

# Plenty Good Room



## Wade in the Water: Getting Through Temptation

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Welcome to the Bridge! It's a joy to share this new study with you during this season of Lent entitled *Plenty Good Room*. During this study, we focus on one of the African American spirituals as our theme along with scripture, as we journey together towards Holy Week and Easter.

“Wade in the Water” is an African American jubilee song, a spiritual—in reference to a genre of music “created and first sung by African Americans in slavery.” The lyrics to “Wade in the Water” were first co-published in 1901 in *New Jubilee Songs as Sung by the Fisk Jubilee Singers* by Frederick J. Work, an educator at Fisk University.

WEB DuBois called this genre of songs the Sorrow Songs because “Wade in the Water” is associated with songs of the Underground Railroad. When Africans who had been enslaved were tempted to give up on the long journey to freedom, this was one of the songs they would sing to encourage themselves.

In 1993, Arthur C. Jones—a University of Denver Professor in the Musicology, Ethnomusicology and Theory Department, published, *Wade in the water: the Wisdom of the spirituals*. Jones established “The Spirituals Project” in 1998 at the university's Lamont School of Music, to preserve and revitalize the “music and teachings of the sacred folk songs called spirituals”—created and first sung by African Americans in slavery.

SCRIPTURE: ST. MATTHEW 4:5-11

1. The Pinnacle of the Temple (Matthew 4:5)
2. If You Are: The Second Temptation (Matthew 4:6)
3. Jesus' Response: Risky Behavior (Matthew 4:7)
4. The Third Temptation: Higher Heights (Matthew 4:8-10)
5. The Devil Left (Matthew 4:11)

*Scripture References:* Luke 1:26-38, Genesis 28:10-17, Matthew 3:13-17, Deuteronomy 6:16, Isaiah 55:8-9, Daniel 3:17-18, Genesis 1:3, 26; John 1:1-5, Daniel 1:1-4, Luke 4:18; Amos 5:14-15, 23-24.

### DISCUSSION POINTS

1. Think about some of the high points in your life. Why are they so hard to maintain?
2. Why do people egg on risky behavior?
3. How did you feel upon surviving a foolish action?
4. Why is it important to maintain a vision of the world as God would have it?
5. How can you be an angel to someone this week?

**CHALLENGE:** What is one “a-ha” moment you had in our group discussion today. Note it and write it down. If you applied your learning from this week’s message, how would the next week be different for you?

**SERVE:** How is God calling us to live out this message this week? As individuals? As a group?

**ANNOUNCEMENTS:** Take this time to share group announcements. Church wide and campus specific announcements can be found at [www.myspbc.org](http://www.myspbc.org). You can also “find, follow and like” our Facebook page at [www.facebook.com/myspbc](http://www.facebook.com/myspbc). Turn on your notifications.

**CELEBRATIONS:** Take this time to share praise reports (e.g., answered prayers, birthdays, anniversaries, promotions).

**PRAYER REQUESTS AND PRAYER:** Take this time to share prayer requests. Close with prayer.

# We Care!

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a part of our faith community, we want to provide you with the information you need to “*find needs and meet them, find hurts and heal them, find problems and solve them.*” Here’s a list of resources to help you.

## FOR PRAYER:

CALL: 804.463.2472

EMAIL: [prayer@myspbc.org](mailto:prayer@myspbc.org).

## FOR COUNSELING:

CALL: 804.643.6177

EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org)

## TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

## TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

## TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org).

## TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: [emergencyassistance@myspbc.org](mailto:emergencyassistance@myspbc.org).

## TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

## OR EMAIL THEM DIRECT USING THE LINKS BELOW:

Imagination (0-10): Vernita Williams: [Vernita.Williams@myspbc.org](mailto:Vernita.Williams@myspbc.org)

SMB (11-19): Martina Jones-Smith: [Martina.Jones-Smith@myspbc.org](mailto:Martina.Jones-Smith@myspbc.org)

Dreamchasers (20-29): Juan Shackelford: [juan.shackelford@myspbc.org](mailto:juan.shackelford@myspbc.org)

Aspire (30-39): Lance Watson, Jr.: [lance.watsonjr@myspbc.org](mailto:lance.watsonjr@myspbc.org)

Fusion (40-49): Michelle Townsend: [michelle.townsend@myspbc.org](mailto:michelle.townsend@myspbc.org)

Encore (50-59): Jamie Duncan: [Jamie.Duncan@myspbc.org](mailto:Jamie.Duncan@myspbc.org)

Prime Time (60-69): Maceo Freeman: [maceo.freeman@myspbc.org](mailto:maceo.freeman@myspbc.org)

Refiners (70+): Roscoe Jones: [roscoe.jones@myspbc.org](mailto:roscoe.jones@myspbc.org)