



No Hard Feelings
August 28, 2022
Colossians 3:9-14 (MSG)

Connect

- The Avett Brother's *No Hard Feelings* was the Broadway member submitted song of focus for week eight 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 *Colossians 3:9-14 (MSG)*. Viewing this text through Eugene Peterson's *The Message* lens, call out the common English used in the text that connects best with you. Sum up the point of this pericope (*passage of scripture*) in six words and share with the group.
- A conversation about hard feelings may feel quite vulnerable to you. Why is such vulnerability so challenging... especially if we've all had the experience in one way or another ourselves?
- Spirit and Science will agree that releasing bitterness and practicing forgiveness has positive health benefits. Describe any experience you've had with forgiveness in this regard.
- In the Gospels, Jesus speaks of how often we are to forgive. In one famous passage (*Matthew 18*), Jesus suggests to Peter in response to Peter's generous thought that we should forgive someone who has sinned against us seven times by saying, "*More like 70x7.*" Is this concept ridiculous? Even possible? What do you perceive to be the point?
- *The Avett Brothers*, in this moving song, suggest hard feelings have never helped anyone. Is there a current situation for which you hold hard feelings that you might consider releasing? How might you do so? Are there situations where hard feelings are not only justifiable but worth holding onto? Discuss.
- The brothers end the song by repeating four times, "*I have no enemies.*" It's almost as if they are trying to convince themselves such is true. Jesus said, "*Love your enemies.*" Why? Is it for the good of the enemy? Is it for the well-being of ourselves? Explain your answer.

Next Steps

- Download The Avett Brother's *No Hard Feelings* and listen to it several times through. Each time, pull out words, phrases or ideas as you hear it and reflect further on what is being said. Feel the music and discern how it makes you feel. What of this song might shape your life 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. Help us release through forgiveness the pain that holds us down and empower us to name and claim, "I have no enemies." Amen."