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BREAK THROUGH

THE BATTLE THAT CHANGES EVERYTHING



A 5-WEEK SERIES
DEVOTIONAL GUIDE

PRAYER FASTING WORSHIP

How to use this book:

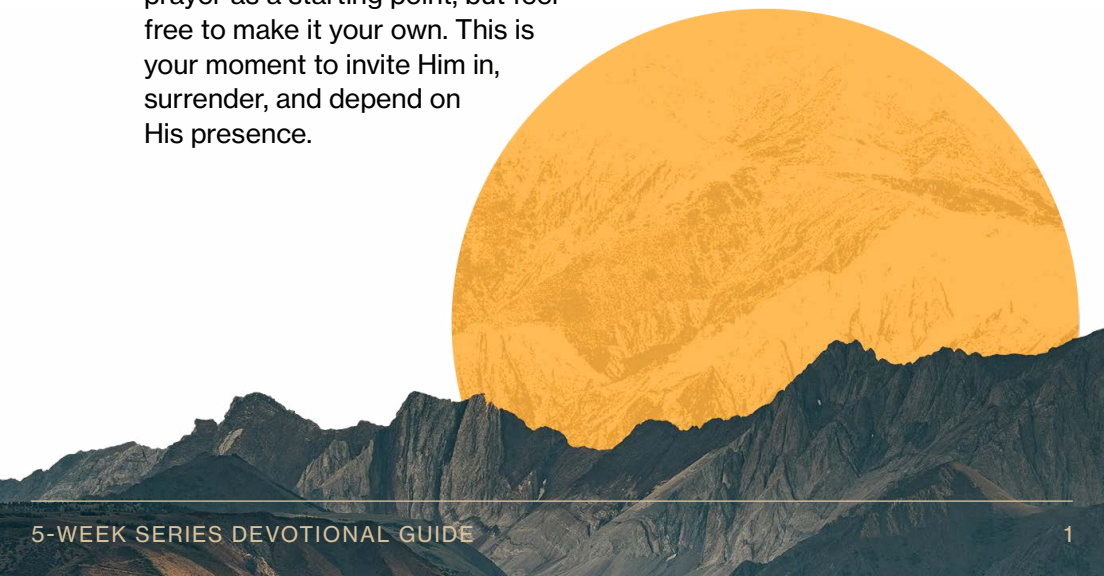
SCRIPTURE (CSB): Begin by reading the Word of God. Take your time. Read it slowly, and if needed, read it more than once. Let the truth settle in your heart.

MEDITATION: This section helps you reflect on the meaning of the passage. As you read, ask yourself, what is God revealing about Himself, and what is He showing me?

CHALLENGE: Here you will recognize the tension between God's truth and everyday life. This is where awareness begins. Notice where you may be relying on yourself instead of God.

APPLY: Faith becomes real when it is lived out. This step gives you one simple and practical way to respond to what you have read, something you can carry into your day.

PRAYER: Close your time by talking with God. Use the written prayer as a starting point, but feel free to make it your own. This is your moment to invite Him in, surrender, and depend on His presence.





WEEK 1

BREAKTHROUGH BEGINS ON OUR KNEES

MONDAY

PHILIPPIANS 4:6-7

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus. (CSB)

MEDITATE: Paul reminds believers that prayer is the antidote to anxiety. God does not always remove the battle immediately, but He promises peace that guards our hearts and minds while we wait. Prayer invites us to exchange fear for trust.

THE CHALLENGE TODAY: We often rehearse our worries more than we pray about them. Anxiety can become our default response when prayer should be.

LIVE IT: Identify your greatest current concern and intentionally spend more time praying about it than worrying about it.

PRAY: Father, teach me to bring every burden to You. Replace my anxiety with confidence in Your care and help me trust You with what I cannot control. Amen.

TUESDAY

PSALM 46:1-3

God is our refuge and strength, a helper who is always found in times of trouble. Therefore we will not be afraid, though the earth trembles and the mountains topple into the depths of the seas, though its water roars and foams and the mountains quake with its turmoil. (CSB)

MEDITATE: God is our refuge and strength, a present help in trouble. The psalmist paints a picture of a world falling apart yet God's people remaining secure because their confidence rests in Him.

THE CHALLENGE TODAY: Circumstances often feel stronger than our faith. We can easily focus on the size of the problem rather than the greatness of God.

LIVE IT: Whenever stress rises today, pause and remind yourself aloud that God is your refuge.

PRAY: Lord, remind me today that You are greater than every challenge I face. Help me run to You first instead of relying on my own strength. Amen.



