

Break the Cycle | Week 5

Introduction

Breaking destructive cycles is possible through Jesus. You're not defined by your past or your family's history. In Jesus, you're a new creation, free from condemnation and empowered to live by the Spirit's guidance.

Conversation Starters (10 minutes)

- What is a tradition you enjoy and want to continue?
- Have you been baptized? Share your baptism story with the group!

Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

[Watch the Video](#) (5 minutes)

Group Discussion (45 minutes)

1. What is something God loves about you and what is something you sense God needs to help you break a pattern in?
2. Take a few minutes to reinforce and encourage the positive things shared from the prayer time. Celebrate the honesty of those who shared a pattern they sense God wants to free them from. Pause to pray specifically for individuals, if appropriate.
3. This past weekend, Chad talked about being a new creation in Christ Jesus ([2 Corinthians 5:17](#)). As we dig deeper into what it means to be a new creation, Jesus offers us a powerful promise of freedom in [John 8:36](#).
 - a. Have you ever felt Jesus was breaking a cycle or pattern that was holding you back? Please share your experience.
 - b. How is the type of freedom in John 8:36 different from how the world defines freedom?
 - c. How can you partner with the Holy Spirit in this process of receiving freedom and becoming new?

4. How might your relationships change if you saw yourself and others as new creations?
If you have already experienced some victory in this area, please share your experience.
5. What is one step you can take this week toward embracing your life of freedom as a new creation in Christ? How can you encourage one another or someone else?

Prayer (5 minutes)

Close your group time in prayer. You can use these words or your own words:

"God, thank you that in you, we are new creations. Thank you that we are free indeed. Help us to break free from any patterns that are holding us back from living fully free. Help us to grow in our relationship with You. In Jesus' Name, Amen."

Announcements (5 minutes)

- Daily Bible Reading that is connected to our weekend messages and group notes is available in the Sun Valley app!
- Baptism is next weekend! If you have said Yes to Jesus but have never been baptized, baptism is your next step. Sign up at baptism.sv.cc.