

Discussion Guide

Breaking the Cycle That's Breaking You

Judges 16 | Pastor Dave Bennett | November 8, 2026

Session Overview

This discussion explores how small, repeated choices shape the direction of our lives. Using Samson's story in Judges 16, we will consider the difference between simply changing behavior and cooperating with God's transforming work. Together, we will identify one habit to break, recognize the cues that draw us toward it, and choose a practical way to interrupt the pattern. The goal is honest reflection and one faithful next step—not shame, comparison, or earning God's love.

Leader Coaching Sidebar

- Remind the group that breaking a habit is a response to God's love, not a way to earn it.
- Thank people for their honesty; avoid fixing, comparing, or pressing for private details. Ask members to respect one another's privacy without promising absolute confidentiality.
- Help each person name one habit, one cue, and one practical barrier, then invite a voluntary check-in.

Key Scriptures

Read these passages aloud as a group. Split them up between a few people if you'd like.

- Judges 16:1 (Feel free to read the full chapter if you'd like to discuss the life of Samson with your group)
- James 1:21
- Proverbs 4:14-15
- Proverbs 13:20

Start Talking

For you, why are good habits so hard to start and bad habits so hard to break?

Start Thinking

1. Based on who you want to become, what is one habit you need to break?
2. When did you start doing this and what are some of the causes that lead you to do what you do?
3. What difference do you see between trying to change behavior through willpower and humbly accepting God's Word, as James 1:21 describes?

Start Sharing

1. The sermon describes destructive habits as walking down a hill rather than falling off a cliff. How does that picture change the way you understand Samson's choices and the opportunities to turn around?
2. The sermon names five cues: places, times, moods, moments, and people. Which cue do you notice most in your own pattern, and what does it look like in an ordinary week?
3. When has someone helped you take a healthy step without making you feel ashamed, and what made that support helpful?

Start Doing

1. Proverbs 4:14-15 gives us four commands to remove ourselves from a bad situation. What is the root cue you need to remove from your life that keeps you from changing?
2. How can you interrupt the action that leads up to a habit you want to break?
3. In addition to the group, who is one trusted person you will invite to support you, and what specific check-in could be helpful for you to put in place?

Start Doing

Be sure to pray for change in the areas the individuals in your group shared.

Father, thank You that we do not have to earn Your love. Show us the patterns that pull us away from the people You are calling us to become. Help us receive Your Word with humility, remove the cues we can remove, and interrupt the actions that keep us stuck. Give us courage to ask for help and grace to support one another without shame. Holy Spirit, strengthen us to take one faithful step this week, trusting You to continue the work You have begun. In Jesus' name, amen.