



LifeGroup Discussion Packet

Resetting Your Relational Patterns

Series: Relationship Reset

Ephesians 4:17-24

May 16-17, 2026

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Main Idea:

The reset your relationships need begins with the renewal of your mind and the transformation of your heart.

Key Verse:

“Be renewed in the spirit of your minds, and... put on the new self, created after the likeness of God in true righteousness and holiness.” Ephesians 4:23-24, (ESV)

Warm-Up Question:

What is one small thing that can easily turn into a bigger argument in a home, marriage, family, or friendship? For example, dishes, schedules, tone of voice, texting, money, or being late.

Discussion Questions

1. Read Ephesians 4:17-24.
Paul describes an old way of thinking, living, and responding, then calls believers to put off the old self and put on the new self. What stands out to you most from this passage?
2. This week’s message said, “We think we are reacting to the moment, but often we are repeating a pattern.” Why is it sometimes hard to recognize our own relational patterns?
3. Old patterns can come from pain, insecurity, family background, or ways we learned to protect ourselves. What are some common patterns people bring into relationships that may feel normal but are not healthy or biblical?
4. Read James 1:19-20. “Let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.” How could this verse change the tone of a marriage, family, workplace, or friendship?

5. The message reminded us, “Your history may explain you, but in Christ, it does not have to define you.” How does 2 Corinthians 5:17 give hope to someone who feels stuck in old relational habits?

6. Read Romans 12:2. Paul says transformation comes through the renewal of the mind. Why do our thoughts, assumptions, and inner stories matter so much in relationships?

7. One practical question from the message was, “What story am I telling myself right now?” How could asking that question before responding help prevent unnecessary conflict?

Going Deeper

The message said, “You do not have to keep repeating what Jesus died to redeem.”

Where do you sense God inviting you to stop repeating an old pattern and start responding in a new way? Consider these three questions...

- What old pattern is God asking me to put off?
- What lie is God asking me to stop rehearsing?
- What new response is God asking me to put on?

Next Step

This week, ask God to show you one relational pattern that needs to be reset. Before reacting, pause and pray, “Lord, renew my mind before I respond.” Then choose one new practice to put on... humility instead of defensiveness, encouragement instead of criticism, honest conversation instead of avoidance, trust instead of control, gentleness instead of anger, or forgiveness instead of bitterness.

What gets reset in the mind gets reshaped in the home.