



Series Goal:

Cycle Breaker is about taking the hand you've been dealt in life and refusing to let it define you. No matter what your family is like, what happened in your past, what struggles you face personally, or what people have said about you—God wants to define your identity. By the power of the Holy Spirit, you will overcome, shatter the statistics, break off generational “curses,” and chart a new path for generations to come for God’s glory. This series is all about real people from the Bible who were cycle breakers, and how you can be one, too!

Today’s Goal:

Today’s focus in small group is helping students understand the concept of being a cycle breaker. What are the destructive cycles that they have inherited because of their past, family, or friendships, and how can they turn their heart toward God instead? The emphasis of today is “standing alone.” Often, students may be the only one in their family or school who is seeking to follow God.

Noah was the only righteous person whom God saw when He looked at the Earth in Genesis 6. We want students to understand that there will be times when they have to stand alone—and that God promises to never leave us during these times and that He will reward us for our commitment to Him.

Leader Reminders:

- Pray for your students by name, that the Holy Spirit would give them hope that they can break the negative and destructive cycles in their lives. Pray against attacks from Satan, who doesn’t want this heart transformation to happen.
- During this series, we are challenging students to get into the Bible on a daily basis and spend time in God’s presence using the acronym “S.O.A.P”: Scripture, Observation, Application, Prayer. Make this a priority for you personally and for your group. Follow up each week. Challenge them to bring paper Bibles and a journal each week, as well.
- We want students to experience who Jesus is through this series. This is not a lecture or another sermon. Small group time is focused on helping students fall in love with God and His Word and apply it to their own lives. It is for encouragement and accountability. Ask great, open-ended

questions, and don't be afraid of silence. Listen well. Resist the urge to preach.

- This series will be most powerful if you can create a safe environment for students to share the deep struggles from their past and present. Consider making or revisiting a group covenant where everyone agrees to keep things that are shared within the group, to listen to each other and be courteous, and to support each other when something sensitive is shared. Also, feel free to be vulnerable about your own life (without sharing too many intimate details—this group is not for your growth or accountability).
- Make sure you save the 10 to 15 minutes needed for the closing activity each week. This is an essential part of solidifying the truths we are discussing each week so that they become a reality in students' lives. Set an alarm on your phone if you have to.
- If you know you won't have time to get through the Bible study (“Digging Into the Word” section), make sure you spend the majority of your time on the “Application Questions!” We want students to know about the life of Noah, but even more so, we want them to apply these practical biblical principles about being a cycle breaker to their lives.
- Though this series will be powerful for students who need to break out of circumstantial and generational cycles, make sure to make a point with your students that this can relate to anyone—even a pastor's kid—because we all have sin cycles we need to break out of!

Ice Breaker:

- If your group doesn't know each other, spend a little more time here having everyone introduce themselves and share a fun fact.
- One great way to break the ice is to set a timer and give everyone in your group one to two minutes to share a “happy,” a “crappy,” and a “God moment” from the past week.
- To get them thinking about the lesson: what is your favorite animal and why?

Starter Question: *Start in prayer as a group. Have a student pray for everyone to have open hearts to what God wants to do through this group and this study.*

- When you look around at everything in the world, what are some of the terrible things you see? Why do you think the world is broken and not how it’s supposed to be?
- What is the most broken thing in your own life? (family, friends, personally, etc.)

Say Something Like: Today, we are starting a new series called *Cycle Breaker*. We are going to be looking at several real people from the Bible who stood out and changed the game in their families, cities, and for generations to come because they let God have complete control of their lives. They came from messed-up situations and had lots of struggles, but they chose to do the hard thing and break the cycle of destruction by the power of the Holy Spirit. God wants to do that in our lives, too. Today, we’re going to read about someone you may have heard of when you were a kid, and he actually was a powerhouse cycle breaker from whom we have lots to learn. He had to stand alone, and his name was Noah.

