



THE POWER TO CHANGE

Breaking the Cycle // Jeff Brodie // January 26, 2025

What do you do when you find yourself stuck in a pattern you want to stop? Why do we often end up in cycles of destructive behaviour, and how can we break the cycle? How do you position yourself to recognize and avoid circumstances that cue behaviours that move you backward?

Scripture: [2 Samuel 11:1-17 NLT](#); [1 Corinthians 10:12-13 NLT](#); [Proverbs 28:13 NLT](#);
[Proverbs 4:14-15 NLT](#)

Bottom Line: The road to redemption is paved with small confessions.

Discuss:

Reminder: The goal is always a good discussion, not completing every question. Use these as a tool to help.

1. Why do you think people often believe their lives fall apart because of one big event rather than a series of smaller decisions?
2. What are some examples of seemingly “small” compromises people make that can lead to more significant consequences?
4. Read [2 Samuel 11:1-4](#). How does David’s decision to stay home rather than go to war set the stage for his later actions? What are the implications of this for us?
5. Check out [2 Samuel 12:7-9](#). How does the prophet Nathan’s confrontation with David illustrate the importance of personal accountability? Do you have a “Nathan” in your life who could challenge you if you were making bad decisions?
6. Read [1 Corinthians 10:12-13](#). How do these verses provide both a warning and an encouragement when faced with temptation or bad habits?
7. Jeff said, “The road to regret is paved with small compromises.” Can you share an area in your life where you’ve felt regret due to repeated small decisions? What were the consequences? How did you respond?
8. Look at [Proverbs 28:13](#) and [1 John 1:8-9](#) together. Jeff talked about the road to redemption being “paved with small confessions.” Would you agree or disagree with this idea? What do you think confession accomplishes in our spiritual and personal lives?
9. Think about where your habits are leading you. Are you happy with that direction? What habit or pattern in your life might you feel God prompting you to address or change? And what “cue” do you need to break? (Remember: Place, People, Time, Mood.)

10. In [Psalm 51:10](#), David prays, “Create in me a clean heart, O God. Renew a loyal spirit within me.” How can this simple prayer guide us to break harmful habits and grow in Christlikeness?

Moving Forward:

Read [Psalm 51:1-12](#) aloud together as a group. After reading, take a few moments of silent reflection, and then invite group members to share one personal learning from the psalm that they want to take into this week.