

“Fix You,” Coldplay, *X&Y*, Parlophone

One way of describing Jesus is to call him the good shepherd. This image tells us that Jesus takes care of his people by keeping us from harm and by comforting us. “Fix You” is about bringing comfort and peace to others, as Jesus does.

Key Lines: *And the tears come streaming down your face / When you lose something you can't replace / When you love someone but it goes to waste / Could it be worse? / Lights will guide you home / And ignite your bones / And I will try to fix you*

Questions: What does Jesus as good shepherd mean to you? Think of a time when you have felt really down. What did friends or family do that was comforting to you? What can we learn from these people in our lives about how to treat others?

SPiRiT XTRa

Part 2: January through Easter 2010

by Anna Zaros

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January 10, 2010

Baptism of the Lord

“Fly One Time,” Ben Harper and Relentless7, *White Lies for Dark Times*, Virgin Records

After Jesus is baptized, the Holy Spirit descends upon Jesus and a voice declares that Jesus is God’s beloved son. In this moment the Spirit anoints Jesus to carry out a special mission. We also have the Spirit in our own lives, guiding us to carry out our own special missions here on earth.

Key lines: *I have an ability / It's pounding at my door / Screaming for more / In the world that owes you nothing / You give everything / Everything / And now I'm caught in between / But I can't leave behind / The world I may never find / So fly one time / So fly one time*

Questions: How do you feel the Spirit at work in your life? When have you felt chosen to do a particular task? What did you do? How did you feel—nervous, uncomfortable, challenged, exhilarated? How did you find encouragement to finish such an important task? What does the Spirit’s movement in your life feel like?

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January 17, 2010

2nd Sunday in Ordinary Time

“I’m Yours,” Jason Mraz, *We Sing, We Dance, We Steal Things*, Atlantic

Even though Jesus says his time has not come yet, he fulfills his mother’s request to turn water into wine in Sunday’s gospel. Through this miracle Jesus begins his ministry. “I’m Yours” reminds us how wonderful it can be to give ourselves to others as Jesus does.

Key lines: *I guess what I be saying is there ain't no better reason / To rid yourself of vanities and just go with the seasons / It's what we aim to do / Our name is our virtue . . . But I won't hesitate no more, no more / It cannot wait I'm sure / There's no need to complicate / Our time is short / This is our fate / I'm yours*

Questions: During his lifetime how does Jesus give of himself to the people he meets? How do his disciples give of themselves to support Jesus? How do you give of yourself to others? Have you ever helped someone even when it might have been inconvenient for you? How was this following the example of Jesus and his disciples?

16

January 24, 2010

3rd Sunday in Ordinary Time

“Til We Get There,” M-1 (featuring K’naan and Stori James), Confidential, Sotti/Koch Records

As Jesus continues to spread his message, he makes it clear that God has sent him to help those who need the most help: the poor, the captives, the blind, and the prisoners. In “Til We Get There,” M-1 raps about how important it is for us to help one another and to treat everyone as our brothers and sisters.

Key lines: *You right at home in our neck of the woods / ‘Cause we people / Momma said treat others like you want them to treat you / We just want to live and be peaceful / Long as it makes sense, I’m a have patience / Especially with my brothers I go back in the day with / We speak the same language, suffer the same dangers / ‘Til we get there, I’m on your side*

Questions: If Jesus lived in our world today, who would he help? How do you reach out and help people who might be in need in your daily life? What does it mean to be in solidarity with others?

17

January 31, 2010

4th Sunday in Ordinary Time

“Say,” John Mayer, Continuum, Columbia

In Sunday’s gospel the people of his own town reject Jesus. This rejection, though probably painful to him, does not stop Jesus from continuing his mission of teaching and healing. “Say” reminds us that it is important to never let our message be silenced, even if it makes us a little less popular.

Key lines: *Have no fear for giving in / Have no fear for giving over / You better know that in the end / It’s better to say too much / Than never to say what you need to say again / Even if your hands are shaking / And your faith is broken / Even as the eyes are closing / Do it with a heart wide open / Say what you need to say*

Questions: Have you ever felt rejected for something you said or did? How did you respond? How do you find courage to do or say things that might not be popular? Who have you seen stand up for justice even when it is unpopular? What can you learn from their example?

