



“From Binding Chains to Broken Chains” HOPE GROUP STUDY - Week of December 7, 2025

Let's Talk & Pray

- *if you could instantly break one silly habit, like hitting the snooze button, losing your keys, snacking at midnight < what would it be?* Pray together after everyone has shared.

Let's Read the Word

- Deuteronomy 28:1-15; Proverbs 4:14,15; Proverbs 13:20; James 1:21

Let's Think

- Do you think people recognize the chains affecting families, our communities, or even the church? What chains do you see? Why do you think this topic makes people silent - even though they need freedom?
- Deuteronomy shows blessings tied to obedience and curses tied to disobedience. What does this teach about God's spiritual laws? How does ignoring God's laws affect us? Why do you think people choose to ignore God's laws?

Let's Share

- In your own experience, what is the difference between God “handing out” curses and us living outside the protection of His order? How have you experienced one small area of disobedience affect a whole experience or journey?
- Chains can be restraints... How would you describe a spiritual chain? Where do you see this in your life - emotionally, financially, spiritually, relationally? Have you ever felt something was restraining you and your potential? What small compromises do you feel have built these restraints or chains?
- To break the habit cycle, what is a trigger for that habit that you recognize? How can you stop setting your foot on that path? (Proverbs 4:14-15)
- When we take action to break the chains, the cycle needs to be interrupted. What intentional step could you take this week? (Ex: removing a trigger, limiting access, changing your environment, accountability, detox, rehab, etc.) How and why have avoided this step before?

Let's Grow

- What chains are you asking God to break today? what new habit or spiritual practice do you want to begin in place of the old cycle? What truth from Deuteronomy 28 is God highlighting to you personally?

Let's Pray

How can your group pray for you and support you as you step into freedom? Pray over all requests.

Upcoming Events at Hope

Dec 13 - Bell Ringing at Walmart

Dec 14 - Christmas at Hope 9am & 11am

Dec 24 - Christmas Eve Services 3pm & 5pm