

# Breaking Self-Inflicted Cycles...

## SCRIPTURES TO STUDY

- Acceptance: Psalms 139:23-24 TPT, Ephesians 1:18 NKJV, MSG
- Acknowledgement: Proverbs 28:13 KJV, James 4:17 ESV
- Make The Decision/Set The Culture: Matt 3:8 NLT, Psalm 51:10 ESV, Galatians 5:22-23 NLT
- Have Accountability Partners/Stay Humble: Proverbs 27:17 ESV, TPT, Proverbs 20:5 TPT, Proverbs 1:7 ESV, Proverbs 12:1-3 TPT

## MAIN POINTS, DEFINITIONS & APPLICATION

- A lot of times when we find ourselves experiencing the same thing repeatedly in our lives, there is something within ourselves that God is wanting to reveal and uproot; not for the sake of pain but growth.
- We can choose to see it, and confront it, or cover it up and keep ourselves in what's called a "self-inflicted cycle."
- **4 STEPS TO BREAKING A SELF-INFILCTED CYCLE:**
  1. **Acceptance** - We have to be willing to accept responsibility for our own actions (or lack thereof) and see that something within ourselves needs to be tweaked or changed for the purpose of growth and transformation.
  2. **Acknowledgement/Ownership** - Repentance and a true change of heart.
  3. **Make A Decision/Set The Culture** - Set practices in place that actually provide an environment conducive to a lifestyle change.
  4. **Have Accountability Partners/Stay Humble** - Have someone that you trust AND listen to. Who can correct you/point things out if necessary.

- REMEMBER: You can't do this within your OWN power. The magic is in co-laboring (partnering) with God.
- It's the Holy Spirit who produces the fruit; we are to provide the healthy soil (environment) for the fruit to flourish.
- "THE PAIN IS FINISHED WHEN THE LESSON IS LEARNED..."
- There is often revelation within our pain points. To break self-inflicted cycles, we have to be willing to investigate them rather than avoid them, and then make the necessary mental, behavioral, emotional, and spiritual changes in our lives to heal and move past them.