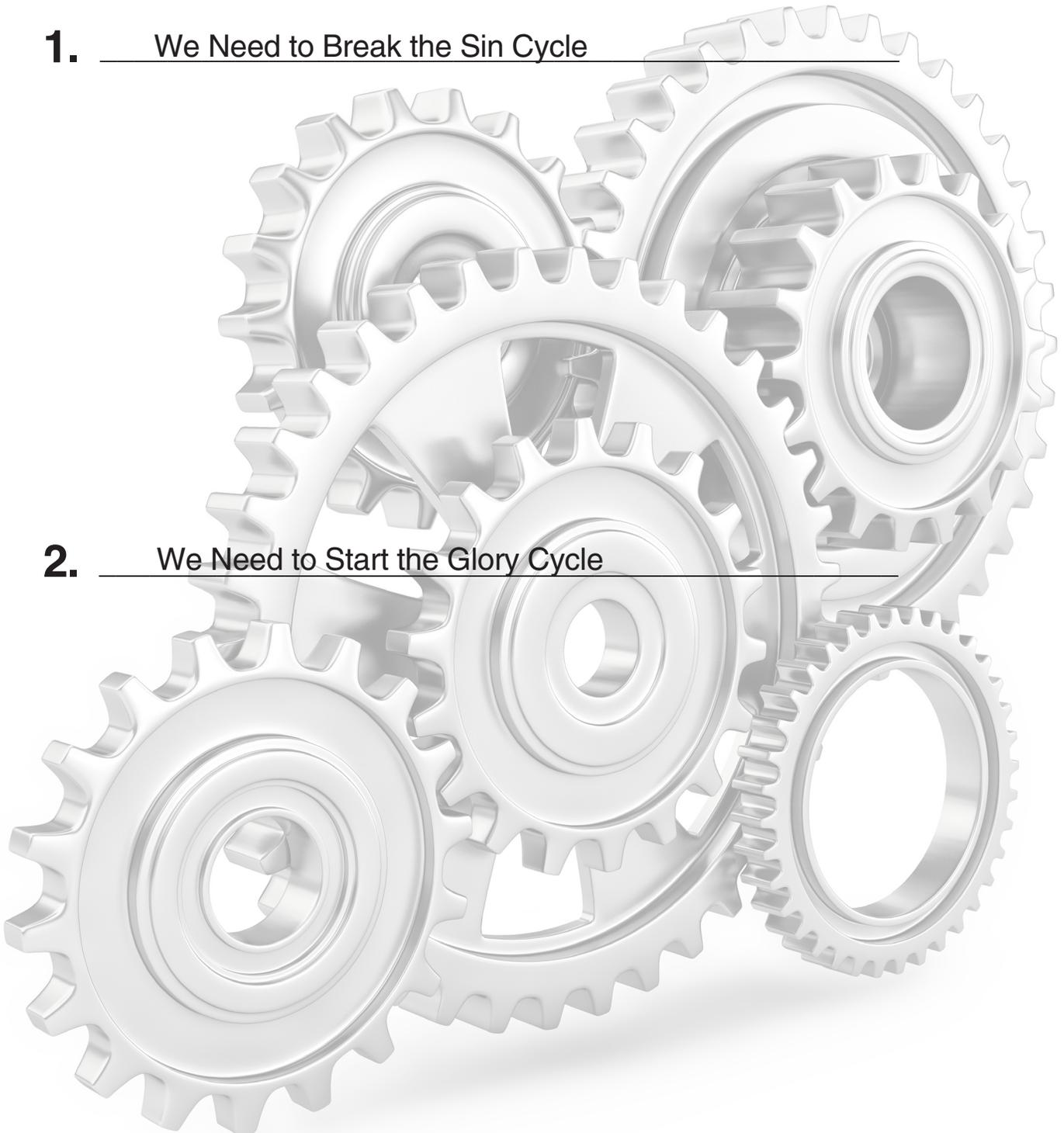


Break The Cycle

“ Learning to Say "No" to Your Own Heart ”

1. We Need to Break the Sin Cycle

2. We Need to Start the Glory Cycle



Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

Point #1

- What can happen if we allow the sin cycle to go unchecked? Read Galatians 6:7-9. What is being sown in your soul?
- What can you do to increase success in the resistance cycle? What has worked? What hasn't? What can you try?
- How can you engage in the sin cycle interrupters in your life? What do you need in order to break the cycle?

Point #2

- Read 2 Corinthians 3:18. What are the necessary components to the Glory Cycle? Which is most difficult for you?
- How have you seen the Glory Cycle in your own life? If you haven't, how have you seen it in someone else?
- What needs to change in your life to step into Point 2? How does understanding these cycles help you?

Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message. A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read Jeremiah 17:7-9, Genesis 3:1-13

- How does the deceitfulness of the human heart shape our world today? How have you seen it in your life?
- In what ways do the experience Adam and Eve had with sin mirror your own? How are they different?
- What could they/should they have done differently? What do you do when tempted? What should you do?

TUESDAY // Read Matthew 11:25-30, James 1:19-25

- Why did Jesus say that his yoke is easy and his burden light? Do you find it easier to sin or follow Jesus?
- Jesus said in him you'd find rest for your soul. Has your soul found rest in Jesus? If not, why not?
- How will we be blessed when we follow the Word of God? What blessings do we miss out on when we don't?

WEDNESDAY // Read 1 Timothy 4:1-8, Galatians 6:7-9

- What were the things being taught by those with a seared conscience in Timothy's day? What are they today?
- How does godliness benefit you in this life? How will it benefit you in the life to come? Is that motivating?
- What is being sown into your soul regularly? Are you strengthening the Spirit or flesh? What needs to change?

THURSDAY // Read Galatians 5:16-25, Romans 6:1-23

- Which of the works of the flesh do you struggle with the most? Which of the fruit of the Spirit do you need most?
- What does it mean to "walk in the Spirit?" How can you do that more? What prevents it? What aids it?
- How does knowing that you're no longer enslaved to sin help you conquer sin? Are you still living as if you are?

FRIDAY // Read James 5:16, 1 John 1:5-9, 2 Corinthians 7:9-10

- Why is it necessary to confess our sins to God and to other people? What happens when we do that? Do you?
- How are confession and repentance connected? Why can't you have one without the other?
- What's the difference between godly guilt/grief and worldly? Are you sensitive to God's grief to bring repentance?

SATURDAY // Read Exodus 34:29-35, 2 Corinthians 3:7-18

- Why was the face of Moses shining? Why would he cover it? How can we reflect the glory of God?
- What's the difference between what happened to Moses and what 2 Corinthians says happens to us?
- In what ways do you put a veil over yourself? How can you take it off? Why is it necessary to be unveiled?

MEDITATION VERSE: *And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.*
2 Corinthians 3:18