

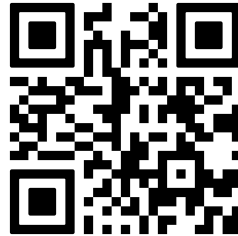
UPCOMING EVENTS:

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:

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 10

Songs don't just connect with how we feel, they DIRECT how we feel.

Just about everyone is fighting SOMETHING.

1. Don't be SURPRISED.

*I love your Lord; you are my strength. The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. I called on the Lord, who is worthy of praise, and he saved me from my enemies. **Psalms 18:1-3***

2. It won't last FOREVER.

*The ropes of death entangled me; floods of destruction swept over me. The grave wrapped its ropes around me; death laid a trap in my path. But in my distress, I cried out to the Lord; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears. **Psalms 18:4-6***

3. you don't have to fight ALONE.

*He reached down from heaven and rescued me; he drew me out of deep waters. He rescued me from my powerful enemies, from those who hated me and were too strong for me. They attacked me at a moment when I was in distress, but the Lord supported me. He led me to a place of safety; he rescued me because he delights in me. **Psalms 18:16-19***

*In your strength I can crush an army; with my God I can scale any wall. **Psalms 18:29***

*He trains my hands for battle; he strengthens my arm to draw a bronze bow. **Psalms 18:34***

4. The war has already been WON.

*The Lord lives! Praise to my Rock! May the God of my salvation be exalted! He is the God who pays back those who harm me; he subdues the nations under me and rescues me from my enemies. you hold me safe beyond the reach of my enemies; you save me from violent opponents. For this, O Lord, I will praise you among the nations; I will sing praises to your name. You give great victories to your kin; you show unfailing love to your anointed, to David and all his descendants forever. **Psalms 18:47-50***

*He canceled the record of the charges against us and took it away by nailing it to the cross. In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross. **Colossians 2:14-15***

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!

August 3rd, 2025

1

WARM UP

1. If your life had a theme song this week, what would it be and why?

2. What kind of “song” best matches your current season - celebration, lament, anger, victory, or something else?

2

KNOW IT

1. Read **Psalm 18:1-3**. What does David declare about God, and how does this set the tone for the rest of the Psalm?

2. According to the message, why is it important not to be *surprised* by the battles we face in life? How does **1 Peter 4:12-13** support that message?

3. Read **Psalm 18:4-6**. What does David say about his distress and God’s response?

4. Look at **Psalm 18:16-19** and **Psalm 18:29, 34**. What shift do you see in how David describes God’s role - from rescuer to trainer - and why does it matter?

3

SHARE IT

1. What’s a “fight” you’ve been in recently - emotionally, spiritually, or relationally?

2. When has God felt especially near to you in a struggle? What reminded you that you weren’t alone?

3. Have you ever experienced a time when you wanted to quit - but didn’t - and saw God bring you through? What kept you going?

4

LIVE IT

1. Of the four main takeaways from this teaching, which to you need to remember most this week?

Don’t Be Surprised
You Don’t Have To Fight Alone

It Won’t Last Forever
The War Is Already Won

2. What’s one step you can take to prepare for spiritual battles - rather than being caught off guard by them?

3. Try choosing your own “fight song” from Scripture this week. What would it look like to turn to it when you’re in a struggle? (Here are a few to choose from)

Ephesians 6:12, James 1:2-4, 2 Corinthians 4:17-18, Psalm 30:5, Romans 8:18