpful to play if it is the first time you are holding one of these sessions: <https://www.youtube.com/watch?v=AFRxKF-Jdos>*

**Respond:** As we play the song again, think about the lyric 'joy comes in the sunrise'. Life can be hard with many things happening everyday and lots to process. This song encourages us to see that each morning is a fresh opportunity to see the good that will be around us if we choose to see it. The Bible puts it like this in the book of laments: "His mercies never cease, they are new every morning".

*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".*

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:** Keep the things in mind that bring you joy as you go about your day today. How can you show thanks for these things?