READY TO USE MUSIC

# Special

Lizzo

Suitable for 13-plus

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## Introduction

This is the title track from Lizzo’s fourth studio album, released in 2022. In this song, the singer tells listeners: “In case no one told you today, you’re special.” Lizzo recently revealed that she sings this song as much for herself as she does for anyone else. This session explores what it means for us to be special, not only because of what another person says about us, but because God says it. You may wish to source a radio edit of the song to play to the young people in this session.

## The session

Begin the session by gathering the young people together. Take the time to socialise together and ask them what kind of week they have had, how they feel, and why they feel this way.

Introduce and play the track, distributing copies of the lyrics for the young people to follow along. Ask the young people how they feel when they hear this song. How does it make them feel about themselves? Which line do they want to take hold of? Explain that this is a feel-good song designed to encourage or build up listeners who may otherwise be thinking little of themselves.

Explain to the group that the Bible has lots to say about why each of us are special, not only to ourselves or each other but to God too. Ask the group which verses they know that tell us how special we are to God. Which verses do they hold onto that give them a sense of value or identity? Distribute Bibles and help the young people to look some of these up, before asking them to read the following verses:

* Psalm 139
* Matthew 10:29-31
* Ephesians 2:10
* 1 Peter 2:9

Invite the young people to discuss these verses and what they mean. Which ones stand out the most to them? Which do they want to take hold of? Provide paper and pens and invite the young people to write down any verses they may wish to take away with them and re-read later.

As you draw the session to a close, pray for the young people, and for any issues raised through this session. Pray that they would know just how special they are, as a unique and individual child, created in the image of God.

**BECKY MAY**

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