

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step. If you're leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- What types of people tend to get under your skin the most? Why do these people bother you so much?

With your Bible or YouVersion, read Mark 6:21-26, Genesis 25:29-34, and Judges 16:15-16.
These passages illustrate examples of people who were manipulated.

- Which of the three common tactics of manipulators are most effective on you: flattery, threats, or guilt? Why are they so effective?
- In what ways have you been impacted by manipulative people? Share examples.
- How have you manipulated others? What tactics did you use and what were the results of your manipulation?
- How do you know when you are being manipulated? How long does it usually take for you to realize it?

Read Matthew 16:21-23 and Isaiah 26:3-4.

These verses show us how to break the power of manipulation.

- What healthy boundaries do you need to enforce to break the power of manipulation in your life?
- Where in life are you not fully surrendered to God? What steps will you take to surrender to Him?
- Why do you think manipulative people are such a common problem for most people?
- What do you think will be the hardest part in dealing with those people that manipulate you?

NEXT STEPS

Here are some specific things you can do this week that will help you break free from the power of manipulation.

Because manipulative people have been a common problem throughout all of time, The Bible offers several examples of people being manipulated, as well as showing us ways we can break free from the power of manipulation. Take time this week to read the following passages of Scripture and allow them to empower you in gaining freedom from manipulation as you read: Mark 6:21-26, Genesis 25:29-34, Judges 16:15-16, Matthew 16:21-23, and Isaiah 26:3-4.

If you recognize that you are being manipulated, then take steps to address it this week. One first step you might consider is talking with the person that is manipulating you. Even though it may not be easy, try to establish some healthy boundaries that will help turn the relationship from a negative one into a positive one. Pray and ask God to help you as you break free from the power of manipulation.

5-Day Micro Devotional:

- Tell God those areas of life that you are still holding onto and why. Ask Him to help you to give up complete control to Him.
- Ask God to help you do a better job of recognizing when you are being manipulated and how to quickly deal with it.
- Pray for those who are manipulating you that God will help deliver them from their manipulative ways.
- Ask God to restore you from any damage that has been done as a result of manipulative people.
- Ask God to search your heart and remove all the manipulative tendencies you may have.