18

February 7, 2010

5th Sunday in Ordinary Time

“First Time,” Lifeshouse, Who We Are, Geffen

When Simon Peter, James, and John answer Jesus’ call to join him, they are taking a risk. They choose to leave their families and jobs to follow Jesus and become “fishers of people.” We know this call will radically change their lives. Similarly, when Jesus calls us, we take a chance in accepting his mission for us.

Key Lines: *The world that I see inside you / Waiting to come to life / Waking me up to dreaming / Reality in your eyes / Looking at you / Holding my breath / For once in my life / I’m scared to death / I’m taking a chance / Letting you inside*

Questions: In what ways are you called by Jesus? How do you answer Jesus’ call? How does letting Jesus into our lives change us? What does it mean to be “fishers of people?”

19

February 14, 2010

6th Sunday in Ordinary Time

“Beggin,” Madcon, So Dark the Con of Man, BonnierAmigo

In the beatitudes Jesus explains that in heaven our world will be turned upside down. Those who have nothing on earth will be blessed in heaven and those who have everything on earth may not be so blessed in heaven. In our experiences on earth, we can sometimes get turned upside down. When we may think we have it all, we can lose it all unexpectedly.

Key Lines: *Riding high / When I was king / Played it hard and fast / Cause I had everything / Walked away / Wondering then / But easy come and easy go / And it would end. . . An empty shell / I used to be / Shadow of my life / Was hanging over me*

Questions: Have you ever experienced a time when you went from feeling as if you had it all to feeling as if you have nothing? What have you learned about yourself in times when you felt really low? How can these situations be a blessing in disguise? What does humility mean? How do we live humble lives?

“Steer,” Missy Higgins, *On A Clear Night*, Eleven

Like us, Jesus is tempted. In this Sunday’s gospel, Jesus shows us how to turn away from temptation in order to control ourselves and our own lives.

Key Lines: *But the search ends here / Where the night is totally clear / And your heart is fierce / So now you finally know / That you control where you go / You can steer / So hold this feeling like a newborn / All the freedom surging through your veins / You have opened up a new door / So bring on the wind, fire and rain*

Questions: Think of a situation when you have been tempted, how did you respond? What helped you find the strength to turn away from this temptation? How does it feel to be in control of yourself? To be out of control of yourself? In what direction would you like to steer your life?

“Inside Your Heaven,” Carrie Underwood, *Some Hearts*, Arista

In Sunday’s gospel, Peter, John, and James experience Jesus’ tremendous glory. This moment changes the disciples’ lives forever. We undergo similar life-changing experiences, especially at those times when we personally encounter God.

Key Lines: *I’ve been down / Now I’m blessed / I felt a revelation coming around / I guess its right, it’s so amazing / Every time I see you I’m alive / You’re all I’ve got / You lift me up / The sun and the moonlight / All my dreams are in your eyes / I wanna be inside your heaven*

Questions: When have you have experienced something that changed your life forever? When have you felt God in your life?

How have these experiences changed your life? Have you ever been scared to change something in your life? How did you face this fear and embrace the change?

“Show Me What I’m Looking For,” Carolina Liar, *Coming to Terms*, Atlantic Records

In the parable of the fig tree Jesus explains that God gives second chances. God does not reject us when we make mistakes, instead God asks us to fix our mistakes and try again. “Show Me What I’m Looking For” tells how difficult it can be for us to move past the guilt we feel about making a mistake and grab hold of our second chances.

Key Lines: *Wait, I’m wrong / Should’ve done better than this / Please, I’ll be strong / I’m finding it hard to resist / So show me what I’m looking for / Save me, I’m lost / Oh Lord I’ve been waiting for you / I’ll pay any cost / Save me from being confused / Show me what I’m looking for*

Questions: What do we know about Jesus that shows us he gives second chances? Why are people often so hard on themselves when they make mistakes? How do you gain the strength to make amends for your mistakes and move forward? Who helps you work through your mistakes? What would happen if you never made a mistake?

