



LifeGroup Discussion Packet

Breaking Patterns & Generational Cycles

Series: Winning the War Within

Romans 7:4-6

February 7-8, 2026

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Main Idea

The gospel breaks destructive patterns not by repeating the past, but by releasing us into a new way of living through the Holy Spirit.

Key Passage

“So that we serve in the new way of the Spirit and not in the old way of the written code.”
Romans 7:4-6 (ESV)

Warm-Up Question - Have you ever noticed a habit, reaction, or pattern in your life where you thought, “I swore I’d never do that,” and yet found yourself doing it anyway?

Discussion Questions

1. Understanding the Pattern

Pastor Todd explained that generational cycles are not mystical curses, but learned behaviors, environments, and responses that repeat over time.

- What are some examples of patterns people commonly inherit or learn (emotionally, relationally, or spiritually)?
- Why do you think patterns are often powerful even when we don’t want them?

2. Released from the Old Way

Paul says believers have “**died to the law.**” (Romans 7:4a)

- In your own words, what does “the Law” represent in everyday Christian life today?
- Which of these law-based mindsets do you most relate to?
 - a) *“If I do enough good things, God will be pleased with me.”*
 - b) *“If I mess up, I need to punish myself.”*
 - c) *“My spiritual performance determines my worth.”*

- How do these mindsets keep patterns repeating instead of breaking?

3. Reclaimed by a New Way

Paul says we now, **“belong to another, (Jesus).”** (Romans 7:4b)

- Why is “belonging” more powerful than rule-keeping when it comes to real change?

- In the story of Zacchaeus (Luke 19:1-10), what changed first, his behavior or his belonging?

- How does Ephesians 2:19, **“members of the household of God,”** reshape how you see your identity?

4. Renewed by the Spirit’s Way

Paul contrasts the old way with **“the new way of the Spirit.”** (Romans 7:5-6)

- What’s the difference between trying harder & walking by the Spirit (Gal. 5:16)?

- Why is it encouraging to know that change is something the Holy Spirit produces, not something we manufacture?

- Which fruit of the Spirit (Galatians 5:22–23) do you most desire God to grow in you right now?

Going Deeper

Pastor Todd said, “You don’t have to live in the loop.”

- What is one loop or pattern God may be inviting you to release?

- What would it look like this week to depend on the Holy Spirit instead of relying on willpower in that area?

Optional Scripture Reading

- Romans 8:1-11
- Galatians 4:4-7

Next Step This week,

- This week, identify one recurring pattern (thought, reaction, habit, or relationship dynamic) and pray daily, “Holy Spirit, lead me in a new way today.”
- Instead of focusing on what you must stop doing, focus on who you belong to and how the Spirit is leading you, one step at a time.