

Sermon for February 7/8, 2026
"Defusing Anger" Pastor Jeff Manion



SMALL GROUPS

Share Life | Pursue God | Invest In Others

THREE THINGS TO KNOW

DON'T MISS THIS. GIVING TABLES are here February 7-22! This is an opportunity to support families in West Michigan through partnerships with local mission organizations. You can provide practical items that offer dignity, support families and strengthen communities. Participate as an individual, family or small group by purchasing items from provided lists and dropping them off at weekend services or church offices. You can also shop online via Amazon and have items shipped directly to organizations. Thank you for putting love into action! Learn more [HERE](#).

GROUP VALUES. This month we focus on **FOLLOWING JESUS**, a commitment to lifelong trust and surrender to him. Following Jesus is not a solitary journey, it happens in community. As we follow Jesus together in small groups, we help each other surrender to his leadership and grow in Christlikeness. This includes creating space for honest conversations about our struggles, where we challenge each other toward obedience and celebrate the ways God is transforming us. This month, consider how your group can encourage one another to follow Jesus more faithfully in everyday life.

GROW AS A LEADER. Conflict is inevitable in any community, but healthy groups know how to navigate it well. When tensions arise in your group, remember that resolution is more important than being right. Create a culture where people can address issues directly and respectfully. Model vulnerability by admitting when you've handled something poorly, and encourage members to seek reconciliation quickly rather than letting issues fester.

SERMON DISCUSSION GUIDE

Welcome to the final week of our series, **GROUNDWORK**. This week, we explore how the gospel can transform our angry responses and help us move toward peace and reconciliation.

ICEBREAKER

What's a pet peeve that you know is ridiculous but still gets under your skin every time?

THIS WEEK'S TEXT

Have someone read [Ephesians 4:26-27](#) aloud.

What specific instructions does Paul give about anger in these two verses?

What warning does Paul give about what can happen if anger is not dealt with quickly?

Paul wrote this letter to a church community in Ephesus. How might unresolved anger have affected their ability to function as a church family?

THIS WEEK'S SERMON

Pastor Jeff Manion completed our sermon series **GROUNDWORK** by discussing how the gospel can transform our angry responses and help us move toward forgiveness and peace with each other. As a group, recall some of the sermon's big ideas and main points.

Why do you think anger is such a prevalent emotion in our culture today, whether expressed openly or through passive-aggressive behavior?

Beneath the surface of our anger is often a desire for something, like appreciation or understanding, that can turn into a demand. What are examples of a legitimate desire crossing the line into an angry demand?

We are responsible for our reactions even when we have legitimate reasons to be angry. What makes it difficult to choose a godly response when we've been wronged?

Paul's instructions urge resolving today's conflict today rather than letting it carry over and compound. Where are you most at risk of nursing your anger instead of pursuing resolution quickly?

Have someone read [Ephesians 4:32](#) aloud. Forgiveness is central to defusing anger. How does remembering what Jesus has done for you change your ability to forgive someone who has hurt you?

When anger escalates in a conversation, what are one or two practical ways you can deescalate your anger?

Think about a relationship or situation where you've been holding onto anger or resentment. What would it look like for you to take a step toward forgiveness or reconciliation this week?

WRAP UP

Throughout this **GROUNDWORK** series, we've explored how the gospel transforms our relationships—bringing our gospel-shaped identity to how we relate to each other, pursuing unity with fellow believers, strengthening our marriages, speaking truth in love and defusing anger. Which aspect of this series has impacted you most, and how has it changed the way you approach your relationships?