WEDNESDAY

ROMANS 8:31-32

What, then, are we to say about these things? If God is for us, who is against us? He did not even spare his own Son but gave him up for us all. How will he not also with him grant us everything? (CSB)

MEDITATE: If God is for us, who can ultimately stand against us? The cross proves that God is committed to His people. His love is the foundation of our confidence in every battle.

THE CHALLENGE TODAY: We sometimes view God as distant during difficult seasons rather than recognizing that He has already demonstrated His love at Calvary.

LIVE IT: Spend a few moments thanking God specifically for ways He has shown His faithfulness to you.

PRAY: Father, thank You for proving Your love through Jesus. Help me remember that no battle is bigger than Your commitment to me. Amen.



THURSDAY

PSALM 20:7

Some take pride in chariots, and others in horses, but we take pride in the name of the LORD our God. (CSB)

MEDITATE: Some trust in earthly resources, but God's people trust in the name of the Lord. Human solutions have their limits, but God's power never does.

THE CHALLENGE TODAY: It is easy to place confidence in finances, talents, plans, or relationships before turning fully to God.

LIVE IT: Consider an area where you may be trusting yourself more than God. Surrender it to Him today.

PRAY: Lord, forgive me for trusting in lesser things. Teach me to place my confidence fully in You. Amen.



FRIDAY

1 THESSALONIANS 5:16-18

Rejoice always, pray constantly, give thanks in everything; for this is God's will for you in Christ Jesus. (CSB)

MEDITATE: Prayer is designed to become a regular rhythm of life, not merely an emergency response. God's people remain in continual dependence upon Him.

THE CHALLENGE TODAY: We can become so busy preparing for the weekend that spiritual dependence gets crowded out.

LIVE IT: Set aside intentional time today to prepare your heart for worship and prayer this weekend.

PRAY: God, create in me a lifestyle of dependence. May prayer become my first response and not my last resort. Amen.





WEEK 2

BREAKTHROUGH THROUGH HIS PRESENCE

MONDAY

PSALM 16:11

You reveal the path of life to me; in your presence is abundant joy; at your right hand are eternal pleasures. (CSB)

MEDITATE: God's presence is the place of fullness, joy, and lasting satisfaction. Every human heart is searching for what can only be found in Him.

THE CHALLENGE TODAY: We often seek happiness in temporary things while neglecting the One who provides lasting joy.

LIVE IT: Spend ten uninterrupted minutes enjoying God's presence through worship, prayer, or Scripture.

PRAY: Father, help me desire Your presence above every other pursuit. Let my heart find satisfaction in You alone. Amen.

TUESDAY

JOHN 15:4-5

Remain in me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, neither can you unless you remain in me. I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me. (CSB)

MEDITATE: Jesus teaches that fruitfulness comes from abiding in Him. Apart from Him we can accomplish much activity but nothing of eternal value.

THE CHALLENGE TODAY: We are tempted to substitute productivity for intimacy with Christ.

LIVE IT: Before beginning your primary responsibilities today, spend time intentionally abiding with Jesus.

PRAY: Lord Jesus, remind me that true fruit comes from remaining close to You. Keep me connected to Your life and power. Amen.



WEDNESDAY

EXODUS 33:14

And he replied, "My presence will go with you, and I will give you rest." (CSB)

MEDITATE: God's promise to Moses was simple: "My presence will go with you." God's presence provides what success, comfort, and achievement never can.

THE CHALLENGE TODAY: We often ask God for provision while overlooking His greatest gift, Himself.

LIVE IT: Thank God specifically for His presence rather than simply His blessings.

PRAY: Lord, I want more than Your gifts. I want Your presence to lead and guide my life. Amen.



THURSDAY

PSALM 27:4

I have asked one thing from the LORD; it is what I desire: to dwell in the house of the LORD all the days of my life, gazing on the beauty of the LORD and seeking him in his temple. (CSB)

MEDITATE: David's greatest desire was not victory, wealth, or influence. He longed simply to dwell in the presence of the Lord.

THE CHALLENGE TODAY: Many good desires can become distractions from our greatest need.

LIVE IT: Ask yourself honestly what you desire most from God right now.

PRAY: Father, align my desires with Yours. Help me seek Your face before Your hand. Amen.



FRIDAY

MATTHEW 28:20

Teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age. (CSB)

MEDITATE: Jesus promised His disciples that He would always be with them. God's people never walk alone.

THE CHALLENGE TODAY: Loneliness and discouragement can cause us to forget God's constant nearness.

