Tuesday Night Bible Study Guide

Breaking the Cycle: From Patterns to Purpose

Part V: Growth Is Part of the Process

Main Scripture: John 8:31-36
Supporting Scriptures: Philippians 1:6; 2 Peter 3:18; Matthew 5:13-16; John 8:12; Ephesians 2:10; Mark 3:24-30

Key Thought

Growth is not proof that something is wrong with us. Growth is proof that God is still working in us. We may feel unfinished, incomplete, or frustrated by our shortcomings, but God is faithful to complete the work He started.

Big Idea

Breaking cycles requires more than wanting freedom. We must continue in Christ, grow through the Word, change our perspective, build new habits, and walk in the freedom Jesus has already made available.

Lesson Summary

This lesson reminds us that spiritual growth is part of God's process of transformation. Philippians 1:6 teaches that God began a good work in us and will complete it. That work began through redemption, was made possible by Christ's death on the cross, and continues through the Holy Spirit who helps us become more like Christ every day.

Jesus also teaches that His disciples are salt and light. We do not have to become light by our own strength. We are called to reflect the light of Christ in a way that brings glory to God. Good works are not just good deeds. They are righteous, biblically authorized actions that benefit others and cause God to receive the credit.

John 8 reminds us that true freedom comes through the Son. A servant may remain only temporarily, but a son has a permanent place. Jesus is the rightful Son who can set us free, and when He makes us free, we are free indeed. True freedom requires both the Living Word, Jesus, and the written Word, Scripture, so that we can be free from sin, patterns, habits, and strongholds in daily life.

Core Points

1. God Is Still Completing the Work

You may feel unfinished, but unfinished does not mean abandoned. God does not start what He has no intention of completing. Growth means God is shaping, correcting, strengthening, and developing us.

Reflection:
Where have I mistaken being “unfinished” for being “unusable”?

2. Growth Happens Through Grace and Knowledge

Second Peter 3:18 tells us to grow in grace and in the knowledge of Jesus Christ. Grace does not excuse us from growth. Grace gives us the strength to grow.

Reflection:
Am I allowing grace to develop me, or am I using grace to avoid change?

3. Disciples Are Salt and Light

Jesus did not say His disciples should try to be salt and light. He said they are salt and light. Our lives are meant to influence, preserve, reveal, and point people back to God.

Reflection:
Is my life making God clearer to others, or am I hiding the light He placed in me?

4. Good Works Should Give God the Credit

Good works are not about drawing attention to ourselves. They are meant to highlight God. The goal is not applause for us, but glory to the Father.

Reflection:
Do my actions make people impressed with me or aware of God?

5. Freedom Comes Through the Son

Jesus contrasts the bondservant and the son. A servant’s place is temporary, but a son abides forever. Only the rightful Son can set the bondservant free.

Reflection:
What area of my life still looks more like bondage than sonship?

6. Proximity Is Not the Same as Allegiance

Being near Jesus, church, Scripture, or spiritual activity is not the same as surrendering to Jesus. Allegiance means He has our trust, obedience, and loyalty.

Reflection:
Where have I been close to spiritual things but not fully surrendered to Christ?

7. The Process Requires Action

The notes give a clear process: identify the cycle, change your perspective, build new habits, and walk in freedom. Freedom must be practiced, not just admired.

Reflection:
What cycle do I need to identify and confront this week?

Discussion Questions

1. Why do we sometimes become discouraged when God is still working on us?
2. What does Philippians 1:6 teach us about God's commitment to our growth?
3. How does continuing in the Word help us experience freedom in daily life?
4. What is the difference between doing good things and doing "good works" that glorify God?
5. In what ways can a believer hide their light?
6. What does it mean to have allegiance to Jesus instead of just proximity to Jesus?
7. What pattern, habit, or stronghold needs to be replaced with a new habit of obedience?

Personal Application

This week, ask God to show you one cycle that needs to be broken. Do not try to fix everything at once. Start with one area.

Identify the cycle: What pattern keeps repeating?
Change your perspective: What truth from God's Word corrects your thinking?
Build new habits: What one obedient action can you practice daily?
Walk in freedom: How will you choose freedom when the old pattern shows up?

Prayer Focus

Lord, thank You for beginning a good work in me. Help me not to despise the process of growth. Teach me to continue in Your Word, reflect Your light, and walk in the freedom that Jesus has given me. Show me the cycles, habits, and strongholds that need to be broken, and give me the grace to build new patterns that honor You. In Jesus' name, amen.