



Sermon Discussion Guide

February 8, 2026

Use this discussion guide with your small group or by yourself, to dig into the text and theme of Sunday's message.

Key Point: Create relational health in your community.

Life Sharing: (answer one)

1. What is your favorite Winter Olympic sport?
2. How would your 10-year-old self defined a "good friend"? How do you define them now?

Transition / Open in prayer

3. During a normal week, when are you at your best (relationally, spiritually, and/or faithfully)?

Life Examination:

READ Ephesians 4:20-32

4. How does someone "put off" the old life and "put on" the new life that Paul is writing about?
5. How does unprocessed anger create a foothold in our lives?
6. How can words "build others up"?
7. What does verse 30 teach us about the Holy Spirit?

READ Proverbs 10:8-14

8. Why do the words people speak have such a strong connection to wisdom or foolishness?
9. What are some ways to move from hate to love (verse 12)?
10. How would you sum up the life principles in these verses?

Life Application:

11. What are some ways you have found to effectively process and release anger, hurt, and falsehood?
12. Where do you need something new in your life and mind?
13. When has someone else spoken words into your life that built up your faith?
14. Who set an example for you in the way they spoke to others or about themselves?
15. Where have you seen hate stir up conflict?

Life Prayers: Pray for one another and ask God to bring peace to the places in your world where there are conflict and hate.