

COMMUNITY

Groups

The *not-so* Perfect Family

Marriage is a Minefield

Ephesians 4:25-32

October 15 & 18, 2026

DISCUSSION GUIDE

CONNECT

What's something you've tried for the first time that pushed you outside your comfort zone? How did it turn out?

NOTE

With five weeks left in this session, consider planning a meal, game night, or service opportunity together outside your regular Community Group gathering.

DISCUSS

1. Read Ephesians 4:25-32. What did you find meaningful or challenging from this passage or this weekend's message?
2. When navigating conflict in marriage and other relationships, do you tend to bury it or blow it up? What does this look like for you?
3. Have you ever experienced a conflict with your spouse or someone else that ultimately brought you closer together? What helped bring about that positive outcome?
4. Ephesians 4:25 calls us to speak truthfully to one another. Is there a relationship in your life where you need to practice speaking the truth in love? What might that look like this week?
5. Of the five principles shared in the message (see below), which comes most naturally to you? Which would you like to grow in?? Which one would you like to grow in?
 - a. Practice tender truth-telling (v. 25)
 - b. Talk before it gets toxic (vv. 26-27)
 - c. Attack the problem, not the person (v. 29)
 - d. Act, don't react (vv. 31-32)
 - e. Forgiveness is the foundation (v. 32)
6. JP stated, "Forgiven people are forgiving people." How does understanding the forgiveness you've received from God change the way you approach forgiving others?

ADDITIONAL QUESTIONS

1. Has your reaction to conflict changed over time or in different relationships?
2. Ephesians 4 addresses conflict in all relationships, not just marriage. How might applying these principles to friendships, family, or work deepen your understanding of how God calls us to live in community?