



Small Group Study Guide

Series: **SAFEHOUSE**

Sermon 2: When Love Gets Loud...

We don't run from it. We work through it!

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INTRODUCTION

Every marriage will face conflict—but not every marriage knows how to handle it. In this message, PT teaches that conflict is inevitable, but combat is optional. The goal isn't to avoid disagreements, but to learn how to work through them in a way that strengthens connection instead of destroying it. A SAFEHOUSE isn't a home without problems—it's a home where problems are handled God's way. When we admit, understand, deal with, and control our anger, we move from breakdown to breakthrough and build deeper intimacy in our relationships.

KEY SCRIPTURES

- **Ephesians 4:25–27** (TLB), *"Speak truthfully... In your anger do not sin... do not let the sun go down while you are still angry..."*.
 - ➔ Teaches us to be honest about our anger and deal with it quickly before it causes deeper damage.
- **Proverbs 11:29** (TLB), *"The fool who provokes his family to anger... will finally have nothing left."*
 - ➔ Warns that unmanaged anger can cost you the very relationships you're trying to protect.
- **Proverbs 19:11** (TLB), *"A man's wisdom gives him patience..."*
 - ➔ Understanding what's behind your anger leads to patience and better responses.
- **Job 18:4** (GNT), *"You are only hurting yourself with your anger."*
 - ➔ Holding onto anger damages you as much as (or more than) others.
- **Proverbs 29:11** (NIV), *"A fool gives full vent to his anger..."*
 - ➔ Self-control is a mark of wisdom in relationships.
- **James 1:19** (NIV), *"Be quick to listen, slow to speak, and slow to become angry."*
 - ➔ Healthy communication slows anger and builds understanding.
- **Proverbs 15:1** (NIV), *"A gentle answer turns away wrath..."*
 - ➔ Tone and approach matter—gentleness diffuses conflict.
- **Romans 8:18** (PT Paraphrase), *"The pain you've been feeling can't compare to the joy that's coming."*
 - ➔ God promises hope and restoration on the other side of hardship.

DISCUSSION QUESTIONS

1. PT said, *"Conflict is inevitable, but combat is optional."* What does that look like in real life? Can you think of a recent situation where conflict turned into combat?
2. Which phase do you tend to get stuck in—Phase 1: Recognition, Phase 2: Reaction, or Phase 3: Resolution? Why? How can you move toward Resolution more consistently?

3. PT said, *“Anger is not the first emotion—it’s the loudest one.”* What are some underlying emotions (hurt, fear, rejection) that might be driving anger in your life?
4. Read **James 1:19**. Which part is hardest for you: being quick to listen, slow to speak, or slow to become angry? Why?
5. Which of the **Seven C’s** do you struggle with the most (Compare, Condemn, Command, Challenge, Condescend, Contradict, Confuse)? What would it look like to change that this week?
6. PT said, *“The goal is not to win the argument—the goal is to protect the relationship.”* How would your conflicts change if you truly lived that out?
7. Here’s a reminder of **the 24 Hour Rule**: When conflict happens—and it will—you make a commitment that within 24 hours, you will come back together and talk it through. Not to win... but to understand. Not to blame... but to resolve. And when you come back together, you ask three simple questions:
 - **What did I do that hurt you?**
 - **What was really going on inside of you?**
 - **What can I do differently moving forward?**

How could the 24-Hour Rule change the way conflict is handled in your home?

8. Read **Proverbs 15:1**. Can you share a time when a gentle response helped de-escalate a tense moment?

PT’S BEST QUOTES

- *“Conflict is inevitable, but combat is optional.”*
- *“Unmanaged anger doesn’t just damage communication—it destroys connection.”*
- *“If you swallow anger, your stomach keeps score.”*
- *“You don’t resolve anger by winning—you resolve it by understanding.”*
- *“An apology without change is just manipulation.”*
- *“The goal is not to win the argument—the goal is to protect the relationship.”*
- *“We don’t run from it... we work through it.”*

ACTION PROMPTS

- Couples: **Practice the 24-Hour Rule** this week: Resolve conflict within 24 hours.
- Choose one of the **Seven C’s** to eliminate from your communication this week.
- Individuals: Ask God to reveal what’s underneath your anger—hurt, fear, or insecurity.

CLOSING PRAYER

Lord, we thank You for the truth of Your Word and the wisdom You give us for our relationships. Help us not just to hear this message, but to live it out. Teach us to admit our anger, understand what’s beneath it, deal with it quickly, and control it in a way that honors You. We pray for every marriage and every family represented at CrossPointe. Strengthen homes. Restore what’s been strained. Heal what’s been hurt. And help every family build a true SAFEHOUSE—a place where love is lived out, where grace is present, and where You are at the center. Give us the courage to invite others—our extended family, our friends, and those who need hope—to join us for the rest of this series. Use this season to change lives, strengthen relationships, and draw people closer to You. We trust You with every home, every heart, and every relationship. In Jesus’ name, Amen.

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