LIVE IT: Reflect on moments from this week where God demonstrated His presence.

PRAY: Jesus, thank You for Your promise to be with me always. Help me rest in Your faithful presence today. Amen.





WEEK 3

BREAKTHROUGH THROUGH PERSISTENT FAITH

MONDAY

LUKE 18:1

Now he told them a parable on the need for them to pray always and not give up. (CSB)

MEDITATE: Jesus told this parable so His disciples would always pray and never give up. Persistence in prayer reflects confidence in God's character.

THE CHALLENGE TODAY: Delayed answers can tempt us to quit praying too soon.

LIVE IT: Recommit yourself to a prayer request that you may have stopped bringing before God.

PRAY: Father, strengthen my faith and help me persevere in prayer. Amen.

TUESDAY

HEBREWS 11:6

Now without faith it is impossible to please God, since the one who draws near to him must believe that he exists and that he rewards those who seek him. (CSB)

MEDITATE: Faith believes that God exists and rewards those who diligently seek Him. Persistent prayer flows from confidence that God is worth pursuing.

THE CHALLENGE TODAY: Doubt often convinces us our prayers will make little difference.

LIVE IT: Pray boldly for something that requires God to move.

PRAY: Lord, increase my faith and help me seek You earnestly. Amen.



WEDNESDAY

GALATIANS 6:9

Let us not get tired of doing good, for we will reap at the proper time if we don't give up. (CSB)

MEDITATE: We are not to grow weary in doing good because a harvest is coming in God's timing.

THE CHALLENGE TODAY: Weariness can make us abandon faithful obedience before we see fruit.

LIVE IT: Continue serving or praying in an area where it would be easier to quit.

PRAY: God, help me remain faithful while I wait for the harvest You promise. Amen.



THURSDAY

PSALM 40:1

I waited patiently for the LORD, and he turned to me and heard my cry for help. (CSB)

MEDITATE: David waited patiently for the Lord and discovered that God had not forgotten him.

THE CHALLENGE TODAY: Waiting often feels wasted, but God frequently does His deepest work there.

LIVE IT: Practice patience in one frustrating circumstance today.

PRAY: Lord, teach me to trust You while I wait and help me believe You are working. Amen.



FRIDAY

JAMES 5:16

Therefore, confess your sins to one another and pray for one another, so that you may be healed. The prayer of a righteous person is very powerful in its effect. (CSB)

MEDITATE: The prayer of a righteous person is powerful and effective. God intends for prayer to be a real means by which He accomplishes His purposes.

THE CHALLENGE TODAY: We sometimes underestimate the significance of prayer.

LIVE IT: Spend intentional time praying for your church this weekend.

PRAY: Father, make me a person who believes in the power of prayer and faithfully seeks You. Amen.





WEEK 4

BREAKTHROUGH THROUGH A PRAYING CHURCH

MONDAY

COLOSSIANS 4:2

Devote yourselves to prayer; stay alert in it with thanksgiving. (CSB)

MEDITATE: Paul calls believers to devote themselves to prayer with alert and thankful hearts. Prayer is meant to be a defining characteristic of God's people.

THE CHALLENGE TODAY: Busyness often crowds prayer out of our schedules.

LIVE IT: Set aside a dedicated time for prayer today.

PRAY: Lord, help me become devoted to prayer rather than distracted from it. Amen.

TUESDAY

COLOSSIANS 4:3

At the same time, pray also for us that God may open a door to us for the word, to speak the mystery of Christ, for which I am in chains. (CSB)

MEDITATE: Paul asks for open doors for the gospel. The church's mission advances through God's power and God's opportunities.

THE CHALLENGE TODAY: Our prayers often focus exclusively on ourselves rather than God's mission.

LIVE IT: Pray for someone who needs Christ today.

PRAY: Father, open doors for the gospel and use me to point others to Jesus. Amen.



WEDNESDAY

EPHESIANS 6:18

Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints. (CSB)

MEDITATE: Prayer is essential equipment in spiritual warfare. God calls believers to remain alert and persistent.

THE CHALLENGE TODAY: Spiritual battles are often fought carelessly because they are invisible.

LIVE IT: Pray intentionally for another believer today.

PRAY: Lord, strengthen Your church and help us remain faithful in prayer. Amen.



THURSDAY

MATTHEW 9:37-38

Then he said to his disciples, "The harvest is abundant, but the workers are few. Therefore, pray to the Lord of the harvest to send out workers into his harvest." (CSB)

MEDITATE: Jesus instructed His disciples to pray for workers in the harvest field. Mission begins with prayer.

