

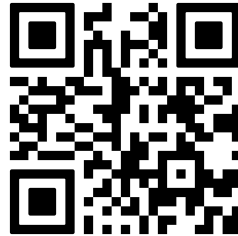
## UPCOMING EVENTS:

### DISCOVER WESTBRIDGE - AUGUST 14TH

*This one hour class walks through WHY we do WHAT we do the WAY we do it. Learn more about how you can be a part of Westbridge!*

### STOP GOING TO CHURCH!

*New Series kicks off on Sunday, August 10th. You do NOT want to miss this one! Make plans to join us for this provocative series!*



## PERSONAL NOTES:

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## LIFE GROUPS:

### NOT TOO LATE TO JOIN!

*LIFE GROUPS are smaller groups of people who commit to meet together consistently for the purpose of growing relationally and spiritually.*

*Browse all the Life Groups option in the Westbridge Church App and sign up today!*

*Let us know if you have ANY questions!*



## MESSAGE NOTES

### Soul Music // Week 9

*My thoughts trouble me and I am distraught... My heart is in anguish within me... Fear and trembling have beset me; horror has overwhelmed me. **Psalms 55:2, 4-5***

*The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the Lord's favor has come. "Today, this scripture is fulfilled in your hearing." **Luke 4:18-21***

**Jesus came to release people from     SPIRITUAL     captivity.**

*If the son sets you free, you will be free indeed. **John 8:36***

*It is for freedom that Christ has set us free. **Galatians 5:1***

*Where the Spirit of the Lord is, there is freedom. **2 Corinthians 3:17***

**5 shifts we can learn from Psalm 55:**

**1. From self-confidence to     CRYING OUT    . (Verses 1-2)**

**2. From generic to     SPECIFIC    . (Verses 3-5)**

**3. From my way to     GOD'S WAY    . (Verses 6-8)**

**4. From talking to God about yourself to talking to yourself about**

**GOD    . (Verses 18-19)**

**5. From worry to     GRATITUDE    . (Verse 22)**

# LIFE GROUPS

## DISCUSSION GUIDE

*These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!*

**July 27th, 2025**

1

### WARM UP

1. What's your default reaction when life feel overwhelming - run, fix it yourself, or freeze?

2. If your emotions were characters in a Pixar movie, which one would get the most screen time in your daily life?

2

### KNOW IT

1. Read **Psalm 55:2, 4-5**. What kind of emotional and physical symptoms does David describe? How do these reflect moments of deep despair?

2. How does David's honesty in Psalm 55 reflect healthy spiritual and emotional practices for believers?

3. Read **Luke 4:18-21** and **John 8:36**. What does spiritual captivity look like in our everyday lives? How do the words of Jesus shift the way that we understand and experience freedom?

3

### SHARE IT

1. What's one lie you tend to believe when you're feeling discouragement or despair?

2. In what areas of your life do you tend to stay "generic" instead of getting specific with God or others?

3. Have you ever shifted from just talking to God about your struggles to reminding yourself about God's character and promises? What impact did that have?

4

### LIVE IT

1. Which of the five shifts from this week's teaching to you most need to put into practice this week? What will that look like?

2. Identify one area where you feel worry creeping in. What would it look like to replace that with gratitude?

3. Try one of these spiritual habits this week:

- Read through the Bible plan on the Westbridge Church App
- Make a gratitude list
- Read Psalm 55 aloud as your own prayer

Which one of these could you commit to?