



**Love God
Love People
Live Like We Mean It**

Breaking Free From Negative Patterns

Group Share

1. What is one way you won last week?

Breaking Free From Negative Patterns

Proverbs 1:31

So they will eat the fruit of their own way, and be filled with their own devices.

Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

KNOW YOURSELF TO LEAD YOURSELF



Galatians 6:8-10

For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.



Pause for 5 Minutes of Journaling
What emotions and thoughts did this topic stir in you?

Break into small groups to read discuss the following questions

Questions to Consider:

- Are there any negative patterns in your life you would like to break free from?
- Can you describe a positive pattern to replace the old negative pattern with?
- If you've been working on changing a negative pattern, how far up the hill do you think you are?
- How close are you to giving up again and what are some things you can do to increase your odds of making it over the top this time?
- Can you think of a time when you made it over the hill and changed a pattern? Share it with your group.

Gather back to one group and let each group share a thought from their discussion. Then end In payer