THE CHALLENGE TODAY: We often recognize needs without taking them to God first.

LIVE IT: Pray for God to raise up workers and opportunities for ministry.

PRAY: Father, send laborers into Your harvest and use me where You desire. Amen.



FRIDAY

ACTS 1:14

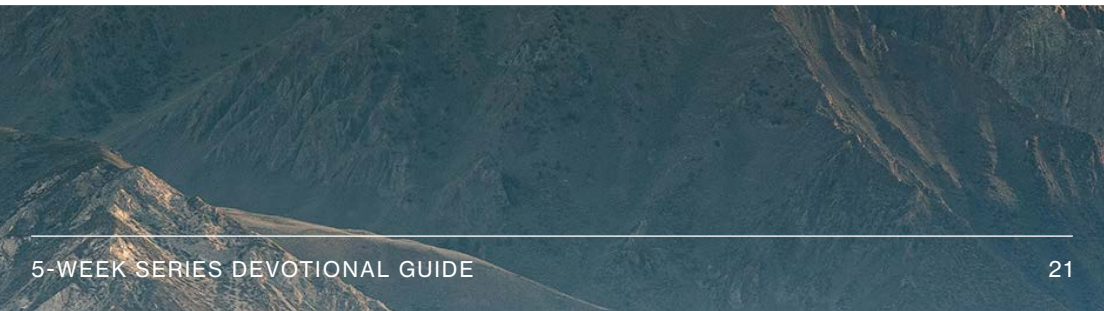
They all were continually united in prayer, along with the women, including Mary the mother of Jesus, and his brothers. (CSB)

MEDITATE: Before Pentecost came, God's people gathered in united prayer. Great movements of God often begin in prayer meetings.

THE CHALLENGE TODAY: Unity is difficult when prayer is absent.

LIVE IT: Pray for unity and spiritual power within your church family.

PRAY: God, draw our church together and fill us with Your power for Your mission. Amen.





WEEK 5

BREAKTHROUGH BEYOND WHAT WE CAN SEE

MONDAY

2 CORINTHIANS 4:18

So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. (CSB)

MEDITATE: What is seen is temporary, but what is unseen is eternal. Faith looks beyond current circumstances.

THE CHALLENGE TODAY: We naturally evaluate life by visible results.

LIVE IT: Focus today on an eternal reality rather than a temporary frustration.

PRAY: Lord, help me view life through the lens of eternity. Amen.

TUESDAY

EPHESIANS 6:12

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens. (CSB)

MEDITATE: Our greatest battles are not against people but against unseen spiritual forces.

THE CHALLENGE TODAY: We often fight spiritual battles with worldly methods.

LIVE IT: Stop and pray before responding to conflict today.

PRAY: Father, help me recognize spiritual realities and depend on Your strength. Amen.



WEDNESDAY

DANIEL 10:12

"Don't be afraid, Daniel," he said to me, "for from the first day that you purposed to understand and to humble yourself before your God, your prayers were heard. I have come because of your prayers." (CSB)

MEDITATE: God heard Daniel's prayer from the very first day, even though the answer was delayed.

THE CHALLENGE TODAY: Delayed answers can be mistaken for unanswered prayers.

LIVE IT: Thank God today for hearing your prayers even before you see results.

PRAY: Lord, help me trust Your timing and remain faithful while I wait. Amen.



THURSDAY

ISAIAH 55:8-9

"For my thoughts are not your thoughts, and your ways are not my ways." This is the LORD's declaration. "For as heaven is higher than earth, so my ways are higher than your ways, and my thoughts than your thoughts." (CSB)

MEDITATE: God's ways and thoughts are higher than ours. His perspective is always greater than what we can currently understand.

THE CHALLENGE TODAY: We often demand explanations when God calls us to trust.

LIVE IT: Surrender one unanswered question to God today.

PRAY: Father, teach me to trust Your wisdom even when I cannot understand Your ways. Amen.



FRIDAY

GALATIANS 6:9

Let us not get tired of doing good, for we will reap at the proper time if we don't give up. (CSB)

MEDITATE: Faith continues moving forward because God's promises remain true. The harvest comes in God's perfect timing.

THE CHALLENGE TODAY: Discouragement can tempt us to quit when breakthrough may be closer than we realize.

LIVE IT: Enter the weekend thanking God for victories you have not yet seen.

PRAY: Lord, keep me faithful, hopeful, and persistent. Help me trust that You are always working, even when I cannot see it. Amen.




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