“Sweet and Low,” Augustana, *Can’t Love, Can’t Hurt*, Epic Records

The prodigal son would have lost his life if not for the forgiving, loving father who welcomed him back home. This is the same life-giving relationship God extends to us. God always welcomes, forgives, and loves us. “Sweet and Low” is about how we can treat each other as the father treats his son in this gospel.

Key Lines: *And I’ll carry you all the way when you say you’re fine / But you’re still young and out of line / When all I need is to turn around / To make it last / To make it count / I ain’t gonna make the same mistakes / That put my mama in her grave / I don’t wanna be alone / Hold me down, sweet and low, little girl / Hold me down / Sweet and low / And I’ll carry you home*

Questions: Do you “carry others” when they are down? How? What are the characteristics of a life-giving relationship? Name some relationships in your life that fit this description. What can you do with a relationship in your life that is unhealthy? How is your relationship with God life-giving?

“The Way I Am,” Ingrid Michaelson, *Girls and Boys*, Cabin 24

When everyone else turns against her, Jesus loves and accepts the woman who committed adultery. He challenges her accusers by reminding them that no one is completely innocent. God treats us the same way, loving and accepting us for who we are, even if we are less than perfect. We, in turn, are asked to treat others the same way.

Key Lines: *If you were falling, then I would catch you / You need a light, I'd find a match . . . If you are chilly, here take my sweater / Your head is aching, I'll make it better . . . Cause I love you more than I could ever promise / And you take me the way I am*

Questions: What messages do you hear every day that make you feel negative about yourself? What messages do you hear that remind you to be who you are? How can you hear more positive messages each day? How is Jesus accepting of you? How can you be more accepting of others?

“Love,” Sugarland, *Love on the Inside*, Mercury Nashville

Hearing the story of Jesus' passion creates a somber time for the Church. This is Jesus' profound act of self-giving love. Jesus shows us self-giving love is life-giving. With Jesus' example we can find different ways to show our love to one another as well.

Key Lines: *Is it the first summer storm? / Is it the colors of fall? / Is it having so little / And yet having it all? / Is it one in a million? / Is it a chance to belong? / Is it standing right here singing this song? / I say, it's love / I say, it's love*

Questions: How is Jesus' passion and death an act of love? What makes an act of love a gift? How is a gift different from a sacrifice? How many different ways do you experience love in your life? In what ways do you express love to others?

“Permanent,” David Cook, *David Cook*, RCA

Jesus' appearance after his resurrection shocked his disciples. One disciple, Thomas, had a hard time believing that the good news could be true. Jesus proved that he is always there for his disciples and for all of us. “Permanent” is about those people in our lives who never leave us or let us down.

Key Lines: *Is this the moment where I look you in the eye? / Forgive my broken promise that you'll never see me cry / And everything, it will surely change even if / I tell you I won't go away today / Will you think that you're all alone / When no one's there to hold your hand? / And all you know seems so far away and everything is temporary / Rest your head / I'm permanent*

Questions: Who are the people in your life that are always there for you? How do you know they are a permanent support in your life? Who are you always there for? In what ways are you supportive?

“When You Believe,” Mariah Carey and Whitney Houston, *#1s*, Columbia

Before Jesus ascends to heaven he performs a miracle for his disciples by helping them catch a huge number of fish. This miracle symbolizes the real miracle of Jesus' friends proclaiming his resurrection and of people believing in Jesus and his way of love.

We are also invited to experience miracles in our everyday lives; we just have to keep our eyes and hearts open!

Key Lines: *Hope seems like the summer bird / Too swiftly flown away / Yet now I'm standing here / My heart's so full, I can't explain / Seeking faith and speaking words / I never thought I'd say / There can be miracles / When you believe / Though hope is frail / It's hard to kill / Who knows what miracles / You can achieve / When you believe*

Questions: When have you experienced a miracle? What is the difference between big and small miracles? How do you feel God's presence through small, everyday miracles? How can you learn to notice and better appreciate these everyday miracles?