BIBLE STUDY WORKSHEET

Breaking Generational Cycles

With truth, support, repentance, and new choices, harmful patterns do not have to continue.

Prepared by Vanessa

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."
Romans 12:2 (KJV)

OPENING PRAYER

God of restoration, help me see harmful patterns clearly without hatred, denial, or shame. Give me courage to take responsibility for my choices, seek help where needed, and build a legacy of truth, safety, and love. Amen.

Name _____ Date _____

PURPOSE OF THIS STUDY

This study helps women recognize inherited patterns without shaming their families or themselves. It focuses on responsibility, healing, support, and repeated choices that build a healthier legacy.

What I hope God will show me through this study:

Scripture Foundation

1. Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Observation:

2. Ezekiel 18:20

Read this passage slowly. What does it reveal about God, about us, and about a faithful response?

Observation:

3. Ephesians 4:22-24

Read this passage slowly. What does it reveal about God, about us, and about a faithful response?

Observation:

4. Deuteronomy 6:5-7

Read this passage slowly. What does it reveal about God, about us, and about a faithful response?

Observation:

BIBLE STUDY WORKSHEET

Teaching and Truth

1. Name patterns without becoming the pattern

Family history can explain what we learned, but it does not have to dictate what we repeat. Awareness creates space for repentance, support, skill-building, and a different response.

Read and reflect: Ezekiel 18:20

2. Renewal requires practice

A new decision may begin change, but new patterns become stronger through repetition. We learn to pause, regulate, communicate, apologize, set boundaries, and choose differently again.

Read and reflect: Ephesians 4:22-24

3. Build a truthful legacy

Breaking cycles is not only about stopping harm. It is also about building what was missing: safety, consistency, affection, honesty, responsibility, faith, and repair.

Read and reflect: Deuteronomy 6:5-7

TRUTH TO REMEMBER

I am not condemned to repeat what I learned. With God's help, wise support, and consistent choices, I can participate in a healthier legacy.

Which teaching point speaks most directly to your current season?

Personal Reflection

1. What pattern do you most want to stop repeating?

2. What need or trigger usually comes before that pattern?

3. What healthier response could replace it?

4. Who can support and hold you accountable?

5. What positive legacy do you want the next generation to receive?

Faith in Action

Choose at least one practice for the coming week.

[ ] Map one cycle: trigger, thought, feeling, behavior, result.

[ ] Write a replacement response for the next trigger.

[ ] Seek trauma-informed or professional support when a pattern is deeply rooted or unsafe.

[ ] Practice a specific repair: acknowledge, apologize, change, and follow through.

My specific next step:

GROUP DISCUSSION

1. How can we honor family members without denying harm?

2. Why does change require both grace and accountability?

3. What new traditions could strengthen a healthier legacy?

Prayer, Commitment, and Notes

CLOSING PRAYER

Lord, redeem what has been handed down in pain. Teach us new ways of responding and give us courage to practice them. Let truth, safety, faithfulness, and love become part of the legacy we leave. Amen.

SPEAK THIS TRUTH

I am not condemned to repeat what I learned. With God's help, wise support, and consistent choices, I can participate in a healthier legacy.

My prayer and commitment:

Group notes and prayer requests: