

HOW TO BREAK THE CYCLES THAT KEEP COMING BACK

Series: Fresh Start – Week 3

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*“Everyone who sins is a **slave of sin.**” John 8:34 (NLT)*

*“Sin is **no longer your master.**” Romans 6:14 (NLT)*

TO BREAK THE CYCLES THAT KEEP COMING BACK...

1. **Spot** The Pattern

*“After that generation died, another generation grew up who **did not acknowledge the LORD or remember the mighty things he had done...** The Israelites did evil... **served the images of Baal...** They abandoned the LORD... The Israelites did evil... **served the images of Baal...** They abandoned the LORD... So he **handed them over...** The people were in **great distress.** Then **the LORD raised up** judges to **rescue** the Israelites... Yet Israel **did not listen...**” Judges 2:10-17 (NLT)*

2. **Take** The Way Out

*“You are tempted in the same way that everyone else is tempted. But God can be trusted not to let you be tempted too much, and **he will show you how to escape from your temptations.**” 1 Corinthians 10:13 (CEV)*

3. **Starve** The Flesh

*“Rather, clothe yourselves with the Lord Jesus Christ, and **do not think about how to gratify the desires of the flesh.**” Romans 13:14 (NLT)*

4. **Rely** On The Spirit

*“If you are **guided by the Spirit,** you won’t obey your selfish desires.” Galatians 5:16 (CEV)*

3 Ways To Reply On The Spirit

- A. **Start The Day** Filled
- B. **Stay Connected**
- C. Replace Your **Coping**