Digging into the Word: *Have a student read Genesis 6:5–14, 17–22.*

- Can someone paraphrase what just happened?
- Why did God decide to wipe out everyone on Earth? Isn’t that a little harsh? Why did God think it was that serious?

[**Leader Note:** This is a great opportunity to help your students wrestle with the concept of the severity of sin and depravity, God’s holiness, and our need for a Savior.]

- What set Noah apart from everyone else? Does that mean he was perfect? Why do you think he was a cycle breaker?
- What do you think it was like for Noah to build a giant boat, claiming that a flood was going to wipe out the Earth? How do you think other people in town treated him? Do you think he ever had doubts?
- Have you ever had to *stand alone* (in your family, at school, friend group, team, club, etc.)? How did you handle it?

Have another student read Genesis 7:1, 9–10, 12, 17–24.

- What do you think Noah thought about for all those days on the ark?

- When you see the sin of others and those who don't know Jesus around you (family, friends, strangers), is your first thought disgust, or empathy? How do you think God wants us to see the people around us who have hurt us, who do destructive things, and whom we don't like?

Have another student read Genesis 8:1, 13–22.

- When Noah exited the boat, he worshiped. What role does worship play in your life and relationship with God? Why does God deserve our worship? What happens when we worship?
- How does it make you feel to know that God promised to never again flood the Earth?

Have another student read Genesis 9:8–17.

- What does the rainbow represent?
- How in the world can we be righteous or perfect? [\[We can't—that's why Jesus's sacrifice on the cross meant so much.\]](#)
- What is a covenant? Have you heard of the Old and New Covenants? What's the difference? Read about a new covenant promise in Romans 10:4.

Romans 10:4 (NIV)

“Christ is the culmination of the law so that there may be righteousness for everyone who believes.”

- Based on this verse, how are things different now than in Noah's lifetime? How has Jesus ultimately held up *our end* of the covenant? How has Jesus's righteousness made a way so that we could be righteous, too?
- Have you accepted God's forgiveness for your sins based on what Jesus did for you on the cross? In what ways have you still held on to shame and guilt, fearing condemnation and not accepting the freedom God is offering you in Christ?

Application Questions: [\[Most Important\]](#)

- What negative cycles exist in your family, in your generation, in your school, and in the world today? (Examples: Not accepting Jesus, atheism, fatherlessness, drugs, alcohol, abuse, anger, destructive words, sarcasm, laziness, work ethic, greed, comparison,

anxiety/depression/mental illness, lack of sharing feelings or “I love you,” sexual addiction/pornography, eating disorders, perfectionism with grades/success, obsession with appearance, pride and power, etc.)

- How have you continued to engage in these negative and destructive cycles yourself? Why do you continue?
- What lies have you believed that have held you in bondage to these unhealthy cycles? (“I am unworthy, I will never be able to overcome this, no one cares, I might as well do this anyway, no one understands, etc.”)
- What truth is God speaking to your heart today about how God feels about you, about your identity, and about how He is calling you to be a cycle breaker—changing generations and shattering statistics for His glory and your good?

Challenge:

Memorize 2 Corinthians 5:17 during this series *Cycle Breaker*. Pray and ask God to make you a cycle breaker! Let’s practice it out loud together now.

2 Corinthians 5:17 (NLT)

Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

Read through 2 Corinthians 5:16–21 every day this week, using the acronym “S.O.A.P.”: Scripture, Observation, Application, Prayer.

[**Leader Note:** Explain briefly how to use S.O.A.P.]

Activity: (Save 10 minutes at the end of group for this activity!)

- Set a timer and have your group take 10 minutes to engage with the *Cycle Breaker* handout. As a leader, familiarize yourself with it before group so that you can answer any questions. This is the chance for your students to let God speak to them about action steps to becoming a cycle breaker.

[**Author Note:** Provide a handout and a pen for each student in each group.]

Prayer Prompt: Close out your time together by praying for your group, and encourage your students to come back next week!