



# FAITH WALK

## MOVING FROM ANGER TO LAMENT

1. Read Judges 15 and 16. What is happening with Samson? How do you see him using anger to gain control of his situation?
2. Have you ever had a sudden burst of anger that caught you off guard? What was the underlying issue in your life?
3. Look specifically at the end of Judges chapter 16. How was this interaction different from earlier stories of Samson?
4. What are some areas in your life that you have been trying to push through on your own?
5. James 4 tells us that we will struggle and have anger, because we do not ask God. Why is it hard to ask God for help?
6. In your life, where is God asking you to be honest with Him?

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