

Breakthrough: Breakthrough & Fasting

Acts 13:1-3

2026.10.11

Read Acts 13:1-5: Each person share about one of the following questions

- What did you like about this passage?
- What didn't you like or made you uncomfortable about this passage?
- What didn't you understand about this passage?
- What does this passage teach us about Jesus?

Breakthrough is the Spirit freeing us to live fully for God's Kingdom. Fasting is deliberately creating space to seek God. When we remove something that normally satisfies, distracts, or controls us, we can begin to discover what our hearts are really hungry for.

- When you think about the breakthrough you most desire right now, how desperate are you for it? (This isn't rhetorical – it's worth considering)
- What are some things in your life that tend to satisfy, distract, or control you?
- What might God reveal about your heart if you intentionally created space by fasting from one of those things?

Fasting doesn't buy us anything from God or force God to act. Instead, it aligns us with His will, His Word, His purposes, and His ways. Fasting is ultimately for us—it helps us draw closer to God and depend more fully upon Him.

- What would it look like for you to approach fasting as an opportunity to surrender and become more aligned with God?

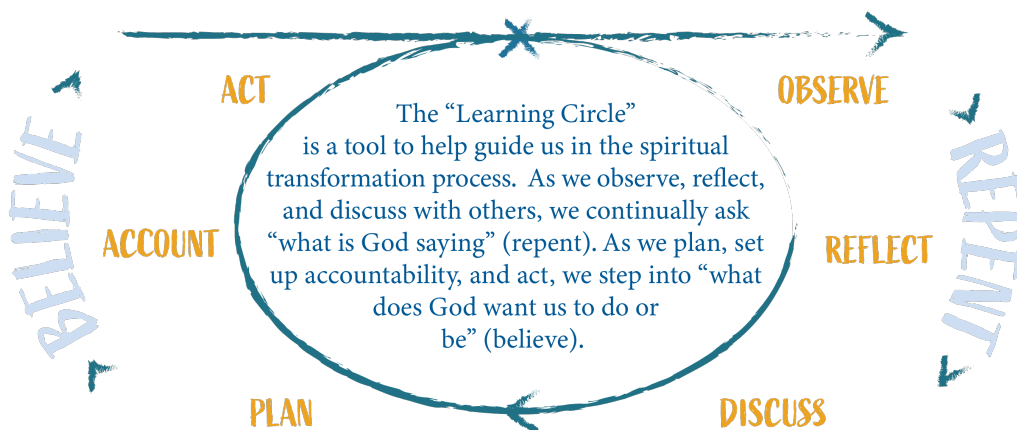
In Acts 13, the church was positioned to hear what God wanted to do through them—and then they responded in obedience.

- Why do you think fasting might help us become more attentive to what God is saying?
- What is one practical fast you could begin this week as an expression of your hunger and dependence upon God?

What got your attention during the message/discussion this week?

- Why did it get your attention? (Did something make you mad, sad, glad or go hmm?)
- What might God be saying to you about this?
- What might God be saying to do/be about this?
- What ways do you need to step more fully into a true follower of Jesus?

Before you leave, go around and name someone in your life who needs Christ. Spend some time praying for them and for one another.



Message Notes

Prayer Prompts

- Ask God how he desires you to draw closer to Him.
- Ask God what fasting might look like for you.
- Be honest with God about any concerns you have about fasting.
- Thank God for the many ways He interacts with us.
- Ask God for breakthrough in a key area of your life this week.