

## **Rehearsing Our Way into Breakthrough!** *A Personal and Small Group Experience*

*What we spend our time and energy rehearsing has a lot to do with what we get good at. When we rehearse fear, anxiety, worry, resentment, bitterness, un-forgiveness, anger, self-justification, doubt etc. we will get better and better at these things. When I think about that reality it makes sense. By nature I will rehearse these things. I will need to “vent” when angry, talk to a likeminded friend about how I am justified in my anger, dwell for hours upon sleepless hours about a fear or anxiety. All this is rehearsing the reality of the WALLS I face but doesn’t help with break through at all.*

*Instead, now spend some time rehearsing God’s truth and promises and discuss how they intersect with your life today. I would suggest you read through the scripture promises listed on the other side of this page under “Some Promises”!*

*Spend some time with this—listen and enjoy—rehearsing truth and realities that strengthen us to break through walls!*

*Now look at a story of WALL building and WALL breakthroughs. As you read the story of Peter’s Denial and then Reinstatement try to notice and list all the possible WALLS Peter was dealing with. How did WALLS make him vulnerable? What did WALLS rob him of? How did Jesus help Peter breakthrough? What actual “step of faith” did Peter have to take to breakthrough? What did Jesus lead Peter to “rehearse” three times as part of the breakthrough?*

**John 13:31-38**

**John 18:15-18**

**John 18:25-27**

**John 21:1-25 (esp.15-19)**

*How does this account of breakthrough give you hope?*

# **Breaking Down the Walls?**

## **“Connecting With God” Weekly Guide**

This booklet is a resource to help you “Connect with God” this week. He deeply desires ongoing personal connection with you. You are that important to Him.

**This Page** has some scripture verses for you to meditate on each day this week. Notice the helpful hints section – these are great things to consider when personally engaging with God through His Word.

**The Center Pages contain** the notes and outline for the message given on Sunday. The message is also available as an audio download from [www.pointofgracechurch.org](http://www.pointofgracechurch.org)

**The Back Page** has a study written specifically for a small group of people (or an individual) to drill down deeper into a particular aspect of the week’s theme. Small groups can review memorable points of the week’s message and then work through the study concluding with a time of prayer.

## *Scripture & Meditation Guide - September 26-October 1*

### **Helpful Hints:**

- 1) Find a quiet place along with 15-20 minutes!
- 2) Focus on God for a few moments asking His Spirit to speak to your heart and offload your heart of stifling, burdens, guilt, worry etc.!
- 3) Listen to Him by reading a section of scripture then rereading it several times, dwelling on “words and phrases” which grab your heart’s attention. As you read and reread keep asking God, “What do You want me to hear?” “Why this word at this time?” “How are You inviting me to respond? Keep talking it over with Him—chew!
- 4) Pray (and journal) everything that is on your heart and mind as you are ready!

*Worship Him, Bless Him, Thank Him, Ask Him, Trust Him*

Notice the promises you see!

**Monday:** Romans 8:31-39

**Tuesday:** Philippians 4:12-13

**Wednesday:** Matthew 11:28-30

**Thursday:** John 8:31-32

**Friday:** Isaiah 40:27-31

**Saturday:** 2 Corinthians 12:7-10