



## Hey There Delilah

### Introduction

The people of the Bible weren't heroes to emulate but broken people who trusted God to save them. The greatest Christians in history were not those that God delivered from all pain and misery but those he delivered through pain and misery. Faith starts with honesty before God. But it doesn't stop there.

### Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

### Practice Truth

1. Dirk shared a few examples of times when our bodies and brains are in tension with one another (e.g. seconds at Thanksgiving, procrastination). Can you name some other times when this happens?
2. Read Judges 16:4-22. Is the story of Samson and Delilah hard to believe? Why/why not?
3. What unhealthy patterns do you see in our culture? What unhealthy patterns do you see in your own relationships?
4. Why do you think Samson shared the secret to his great strength?
5. It's easy to read Samson as nothing more than a hero or a cautionary tale. How does this story point to Jesus?

### Do Life Together

Dirk shared a few ways to know you're in a healthy relationship such as: Why are you dating/married? Do we experience conflict well? Are there red flags such as missionary dating, a lack of commitment, or not loving anything *about* your partner. What are some questions you would add to the mix? What is some of the best relationship advice you've received?