

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

- Confession includes restitution.
- Confession is a habit.

GETTING STARTED

- When you were a kid, what's the funniest 'caught red-handed' moment you remember (like sneaking cookies or staying up past bedtime)?

SCRIPTURE

- [Matthew 15:16-20; Numbers 5:6-7; Matthew 5:23-24](#)

DISCUSSION QUESTIONS

- When you hear that guilt says '*I owe you*'—and that every wrong creates a kind of debt—how does that idea land with you? Can you think of a time when guilt made you feel like you owed someone something (whether an apology, trust, or even just honesty)? What happened to that relationship when the debt went unresolved?
- Confession is described as the antidote to guilt—not just admitting we did wrong, but taking steps to make it right. What makes confession so difficult for us? And can you think of a time when being honest about a mistake (yours or someone else's) actually brought freedom or healing instead of more shame?
- Confession isn't meant to be a one-time event but a habit that keeps our hearts free. What would it look like for you to 'keep short accounts'—to deal with guilt and secrets quickly instead of letting them build up? And what helps you create safe places or relationships where confession can be a regular rhythm?

APPLICATION

- What's something small that bothers you if it's left unresolved—like a splinter, a messy room, or a bill left unpaid? Why do little things like that weigh on us?
- Is there someone in your life you need to make things right with—not just by admitting what happened, but by taking a tangible step toward restoration? What could that look like for you this week?
- What's one practical way you can build confession into your life as a habit—so guilt doesn't pile up? (For example: keeping short accounts with God, checking in regularly with a trusted friend, or being more honest in community.)

RESOURCES

- Andy Stanley calls a "**DEBT-TO-DEBTOR DYNAMIC**"...
 - Guilt says, **I OWE YOU.**
 - Anger says, **YOU OWE ME.**
 - Greed says, **I OWE ME.**
 - And Jealousy says, **GOD OWES ME.**