

# The Jesus Way

**DISCUSSION GUIDE** | February 1, 2026

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## BIG IDEA

*Reconciliation begins when we turn angry confrontation into gracious conversation.*

**Message title:** Restoring Relationships

**Scripture Reading:** Matthew 5:21-26 NIV

In the Sermon on the Mount, Jesus equated anger with murder because He wanted His followers to understand how important it was for them to have peace in (or at least about) their relationships, to guard their attitudes and words as well as their actions.

- 1. Imagine that Fran has come to you soon after she's heard that her friend has started to spread lies about her. What would be your advice to her? Give the rationale behind your advice.*
- 2. Have you ever suffered a strained or broken relationship because of hurts caused by angry words? If you're willing, tell about it.*
- 3. Why do you think that we find it so hard to reconcile a broken relationship? What are one or two things we can do to bring reconciliation to broken relationships?*
- 4. The religious leaders emphasized "external righteousness" while Jesus stresses "heart righteousness." Compare and contrast these two forms of righteousness. Which is easier? Which is harder? Why?*
- 5. You are sitting with a friend, chatting over a cup of coffee, and your friend says that she believes Jesus was exaggerating when he said that anger was as bad as murder. How would you respond to your friend?*

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## THIS WEEK'S CHALLENGE

This week, prayerfully consider if there are any broken relationships in your life that need to be reconciled or, at the least, need to be addressed. Ask God to show you the 'how' and the 'when' to begin the reconciliation process and then step into that process with courage and faith, trusting God for the outcome. Remember, this is the path to peace with a relationship, even if it doesn't end with peace in a relationship.