

# WEST RIDGE GROUPS

## Group Member Discussion Guide

Week of August 10, 2025

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### CHECK-IN (~20 minutes)

How was your week? What was the high part of your week? What was the low part of your week? What can we celebrate together?

### MESSAGE SUMMARY

This week, Pastor Jerry Gillis continued our *Mindfield* teaching series focusing on Psalm 73. Life is a constant battle for our minds, and doubt often tries to take root. While doubt itself doesn't have to destroy our faith, staying silent about it can. In Psalm 73:1-3, Asaph wrestles honestly with his questions, choosing not to hide or shift blame, but instead to turn his focus toward God in worship. He captures, examines, and speaks openly about his thoughts, allowing worship to shift his perspective. As he fixes his mind on God, the bigger picture becomes clear (Psalm 73:17-20), he realizes there is no better place to turn (Psalm 73:21-26; John 6:66-69), and his closeness to God reminds him why he loves Him (Psalm 73:27-28)

### GROUP DISCUSSION (~50 minutes)

1. Thinking back to the message this week, was there anything that challenged you personally? Share your thoughts with the group.

2. Read James 5:16

Why do you think silence can be more harmful to faith than doubt itself? Can you share a time when this has played out in your life personally?

3. Read Psalm 73:1-3

How does Asaph's example in Psalm 73 challenge the way you normally handle seasons of doubt?

4. Read 2 Corinthians 10:5

What are some practical ways we can "capture" and "replace" our thoughts with worship?

5. Read Psalm 73:27-28

When was a time drawing near to God reminded you of why you love Him? Share your experience with the group.

## **WRAP-UP (~10 minutes)**

It is important to be growing in our relationship with Jesus and one another - what is one next step you can take this week to grow? Share with the group and commit to holding one another accountable.

*What does it look like to hold each other accountable?* It can be as simple as a text or phone call during the week. Hebrews 10:25 encourages us to meet regularly and to encourage one another on a regular basis.

*Example:* "Hey \_\_\_\_\_, you indicated in group this week that you were struggling at work with being light in a dark place. You said that your next step was to start a conversation with someone at work this week around the topic of faith. How did that go?"

## **PERSONAL NOTES**

This week, my next step is:

This week I am going to check in on (name):

This week, my Bible reading will be (e.g. Philippians chapters 1-4):