

STUCK IN MY HEAD

WEEK 1 GROUP GUIDE

Surrender

MESSAGE RECAP

Psalm 37:1-11

Psalm 37 reminds us that while the brokenness and injustice of this world are real, we don't have to let them shape our conclusions about God. David, the writer of the Psalm, encourages us not to be consumed by worry, anger, or envy but to surrender every part of our lives to the Lord. Rather than worrying over evil or trying to control the outcome, we're called to trust God, give Him our burdens, and patiently wait on His timing. True peace isn't found in worrying or taking control, but rather it's found in surrendering to the Lord.

GROUP DISCUSSION

- What's one song that always gets stuck in your head?
- Read Psalm 37:1-11 together
 - What sticks out to you in this passage
 - Why is it hard to trust God when things don't go our way?
- Have you ever expressed your frustrations to God?
- Are you someone who holds on to emotions like worry or anger?
- Do you truly trust that the Lord has already taken care of your worries?
- Read Matthew 11:28-29 together
 - What emotions come up as you read this passage?
 - Do you struggle to truly give up your worries to the Lord? Why?
- What does true surrender to the Lord look like for you?

PRAY