

1. **Recall and Understanding:** Based on the video, what does the Bible say about handling anger in marriage, and how do the hosts interpret the idea of not letting the sun go down on your anger?
2. **Analysis of Key Ideas:** The video discusses how anger is a normal part of marriage but needs healthy management—what examples from Shaunti Feldhahn's research stood out to you about how highly happy couples deal with bedtime conflicts?
3. **Personal Application:** Thinking about your own marriage, how could the video's tips on communication—like pausing to cool down—help us navigate a recent disagreement we've had?
4. **Evaluation and Debate:** Do you agree with the hosts' view that it's sometimes okay to go to bed angry if it prevents escalation, and why or why not, drawing from your experiences?
5. **Creative Reflection:** If we were to create a "bedtime anger checklist" inspired by the video, what three practical steps would we include to ensure conflicts lead to stronger connection?
6. **Forward-Thinking Action:** Looking ahead, how can we as a couple commit to one change from the video—such as better listening during arguments—to build more joy and resilience in our marriage over the next month?