



## Better than this

ARTIST: Paloma Faith

SUITABLE FOR: over-13s

### INTRODUCTION

This distinctively voiced singer always finds a way to ask big questions with ease. This song, written to describe relationships that stand the test of time gives us the opportunity to ask the question, is there more to life than this?

Begin the session by checking in with the young people and finding out how they are feeling about life right now. When everyone is settled and you are ready to begin the session, ask the young people to think about how they view life; are they happy with the life they have? Are they planning or looking forward to the future, or are they content with things as they are right now?

Explain to the group that during this session, you will be exploring an age-old question: "Is there more to life than this?" Explain that this is a question as old as time, as human beings search for meaning and fulfilment in their life.

### LISTEN AND DISCUSS

Play the track, and as a group, discuss:

- How do you feel about this song?
- What do you think the singer means when she sings about wanting "better than this"?
- Can you relate to that feeling? How?

Distribute Bibles among the group and ask someone to read Luke 12:13-23. Explain that the man in the story that Jesus told had great wealth and wanted to store it all away – he wanted more, bigger and better! He thought life was about obtaining 'stuff'. Ask the young people to think about the song we have listened to, and the things they talked about at the beginning of this session. What are the 'more' or 'better' that we try to fill our lives with?

Draw the group's attention to verse 23 where Jesus reveals the truth: "life is more than food". Explain to the young people that Jesus was answering that age-old question we have explored today, there is, indeed, more to life than the endless pursuit of more or bigger. Explain how, on another occasion, Jesus told people that he had come that we may have life in its fullness (John 10:10). Discuss what this means to the group; the promise of fullness of life with the God who is always with us.

As you draw the session to a close, pray for the young people, as appropriate, perhaps taking the opportunity to encourage them to seek this Jesus who offers life in its fullness.

### BECKY MAY

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