

# fair fight

HOW TO  
RESOLVE  
CONFLICT

## Small Group Discussion Questions

### Playing God – No. 4 How to Have a Clean Fight

February 2, 2025

**Theme: There are some basic principles about anger that we need to understand if we're to control it and rightly express it!**

Anger is a natural emotion, but how we handle it determines whether it leads to sin or resolution. Ephesians 4:26-27 teaches that anger itself is not a sin, but it can become destructive if left unchecked. This study will explore biblical principles for managing anger in a way that honors God, strengthens relationships, and fosters reconciliation rather than division.

The sermon highlighted six key steps (the 6 R's) for handling anger in a godly way. As we go through today's discussion, we'll reflect on these principles and how we can apply them in our daily lives:

1. Resolve to manage it.
2. Remember the cost of inappropriate anger.
3. Reflect before speaking.
4. Realize the value of taking immediate action.
5. Release anger constructively.
6. Rely on Jesus daily.

### Gathering Together (Icebreaker - choose one)

1. Growing up, how was anger expressed in your family—was it more of a "blow-up" or "clam-up" environment?
2. Have you ever witnessed or experienced an example of healthy conflict resolution? What made it effective?
3. What's a funny or embarrassing moment when you got irrationally angry over something small?

### Deep Dive into Scripture

Read Ephesians 4:26-27

*"In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold."*

1. What does this passage teach us about the nature of anger? Is anger itself a sin?
2. Why do you think Paul emphasizes not letting the sun go down on our anger? How have you seen unresolved anger cause harm in relationships?
3. What does it mean to "give the devil a foothold" through anger? How have you seen unresolved anger create division or spiritual struggles?

Additional Scriptures to Explore:

- Proverbs 29:11 – How does this verse contrast wise and foolish responses to anger? (Ties into “Reflect before speaking”)
- Mark 3:5 – Jesus expressed anger; what was different about His anger compared to human sinful anger? (Ties into “Release anger constructively”)
- Matthew 5:23-24 – Why does Jesus prioritize reconciliation in relationships before worship? (Ties into “Realize the value of taking immediate action”)

## Personal Application Questions

As we discuss these steps, think about which ones are hardest for you and how you can apply them:

1. Resolve to manage it – What are some practical ways you can take control of your anger rather than letting it control you?
2. Remember the cost of inappropriate anger – What consequences have you seen in your life or others' lives because of unchecked anger? (Relational damage, regret, stress, etc.)
3. Reflect before speaking – When have you spoken in anger and later regretted it? How can you create space to pause and process before reacting?
4. Realize the value of taking immediate action – Why is it important to resolve anger quickly rather than letting it linger? Who in your life might you need to reconcile with this week?
5. Release your anger constructively – What are some healthy ways to deal with anger (e.g., prayer, journaling, talking it out, exercising)? How can anger actually be used for good?
6. Rely on Jesus daily – How can you invite Jesus into your emotional struggles? What role does prayer, Scripture, and community play in helping you manage anger?

## Closing Prayer and Reflection

Encourage the group to take a moment to reflect on which of the 6 R's they need to focus on the most. Invite them to share (if they're comfortable) any steps they'll take this week to apply these principles.

Closing Prayer:

*"Father, thank You for giving us emotions, including anger, and for showing us how to handle them in a way that honors You. Help us to manage our anger wisely, to seek reconciliation quickly, and to release frustration in ways that build up rather than tear down. We rely on You, Jesus, to transform our hearts and give us patience, wisdom, and self-control. May our words and actions reflect Your love and truth. In Jesus' name, Amen."*