

Stops With Me / Starts With Me*A Covenant of the First Generation*

Last week you began to see the script. This week you decide what stops with you—and what begins with you by the grace of God.

Instructions: Do not try to change everything at once. Circle or write **ONE** pattern on the left that ends with you. Then write what begins with you on the right. Finally, write one concrete first step you will take this week.

STOPS WITH ME	STARTS WITH ME
Examples (write your own): • Explosive anger • Silent treatment / emotional distance • Unforgiveness / bitterness • Criticism & harsh words • People-pleasing / fear of man • Financial secrecy or control • Addiction or numbing patterns • Prayerlessness • Neglect of spiritual life • Withholding affection • Blame-shifting • Fear-based decisions My pattern that stops with me: _____ _____	Examples (write your own): • Quick forgiveness • Honest, gentle conversation • Daily prayer & Scripture • Words of blessing & encouragement • Healthy boundaries • Generosity & open-handedness • Emotional presence & affection • Asking for help when needed • Family rhythms of worship • Sabbath rest • Confession & ownership • Courageous faith What starts with me by God's grace: _____ _____

My Concrete First Step This Week

Be specific. Instead of "I will stop yelling," write: "When I feel anger rising, I will step away, pray, and return ready to speak with self-control—or apologize if I fail."

Small Group Sharing

In your small group gathering this week, share only what feels safe. No one is required to disclose deep personal details.

1. What is **one** pattern you are asking God to stop with you?
2. What is **one** new thing you want to begin by His grace?
3. How can we pray for one another this week as we take these first steps?

In Christ... stops with me.
By God's grace... starts with me.

You cannot choose what you inherited,
but in Christ you can choose what you will pass on.