

It Stops with Me

August 15 & 16, 2026

STORIES
of
STRUGGLE

Remember:

I do not have to repeat the patterns I came from when I choose _____ over my past.

My Silent Fears:

- “Will my _____ always be this way?”
- “Can people really _____?”
- “Am I destined to _____ what I came from?”

Say, “It _____ with me.”

How to Say “It Stops with Me” and Mean It:

1

_____ that what is normal is not always healthy.

2 Kings 22:8-11 (NLT)

Hilkiah the high priest said to Shaphan the court secretary, “I have found the Book of the Law in the LORD’s Temple!” Then Hilkiah gave the scroll to Shaphan, and he read it.

Shaphan went to the king and reported, “Your officials have turned over the money collected at the Temple of the LORD to the workers and supervisors at the Temple.” Shaphan also told the king, “Hilkiah the priest has given me a scroll.” So Shaphan read it to the king.

When the king heard what was written in the Book of the Law, he tore his clothes in despair.

We Often Normalize Unhealthy Patterns:

- Anger
- _____
- Compromise
- _____ communication
- Emotional distance
- Spiritual _____

Romans 12:2 (GNT)

Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God—what is good and is pleasing to him and is perfect.

Information with application brings transformation.

But information without application brings frustration.

James 1:22-25 (NLT)

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

Remember:

I cannot change what I refuse to _____.

2

_____ to God's Word to confront what needs to change.

2 Kings 22:11-13 (NLT)

When the king heard what was written in the Book of the Law, he tore his clothes in despair. Then he gave these orders to Hilkiyah the priest, Ahikam son of Shaphan, Acbor son of Micaiah, Shaphan the court secretary, and Asaiah the king's personal adviser: "Go to the Temple and speak to the LORD for me and for the people and for all Judah. Inquire about the words written in this scroll that has been found. For the LORD's great anger is burning against us because our ancestors have not obeyed the words in this scroll. We have not been doing everything it says we must do."

Three Realizations about Change:

- **Real change begins when truth confronts us**
_____.
- **Most people want transformation without**
_____.
- **Healing begins when we stop excusing unhealthy patterns and let God _____ them.**

Hebrews 4:12 (MSG)

God means what he says. What he says goes. His powerful Word is sharp as a surgeon's scalpel, cutting through everything, whether doubt or defense, laying us open to listen and obey.

2 Timothy 3:16-17 (NLT)

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.

Remember:

God's Word does not reveal things to shame us; it reveals things to _____ us.

John 8:31-32 (MSG)

Then Jesus turned to the Jews who would claim to believe in him. "If you stick with this, living out what I tell you, you are my disciples for sure. Then you will experience for yourselves the truth, and the truth will free you."

Remember:

Truth exposes _____ so healing can begin.

3

_____ whatever keeps pulling me backwards.

2 Kings 23:4-8 (NLT)

Then the king instructed Hilkiah the high priest and the priests of the second rank and the Temple gatekeepers to remove from the LORD's Temple all the articles that were used to worship Baal, Asherah, and all the powers of the heavens. The king had all these things burned outside Jerusalem on the terraces of the Kidron Valley, and he carried the ashes away to Bethel. He did away with the idolatrous priests, who had been appointed by the previous kings of Judah, for they had offered sacrifices at the pagan shrines throughout Judah and even in the vicinity of Jerusalem. They had also offered sacrifices to Baal, and to the sun, the moon, the constellations, and to all the powers of the heavens. The king removed the Asherah pole from the LORD's Temple and took it outside Jerusalem to the Kidron Valley, where he burned it. Then he ground the ashes of the pole to dust and threw the dust over the graves of the people. He also tore down the living quarters of the male and female shrine prostitutes that were inside the Temple of the LORD, where the women wove coverings for the Asherah pole.

Josiah brought to Jerusalem all the priests who were living in other towns of Judah. He also defiled the pagan shrines, where they had offered sacrifices—all the way from Geba to Beersheba. He destroyed the shrines at the entrance to the gate of Joshua, the governor of Jerusalem. This gate was located to the left of the city gate as one enters the city.

Remember:

Josiah didn't merely "manage" the idols; he _____ them.

- Many Christians want freedom while they keep easy _____ to the very idols destroying them.
- _____ obedience never produces lasting freedom.

Hebrews 12:1 (NLT)

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

Galatians 5:1 (NLT)

So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law.

Freedom Often Requires Removing:

- _____ relationships
- Bad _____
- _____ environments
- Bad _____
- Secret _____

4 _____ obedience, even if nobody before me did.

2 Kings 23:25 (NLT)

Never before had there been a king like Josiah, who turned to the LORD with all his heart and soul and strength, obeying all the laws of Moses. And there has never been a king like him since.

Josiah chose _____ even though he had no godly example before him.

Remember:

One of the enemy's biggest lies: "This is just who your _____."

"I may not be responsible for what shaped me...
but I am responsible for what is _____ me now."

Ezekiel 18:19-20 (NLT)

“‘What?’ you ask. ‘Doesn’t the child pay for the parent’s sins?’ No! For if the child does what is just and right and keeps my decrees, that child will surely live. The person who sins is the one who will die. The child will not be punished for the parent’s sins, and the parent will not be punished for the child’s sins. Righteous people will be rewarded for their own righteous behavior, and wicked people will be punished for their own wickedness.”

Joshua 24:15 (NLT)

“But if you refuse to serve the LORD, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, we will serve the LORD.”

Philippians 2:15 (NLT)

... so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

Remember:

Do not underestimate what God can do through one
_____ **life.**

5

_____ **a different legacy.**

2 Kings 23:1-3 (NLT)

Then the king summoned all the elders of Judah and Jerusalem. And the king went up to the Temple of the Lord with all the people of Judah and Jerusalem, along with the priests and the prophets—all the people from the least to the greatest. There the king read to them the entire Book of the Covenant that had been found in the Lord’s Temple. The king took his place of authority beside the pillar and renew the covenant in the Lord’s presence. He pledged to obey the Lord by keeping all his commands, laws, and decrees with all his heart and soul. In this way, he confirmed all the terms of the covenant that were written in the scroll, and all the people pledge themselves to the covenant.

Remember:

Breaking unhealthy cycles is not just about your freedom, it is about _____ **generations.**

Deuteronomy 30:19 (NLT)

“Today I have given you the choice between life and death, between blessings and curses. Now I call in heaven and earth to witness the choice you make. Oh that you would choose life, so that you and your descendants might live!”

Psalm 78:4-7 (NLT)

We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the LORD, about his power and his mighty wonders. For he issued his laws to Jacob; he gave his instructions to Israel. He commanded our ancestors to teach them to their children, so the next generation might know them—even the children not yet born—and they in turn will teach their own children. So each generation should set its hope anew on God, not forgetting his glorious miracles and obeying his commands.

Through God's Power:

- Cycles can _____.
- Families can _____.
- New legacies can _____.

2 Chronicles 35:1-3 (NLT)

Josiah celebrated the Passover to the LORD in Jerusalem, and the Passover lamb was slaughtered on the fourteenth day of the first month. He appointed the priests to their duties and encouraged them in the service of the LORD's temple. He said to the Levites, who instructed all Israel and who had been consecrated to the LORD: "Put the sacred ark in the temple that Solomon son of David king of Israel built. It is not to be carried about on your shoulders. Now serve the LORD your God and his people Israel."

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G o d ' s t r u t h over my past.

My Silent Fears:

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