

# Running in **CIRCLES** LIFE GROUP CURRICULUM

## Week 1

This Facilitator Guide will help you lead conversation with your LIFE Group.  
[Brackets] indicate simple cues for you, as a Facilitator, not intended to be read aloud.

### Conversation Starter

What TV family was your childhood family most like?

[Play the Recap Video, then move into Discussion Questions.]

### Discussion Questions

**Question 1:** What are some cycles you've seen people get stuck in? How do you identify someone who is in a cycle?

**Question 2:** Is there a cycle in your life that you think is normal but other people may view as crazy?

**Read:** Galatians 5: 22-23

**Question 3:** Fear and shame are often what keep us in cycles, but the fruit of the spirit helps to break us out of the cycles. Which one of these would be most helpful to break out of a cycle and why? [love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control]

**Question 4:** What is a circle you are stuck in that you need to turn from and intentionally change (repent)?

Jesus' invitation to repent is an invitation to turn towards hope. Pray for your group and the circles they may be currently stuck in and that they can break out of the cycle.

