



# Breaking the Cycle

JUDGES 2:6-3:6

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*"And all that generation also were gathered to their fathers. And there arose another generation after them who did not know the Lord or the work that he had done for Israel." (Judges 2:10, ESV)*

## Review the Sermon

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Read Judges 2:6-3:6.

How is sin a form of insanity in the context of repetitive behavior?

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The four stages of the sin-cycle are: rebellion, remorse, relief, and relapse. Describe each of these stages and how they work out in our daily sin habits.

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What ultimately breaks the “sin-cycle” and sets us free?

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## Assess your Life

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What types of repetitive sin patterns, past or present, have you recognized in your life? (in your thoughts, relationships, habits, etc.)

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In what ways have you relied on external restraints (circumstances, people, etc.) rather than internal convictions in your battle against sin?

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How has repeated sin affected your conscience, desires, or thinking over time?

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## Apply the Truth

How does the gospel – Christ's performance rather than yours – change how you fight sin?

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What does it mean to “know the Lord” rather than just knowing about him?

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How can God use the temptations and trials in your life to test you, teach you, and strengthen your faith?

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## Commit this Week

You can't break the cycle on your own, and the good news is – you don't have to!

Will you commit to knowing Christ more deeply, aligning your thoughts with the gospel, and fighting against sin by God's strength?

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*“I will no longer drive out before them any of the nations that Joshua left when he died, in order to test Israel by them, whether they will take care to walk in the way of the Lord as their fathers did, or not.” (Judges 2:21–22, ESV)*