READY TO USE MUSIC

# Eyes closed

Ed Sheeran

Suitable for 13-plus (this session would work with ten to 13s, but you may prefer not to show the video)

\_\_\_\_\_\_\_

## Introduction

This latest release from Ed Sheeran was originally written as a song about a breakup but took on a new meaning when Sheeran experienced a bereavement. This session is designed to explore some of the themes around grieving or bereavement and give the young people a space to address some of these, before exploring how we, as Christians, have a hope that goes beyond the grave.

## The session

Begin the session by gathering the young people together and taking the time to socialise together. Ask the group what kind of week they have had, how they feel and why they feel this way. Explain that during the course of this session, you will be thinking about some of the issues around bereavement. Agree some boundaries and ground rules to ensure that everyone feels safe as you explore these issues together.

Introduce and play the track, perhaps using the official video, available on [YouTube](https://www.youtube.com/watch?v=u6wOyMUs74I), which visibly represents grief through the presence of a large, fluffy, blue monster. You may also like to provide copies of the lyrics for the young people to refer to in your discussions.

Invite the group, as they are happy to do so, to share how they feel in response to this video; is this something they can relate to? How does this song, and the video, help us to grasp what we mean by grief or bereavement? Allow the discussion to flow as most helps the young people in the group.

Explain to the group that the Bible has lots to say to us when we may be grieving. Distribute Bibles and help the young people to look up the following verses:

* Matthew 5:4
* Revelation 21:4
* Psalm 34:18
* Psalm 147:3

Invite the young people to discuss these verses and what they mean. As is appropriate to your group, share how, as Christians, we are not left untouched by grief, but we do have a hope that goes beyond the grave. Share John 11:25 and talk briefly about what this means to us.

As you draw the session to a close, give the young people the opportunity to respond, giving them the opportunity to talk further, or to pray together, as appropriate.

**BECKY MAY**

is founder of The Resources Cupboard, resourcing the local church to make young disciples: [theresourcescupboard.co.uk](https://theresourcescupboard.co.uk/).