



Kryptonite

Facilitator Note: We encourage facilitators to take this Bible study and expound on it throughout the week, allowing it to be a springboard for deeper conversation and personal meditation.

PRESS START

Ask: Almost every superhero has some kind of weakness that completely stops them in their tracks. A great example would be Superman and his Kryptonite. What is a superhero weakness you find to be ridiculous?

EQUIP

Sometimes it's hard to identify our own weaknesses. Calling out your weaknesses can be a very vulnerable task. It helps to find someone you're close with to help you fight against whatever weaknesses you may have.

Ask: What methods do you use to identify weaknesses in your own life?

LEVEL UP

Read: Judges 16:15-21 (NASB):

Then she said to him, "How can you say, 'I love you,' when your heart is not with me? You have deceived me these three times and have not told me where your great strength is." It came about when she pressed him daily with her words and urged him, that his soul was annoyed to death. So he told her all that was in his heart and said to her, "A razor has never come on my head, for I have been a Nazirite to God from my mother's womb. If I am shaved, then my strength will leave me, and I will become weak and be like any other man." When Delilah saw that he had told her all that was in his heart, she sent word and called the lords of the Philistines, saying, "Come up once more, for he has told me all that is in his heart." Then the lords of the Philistines came up to her and brought the money in their hands. She made him sleep on her knees, and she called for a man and had him shave off the seven locks of his hair. Then she began to torment him, and his strength left him. She said, "The Philistines are upon you, Samson!" And he awoke from his sleep and said, "I will go out as at other times and shake myself free." But he did not know that the Lord had left him. Then the Philistines seized him and gouged out his eyes; and they brought him down to Gaza and bound him with bronze chains, and he was a grinder in the prison. Discuss how this passage illustrates the consequences of weakness and the need to remain faithful and vigilant in guarding against temptation and compromise.

MOD

This passage illustrates the tragic consequences of Samson's weakness and the importance of guarding against temptation and compromise. It is a powerful reminder of the need to remain faithful and vigilant in our spiritual lives.

Ask: What tactics can we use to guard against our weaknesses?

PRAY

Pray: May we be granted strength and wisdom to resist temptation and guard against weakness, asking God for His guidance and protection in our spiritual journey.

NEXT LEVEL

Read: Proverbs 4:23 (NASB) Watch over your heart with all diligence, For from it flow the springs of life.

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