

PERSONAL SUMMARY

1. How can the emotion of “anger” be beneficial to you?

It can be like a barometer or a check engine light; it lets us know that something is going on/needs to be dealt with.

2. How had you attempted to resolve your anger in the past?

They have had 2 opportunities to know if from the material and from the “Things I do When I get angry” page.

3. When forgiving someone, what are you actually forgiving them for?

The emotional debt owed—emotional impact—how it made me feel.

4. (If it applies) When releasing God, what are you actually releasing Him from?

My expectations of Him that he “failed” to meet.



5. What were the key truths from the teaching that meant the most to you?

Answers will vary—make sure it is solid and connected to the material.

6. What is the most challenging aspect(s) of the truths in this topic?

Answers will vary, but usually focus on being able to “walk it out”

7. Did you pray through the “Forgiving Others,” “Forgiving Self,” and/or “Releasing God” scripts, thus creating a concrete memory of your choice? If not, why?

Yes or no—talk through.

