



Everything
July 31, 2022
Psalm 139:1-18 (NRSV)

Connect

- Alanis Morissette's *Everything* was the Broadway member submitted song of focus for week four of our sermon series, "*Then Sings My Soul: Finding Sacred Hope in Secular Music.*" If you have familiarity with the song, speak to your memories of it. Pull up the song on the streaming source of your choosing and play it for the group. Share initial impressions. Name what sticks out to you and why.

Engage

- Read *Psalm 139:1-18*. This famed passage gets quoted in many different moments in the life of the church – from birth to death, it has poignant connections. What of this passage sticks out to you most prominently in this season of your life? Why?
- Morissette's song of focus launches (*in its unedited and original form*) in a crass sort of way. While such may be off-putting for some, others find it vulnerable, real and raw. How does it strike you? Why?
- Compare the song lyrics to the Psalm of the day. How are they similar? In what ways do they stray from one another?
- Morissette sings, "*You love my dark.*" How does this strike you?
- In many ways, this song is a confessional. The act of naming it aloud is often an important part of the healing that is needed. Have you experienced this to be true when you have confessed something in your past? Or... When have you been startled by a revelation about yourself or someone else that just needed to be spoken out loud or heard? Why was that necessary?
- "*You are still here*" are key lyrics in this song that translate well to David's song, Psalm 139. David cries, "*Where can I go from your Spirit?*" He sings, "*No matter where I go, you are still there.*" What do these ideas suggest about God? What do they suggest about love?

Next Steps

- Download Morissette's *Everything* and listen to it several times through. Each time, pull out words, phrases or ideas as you hear them and reflect further on what is being said. Feel the music and discern how it makes you feel. What of this song might shape you moving forward in a positive way?

Pray

"The sacred and secular dance together at all times, God. Thank you for moving through a lyric or a riff in a way that gets right to our souls. Music is so often the direct beat of our spirits. Keep us leaning in and living eyes and ears forward. You see our light, you love our dark, and you are still here. We are grateful! Amen."