



Week 1 Session Guide

BREAKTHROUGH

What is a break - through?

1. a sudden advance especially in knowledge or technique - *Changing OUR Thoughts*
2. an act of moving through or beyond an obstacle - *Changing OUR Actions*
3. an advance through and beyond an enemy's front-line defense - *Changing OUR Strategy*

We all need a BREAKTHROUGH!

Do you find yourself struggling with the same habits, mindsets, fears, or anxieties that you know are holding you back and are not of God, but you can't move past them? So many people get stuck in unhealthy behaviors and thought patterns. We try everything we can think of to get out and it's to no avail. After a while, we figure it's just us and we give up hope that we can change ...

I want to tell you there is hope. Not in our own strength and in our own wisdom, but in the truth and power of God!

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. 2 Peter 1:3

His power has given us EVERYTHING ... I want to let you know that many of us are "ONE THOUGHT OR LIFE CHANGE FROM EXPERIENCING BREAKTHROUGH IN OUR LIVES!"

I also want to tell you today that our God is the God of the Breakthrough!

READ 2 Samuel 5:17-25

In 2 Samuel 5:17-25, David was in the City of Jerusalem and when the Philistines who were enemies of the Israelites heard that David had been anointed as King, they went up in "full force" and surrounded the city. The first thing that David did was to go to his stronghold to inquire of the LORD who told him to go and fight. David rose up and battled and won a great victory and he called the place Baal Perazim which means "THE GOD WHO IS BREAKING THROUGH."

Let's look at a few principles from this passage to help guide us in our pursuit of Break Through.

1. The Enemy took notice of David when he was anointed by God. Why? Because at that moment, he became a threat to them. I want to let you know that the enemy does not want you to walk in the anointing that God has for you; because he knows that he is powerless when we walk in the power of God! **KNOW WHO YOU ARE!**
2. The first thing that David did was to go his stronghold/fortress and inquired of God. He prayed and brought God into his struggle. God spoke and told him he would be victorious. We must be in the Word and Prayer to walk in the wisdom and strategy of God. **KNOW HIS WORD AND HIS VOICE!**
3. Even though God spoke, David still had to be obedient and carry out the actions God was asking him to take. David's actions were done in faith of God's promise of victory. David still had to push past fear, doubt, and do the hard work of carrying out God's commands. **OBEY AND WALK IN FAITH!**

The problem is not the promises of God ... it is our faith and obedience in those promises. As Del Tackett from the Truth Project said **"Do you believe that what you believe is really real?"** Do we really take God at his word and live out that truth in our lives? Over the next 3 months, together we are going to look at 10 simple **KEY SAYINGS** that are a truth or promise of God and then we are going to ask a simple question:

"If I really believed this (key phrase), how would it change my life?"

Each week we will be focusing on key phrase. Each session will have the following outline.

- Review the Key Phrase
- Take time to ponder, pray, and answer the following questions.
 - If I really believed this (key phrase) how would it change my life?
 - In what ways am I walking in this truth and in what ways do I struggle?
 - What tensions would this solve? What tensions may it create?
 - Find a Scripture or Biblical Principle that reflects this truth.
- Write down any thoughts you need to change and any steps you can take to walk in this truth?
- Pray for one another.

Tips for Success:

- We encourage you to get a journal or a notebook so you can write down and remember what God speaks to you throughout this session.
- If you haven't had the opportunity to learn how to study the Bible or what study tools are available, please ask your life group leader. They would love to assist you so you can learn how to glean more from God's Word.
- Ask for accountability. Sometimes we know we need to make changes, but we need help. Asking someone for prayer and accountability is a huge step to breakthrough especially when we are changing long standing habits.

