

# BETTER

# 12

STEPS TO  
BETTER 2025

BIBLE STUDY NOTES



THE HOUSE OF HOPE  
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## SHARE MY STORY: “CRASH COURSES ON CRASHING OUT” CLUES YOU’RE CRASHING OUT

Ever felt so overwhelmed or triggered that you just “lose it” and act on impulse, only to regret it later? That’s what some experts and young adults call “crashing out” – a sudden, emotional snap where you stop thinking about consequences and simply react. Whether it’s lashing out, making a rash decision, or cutting someone off, crash outs rarely happen out of nowhere. The good news? There are warning signs – clues – that show you’re heading toward a crash out. If you spot these clues early, you can shift from reacting to responding, protecting both your peace and your relationships.

As we focus on telling our stories this month, let’s look at three biblical examples – Samson, David, and Michal – where the clues to a crash out were clear. By recognizing these signs in their stories and in our own, we can learn to pause, reflect, and choose better in these 12 Steps to Better journey.

### 1. **Samson’s Retaliation: Wounded Pride Turns Violent**

*“Samson said to them, ‘This time I shall be innocent in regard to the Philistines, when I do them harm.’” (Judges 15:3)*

#### A. **Hurt Masquerading as Justice**

- Samson’s anger ignited when his wife was given to another man.
- But beneath his rage was wounded pride and personal betrayal.

Question: Is my anger about the offense —or the feeling of being dishonored?

#### B. **Revenge Creates Escalation, Not Resolution**

- Samson responded by burning Philistine fields, triggering a spiral of vengeance.
- Unprocessed pain seeks validation through destruction.

#### C. **Crash Out Through Emotional Isolation**

- Instead of turning to God, Samson fought alone, leaning into his strength rather than spiritual wisdom.
- Rage that isolates is a red flag for spiritual crash out.

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## 2. Michal's Contempt: Anger Cloaked in Control

*"She despised him in her heart."* (2 Samuel 6:16)

### A. Unspoken Resentment Becomes Inner Bitterness

- Michal's anger was silent but corrosive. Her disdain for David's worship revealed deeper disappointment and unresolved tension.

Question: What silent angers am I nursing that God sees — even if no one else does?

### B. Control Issues Masquerading as Dignity

- Michal rebuked David for dancing before the Lord, accusing him of acting beneath his royal position.
- Sometimes anger is our attempt to control what makes us uncomfortable or what is out of our control.

### C. The Cost of Contempt

- Michal's crash out wasn't explosive — but it was final. Scripture notes she died childless, symbolizing a spiritual and relational barrenness.
- Anger left unchecked doesn't always explode — it can silently kill what's meant to grow.

## 3. David's Vengeance: Anger Masking Insecurity

*"David said, 'May God strike me if I leave one male alive!'"* (1 Samuel 25:22)

### A. Insults Ignite Hidden Insecurities

- David, though chosen by God, still wrestled with his place.
- Nabal's rejection hit a nerve, pushing him toward vengeance.

Question: Is my reaction revealing my wounds more than their offense?

### B. Impulse Overrides Discernment

- David gathered an army for revenge, completely bypassing God's timing.
- Immediate reactions can override long-term wisdom if unchecked.

### C. Interruption: Mercy is God's Interruption to Our Rage

- Abigail's intervention not only prevented bloodshed, but also reminded David of his identity.

### Reflection Questions:

1. What kind of anger do I carry — explosive, silent, or disguised as control?
2. Which story do I identify with most right now — and why?
3. What would "healing before reacting" look like in my current season?

## Step 5: Share My Story