



Series: MAN ALIVE

“I Have a Lot of Destructive Behaviors That Drag Me Down”

Romans 7:15-25, 2 Corinthians 7:8-10, Exodus 34:7-8

Questions

1. What were your parents like? Did you have a good relationship with your father? How about your mother? What did your parents do right?
2. Pretend you’ve just been tempted by, or sinned with, a repetitive, destructive behavior. It might be overreacting, becoming prideful, acting like a hypocrite, lust, looking at pornography, losing your temper, or feeling hate toward a person or group of people. Pick one that applies to you. Now, describe how you can execute a lifestyle of repentance for that specific situation.
3. How can the “Breaking the Cycle Work Sheet” help you put a stop to any destructive behaviors that keep dragging you down?

Man in the Mirror
407-472-2100

www.maninthemirror.org



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Note-Taking Outline

The Big Idea: _____

