

## TALK IT OVER

# BREAK THROUGH

## 21 DAYS OF PRAYER & FASTING

### DEFINING BREAKTHROUGH

A sudden act of moving through or beyond an obstacle.

### 3 STEPS TO BREAKTHROUGH

1. Identify the Obstacle
2. Take the Obstacle to God in Prayer
3. Go Beyond Prayer and Fast

### KEY SCRIPTURES

<sup>3</sup>So I turned to the Lord God and pleaded with him in prayer and fasting.

Daniel 9:3

<sup>23</sup>"We fasted and earnestly prayed that our God would take care of us, and he heard our prayer."

Ezra 8:23

<sup>6</sup>Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as

Philippians 4:6

### DEFINITION OF FASTING

Fasting is abstaining from something, generally food, for spiritual purposes, and during that time asking God to grow you, and take you deeper in your relationship with Him.

Select 1 or 2 questions from each section of this guide to lead your group or house church in a discussion. Feel free to adjust as needed. Each section is designed to follow each video segment of the message.

- **Video Section #1: Explore the Topic**
  - > Start it Out | Goal: Get people talking
- **Video Section #2: Explore what God says about the Topic**
  - > Talk it Out | Goal: Get the group talking about scripture
- **Video Section #3: Explore what we do with the Topic**
  - > Live it Out | Goal: Choose a question to encourage next steps
  - > Pray it Out | Goal: Lift of prayers, petitions, and praises

#### Start it Out | Goal: Get people talking

- Have you ever dedicated a time specifically for Fasting and Prayer? If so, what was the result? If no, what questions do you have?
- **Read the definition of Breakthrough:** If comfortable, name (1) or (2) obstacles you desire to Breakthrough in your life.

#### Talk it Out | Goal: Get the group talking about scripture

- Like Daniel and Jehoshaphat, is it surprising that obstacles typically come immediately following something good or positive happening? What has been your experience?
- **Read: Philippians 4:6;** In your context, what does it look like to not "worry about anything; instead, pray about everything?"

#### Take it Further (If applicable) | Goal: Even deeper conversation

- Pastor Steve observed that Philippians 4:6 doesn't assume the obstacle will be removed, but you will experience God's peace even without the removal of the obstacle; How has/could this apply to your life?

#### Live it Out | Goal: Choose a question to encourage next steps

- Review the **3 STEPS TO BREAKTHROUGH**
- Review the **DEFINITION OF FASTING**. Since we understand you can fast something other than food, what are some ideas of things you can fast in the next 21 days?

#### Pray it Out | Goal: Lift up prayers, petitions, and praises

- How can we pray for you this week as you begin your 21 Days of Prayer and Fasting for Breakthrough?
- Take time to share prayer requests, and spend time praying for our church, community, country, and world. Help the members of your group to feel invited and cared for.