



TALK IT OVER

UNDER MY ROOF: FLIP THE CYCLE

BOTTOM LINE

You have the power to stop the cycle and start a new cycle of blessing.

CONVERSATION STARTER

What was your favorite childhood book and why? What is your favorite kids' show?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [How to Break Destructive Patterns](#): This blog has a helpful interview with Dr. Henry Cloud on stopping a negative cycle.

KEY VERSES AND QUOTES

...I have set before you life and death, blessings and curses. Now choose life, so that you and your children will live. Deut. 30:19 NIV

Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work. You don't have to use everything that you've inherited. Your life can be affected by your decisions, your environment, and your experiences. There are certain genes that we can, in effect, not allow to come forth. They're discovering what the Scripture says: Just because you inherit something doesn't mean you have to pass it down. You can reject the negative genes that have been passed down to you and choose life.

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24 NIV

Stop and ask God to help you realize what you may have inherited and are passing on unintentionally. You can't change what you don't recognize.

TALK IT OVER

Your culture is something you have created and are allowing. Do you find that statement freeing, or does it make you feel defensive? Explain.

In your own family history do you see any areas where your parents chose life and changed the cycle? Have you done that in any area?

Dr. Phil McGraw is famous for saying, "Every family needs a hero." How is God showing you that the hero needs to be you?

ACTION STEPS (This or one of your own)

I will begin this week to work through the five steps honestly, with a journal/notebook and an accountability person, or counselor if needed.

My Action Step: _____