

# Breaking Self-Inflicted Cycles PART 2: MAGNIFIED FOCUS

## SCRIPTURES TO STUDY

- Acceptance: Psalms 139:23-24 TPT
- Focus/Perspective: Psalm 118:24 NLT, John 16:33 NLT, Hebrews 12:2 ESV, Hebrews 12:2-13 TPT

## MAIN POINTS, DEFINITIONS & APPLICATION

- **4 STEPS TO BREAKING A SELF-INFLICTED CYCLE: (REVIEW FROM PART 1)**
  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**: When God reveals the pain points, triggers, and habits that need to be confronted, how do you respond?
- Is your response "externally focused?" - Deflective, pointing the finger, placing blame on others etc.
- Regardless of what others do to or around us, we are always in control of our own behaviors, reactions, & responses which reflects our **PERSPECTIVE**.
- "What you focus on you magnify..."
- Is your perspective/focus reactive or proactive?
- **DON'T LOOK DOWN, LOOK AHEAD! (THE JOY BEFORE YOU!)** - Don't look down at what's happening around you in the natural realm. Look ahead to what God has called you to and keep your focus/perspective locked into Jesus'.