



# SAMSON

## A LIFE WELL WASTED

### SAMSON - A LIFE WELL WASTED, PART 2: EMOTIONS THAT TAKE DOWN THE STRONG

There are some things that we can control and a lot of things that we have no control over. That's what makes emotional management so tricky. Whenever we find ourselves in tough situations, the tendency is to try to control what we can't control. We pile on worry, we cram in anxiety, we stuff in some stress, we make our mess messier and in the end, everything falls apart. What if it didn't have to be this way?

**BIG IDEA: Uncontrolled emotions lead to an out-of-control life.**

### DISCUSSION QUESTIONS

1. What's your one pet peeve that angers you the most? Why does it anger you so much?
2. Describe a time when you let your emotions get the best of you. What resulted from your emotional outburst?
3. With your Bible or YouVersion, read Judges 14:10-20 and Judges 15:1-20. Samson was emotion-driven and not Spirit-led. Why do you think so many people allow themselves to be driven by their emotions instead of being driven by God?
4. What unchecked anger in your life do you need to own up to immediately? How has your unchecked anger affected you and those you love? What does pride look like in your life? Where do you seem to struggle the most with pride?
5. With your Bible or YouVersion, read Galatians 5:16-18. Paul encourages us to live by the Spirit in these verses. What do you think it means to "live by the Spirit?" How does living by the spirit help us with our emotions?
6. Share with your group what kind of person you think God wants you to be. How is your pride and anger keeping you from becoming that person?
7. How can you keep your pride and anger in check while at the same time not losing the passion and heart that God has given you?
8. This week, how can we partner together as a group to not be led by emotions, but instead be driven by God?