

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step. If you're leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- What's your one pet peeve that angers you the most? Why does it anger you so much?

With your Bible or YouVersion, read **Judges 14:10-20** and **Judges 15:1-20**.

Samson's vengeance on the Philistines in these passages is the result of his unchecked anger and pride.

- Describe a time when you let your emotions get the best of you. What resulted from your emotional outburst?
- Samson was emotion-driven and not Spirit-led. Why do you think so many of us allow our emotions to lead us instead of being led by God?
- What unchecked emotions in your life do you need to address?
- How has your unchecked emotions affected you and those you love?
- Where in life do you struggle the most with pride?
- Why is it so important that we keep strong emotions like pride and anger in check at all times?

Read **Galatians 5:16-18**.

Paul encourages us to live by the Spirit in these verses.

- In what ways are you seeing your sinful nature at odds with how God is leading you?
- What steps do you need to take towards becoming more Spirit-led?

NEXT STEPS

Here are some specific things you can do this week that will help you become more Spirit-led.

Men, download the Samson Talk It Over For Men study guide for week 2 at <http://resources.lifechurch.tv> under the "series resources" tab on the website menu. This study guide contains questions, next step ideas, a daily Bible reading plan, and other resources designed for men to help them put into action what they are learning during Samson.

To become more Spirit-led, start spending more time with God. The more time you spend away from God, the more likely you will be driven by your emotions. A great way to start is to spend more time in prayer and in reading His Word. If you don't have a quiet time with God daily, then start one this week with only a few minutes each day. You might refer to the 5-day micro devotional located to the right to help guide you.

5-Day Micro Devotional:

- Confess to God where you struggle the most with anger. Ask Him to help you gain more control over your anger.
- Ask God to remove all pride from your life and develop within you a more humble heart.
- Ask God to help you keep in check all of your emotions so that they do not end up guiding you.
- Ask God to help strengthen you as you continuously battle your sinful nature.
- Pray that God will help you become more Spirit-led and less driven by your emotions.