

# TALK IT OVER

February 8, 2026

Review this week's message.

Key Scripture: [James 1:19-20](#), [Ephesians 4:26-27](#), [Colossians 3:13](#)

**Start talking. Get the conversation rolling.**

- What's one small thing that can instantly change your mood—for better or worse?
- What's the best piece of relationship advice you've ever heard (or the worst)?

**Start sharing. Be open with your group.**

- What stood out to you the most from this week's message?
- When you were growing up, how did people in your home handle conflict—loud, quiet, avoidant, or something else?
- Are you more likely to speak your mind quickly or think things through before responding?
- [Proverbs 15:1](#) says tone matters. Can you think of a time when *how* something was said mattered more than *what* was said?
- Forgiveness was described as a **decision, not a feeling**. How does that challenge the way our culture talks about forgiveness?
- The boxing illustration reminds us that rules protect the relationship. What might be one "rule of engagement" your relationships could benefit from?
- [Ephesians 4](#) warns us not to let anger linger. Why do you think unresolved anger gives the enemy a foothold in relationships?

**Start praying. Be bold and pray with power.**

- Pray for a soft heart and a slow mouth. A soft heart when you feel misunderstood. A slow mouth when you want to react instead of respond. Pray, "Jesus, help me respond like You, not react like me."

**Start doing. Commit to a step and live it out this week.**

- This week, intentionally replace the word *fight* with *disagreement* in your thinking and your language. Let the language remind you: *This is not a battle—I'm not against you.*