



## Week 6 – February 8, 2026 Sermon

*Please review these questions  
and write your answers prior to  
attending your Life Group*

*meeting. The sermon manuscript and these questions can  
be accessed each week at  
[saintmatthiasoakdale.com/lifegrouphisweek](http://saintmatthiasoakdale.com/lifegrouphisweek)*

### **Getting to Know One Another**

1. What has brought you peace or joy this week — or what's been stealing your peace?

2. Super Bowl, or nah?

3. Favorite Super Bowl or Party snack?

### **Into the Sermon**

3. Did you find the sermon attempted to cover too much ground this week? Do you think it would've been challenging or frustrating for the sermon to not at least touch on each of the three sections of the gospel passage?

4. Did the sermon's interpretation of anger and lust resonate for you as a correct reading of the text and the human condition?

5. Does Jesus' teaching on anger feel exciting, frustrating, empowering, discouraging, unrealistic, or something else? And why?

6. The sermon said, "Jesus lays out a vision for us to become a presence of righteousness and safety in our personal relationships and in His Church that we can attain through Him." What do you think it means to be a "presence of safety" in your relationships? Is there someone in your life who best models that kind of presence?

7. Toward the end of the sermon, it said that when we are driven by anger or, we create unsafe environments that choke out blessing. Is there somewhere in your life (home, work, friendships, church) that you see the need to become a more consistent presence of safety?

7b. Is there a next step you could take to move toward that kind of change?

### **Heading into Lent**

8. What are your thoughts or feelings about the Lenten Wednesday topic this year?

### **One-Sentence Prayers**

9. Do you have any prayer requests for one-sentence prayers?

*This week's questions may have  
been assisted by AI*