

STUCK IN MY HEAD

WEEK 2 GROUP GUIDE

Your Enemy Might Not Be Who You Think

MESSAGE RECAP

Psalm 59

Our greatest enemy is not other people, but the spiritual battle taking place behind the scenes.

Looking at Psalm 59, David responds to fear and opposition by turning to God instead of relying on himself. He demonstrates:

Reckless humility by trusting God to fight for him rather than seeking revenge.

A laser-focused mind by fixing his attention on God's strength, love, and faithfulness instead of his circumstances. As Romans 12:2 reminds us, God transforms us by renewing our minds.

Unwavering trust by declaring that God is his fortress, refuge, and source of strength.

The challenge is to lay every fear, struggle, and battle at God's feet, trusting that He is the one fighting for us.

GROUP DISCUSSION

- What stood out to you about the message?
- Read Ephesians 6:12 together
 - How does remembering that change the way we respond to difficult people or situations?
- What are some ways the enemy chooses to distract or deceive us today?
- Read Psalm 59:16-17 together.
 - What does it mean to be a "stronghold"?
 - When has God been a place of safety or strength for you?
- Read Romans 12:2 together
 - What practical habits keep your thoughts focused on God and not the things of this world?
- Is there a battle you've been trying to fight on your own that you need to surrender to the Lord?
- Are you trying to fight that battle by yourself, or are you trusting God to fight it for you?
- How can our small group encourage and pray for one another in the spiritual battles we're facing?

PRAY

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GOING DEEPER

Psalm 59

John 16:33 says, "I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world."

It's easy to become overwhelmed by everything happening around us. The constant stream of bad news, social media, and the challenges we see in our own communities can leave us feeling anxious, discouraged, or even hopeless. But Jesus reminds us to take heart because He has already overcome the world. Through His death and resurrection, He won the victory over sin and death, giving us a hope that cannot be shaken.

When fear, doubt, or discouragement begin to fill our minds, we can stand with confidence, knowing that our victory is found in Christ. Instead of relying on our own strength, we can trust God to fight for us, renew our minds, and be our refuge through every season of life.

Now read Colossians 2:13–15. This passage reminds us that Jesus has made us alive with Him. He forgave our sins, canceled the debt we could never pay, and defeated the powers of darkness through the cross. Because of what Christ has done, we don't face life's battles alone.

Life won't always be easy, but we can rest in the truth of God's incredible love—that He sent His one and only Son to die for us so that we could have eternal life. No matter what you're facing today, remember that Jesus has already won the battle, and because of Him, we can walk in peace, hope, and victory.