

# STUCK IN MY HEAD

## WEEK 6 GROUP GUIDE

### Psalms of Ascent

#### MESSAGE RECAP

##### Psalm 120-122

The Psalms of Ascent (Psalms 120–134) were songs God's people sang as they journeyed toward the House of the Lord. They remind us that faith is a journey back to God, especially when life leaves us feeling lost, broken, or overwhelmed.

Psalm 120 says, "I'm Far Away"—recognizing our need for God's peace. Psalm 121 says, "I'm On the Way"—reminding us that our help comes from the Lord and that we should keep our eyes focused on Him. Psalm 122 says, "I'm Almost There"—celebrating the joy of arriving at God's house and worshipping together.

Our focus determines the direction of our lives. When we focus on God instead of our circumstances, we continue moving toward Him. No matter how far we've wandered, God's house is a place of peace, belonging, healing, and welcome.

#### GROUP DISCUSSION

- How was your week?
- What place from your past brings back strong memories- good or bad?
  - How has that place shapes who you are today?
- Read Psalm 120 together
  - Where do you currently experience the most restlessness, conflict, or lack of peace?
- Read Psalm 121 together
  - When life gets hard, where are you most tempted to look before turning to God?
  - Is it easy or difficult for you to turn to Him?
- Read Psalm 122 together
  - Have you ever experiences a moment of excitement in the House of the Lord? What was that like?
- What tends to steal your focus from God?
- What would it look like for you to "set your mind on things above" this week?
- End your time in prayer