

# One thing

## Leader's guide

Deputy Songster Leader Emma Davis, from Chatham Corps, has written a song to remind us that, in whatever situations we find ourselves day by day, we can count on God being beside us. The verses should be smooth and lyrical, with a punchy and rhythmic (although not quicker) chorus.

**God is with us,  
Alleluia!**

## Warm-up

To practise the transition between the vocal styles required in this piece, try singing two rising and falling arpeggios (C-E-G-E-C) on three Italian vowel sounds 'Ee-Eh-Ah-Eh-Ee'; the first in a smooth style, with the abdominal breathing muscles engaged constantly, immediately followed by short notes, each accented with a 'kick' from those same breathing muscles.

## Prayer

Dear Jesus,

We want to thank you for being with us every day. You are with us when things are good and stay with us when things are bad.

Please help us, even when we can't physically see you, to trust that you will always be by our side. Amen.

## Bible verse

'Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.'

**Isaiah 41:10 NLT**

## ★ Activity

### Guess Who?

Equipment: blindfold

Set up two chairs facing each other. Ask a volunteer to sit on one of the chairs and put a blindfold on them. Once you are satisfied that they can't see, another volunteer can sit opposite them. The blindfolded volunteer must not know who this is before the game begins, so make your selection secretly.

The blindfolded volunteer can then ask questions to the rest of the group to try and guess who the person is. The blindfolded person has to try and work out who is sitting opposite them.

**Just because we can't see something doesn't mean it's not there.**

## ! Thought

**The song emphasises that God is with us always. But has anyone seen God walking around their house? Or around the playground? Probably not – but that doesn't mean he isn't there. We need to learn to trust and know God is there, even when we can't physically see him.**

God has made us all a promise in Isaiah 41:10. He says that even in the things we don't know, even when things are difficult, we don't need to be afraid because he is with us and we can depend on him to help us with anything.

## 🚩 Personal challenge

The opening line of this song is 'Each day begins an empty page'. Why not start a new notebook or diary writing down:

Today was ...

I had to make a choice about ...

God helped me by ...

Tomorrow, I need God to ...

Keep it for as many days as you can, so you can see and trust that 'God is with us, Alleluia!'

## 👥 Group challenge

**Why not organise a coffee morning or a similar event as a group that can bring people together?**

This can be a great opportunity to sing and tell other people about God. It might also be a great opportunity to fundraise to help others in your community who may need God's support through you – homelessness, refugee support, nursing homes, and corps outreach programmes. These might be people you never meet, but nevertheless they will be grateful for your support.