

Use these questions and resources during your study time or with your group.

RECAP: These enemies cannot survive exposure and discipline. The way out is not behavior modification—but heart transformation. Each enemy has a specific habit that weakens its hold.

MAIN POINTS

- Identify who you're angry with.
- Determine what they owe you.
- Cancel the debt.
- Dismiss the case.

GETTING STARTED

- What's something small or silly that tends to irritate you—like slow drivers, tangled earbuds, or people leaving dishes in the sink?

SCRIPTURE

- [Proverbs 4:23; Matthew 15:18-19; Ephesians 4:31-32; Matthew 18:23-27; Matthew 18:28-35](#)

DISCUSSION QUESTIONS

- The message said, *"Show me an angry person and I'll show you a hurt person... because something has been taken."*
 - When you think about times you've felt angry, what did you feel was being taken from you? How does viewing anger through that lens change the way you understand it?
- Forgiveness was described as *"canceling a debt"*—deciding someone no longer owes you.
 - Why do you think this is so difficult for us to do? What holds us back from canceling debts others owe us?
- Tom's four steps to forgiveness were: Identify who you're angry with, determine what they owe you, cancel the debt, and dismiss the case.
 - Which of those steps feels most challenging to you right now, and what would it look like for you to take one practical step forward this week?

APPLICATION

- Anger often hides below the surface until those closest to us point it out.
 - Who in your life could you invite to give you honest feedback about how anger shows up in you, and how might you create space to truly listen without getting defensive?
- What's one specific step you want to take this week—whether it's having a conversation, canceling a debt in prayer, or practicing forgiveness—in order to loosen anger's grip on your heart?