

2023



GOD OF A BREAKTHROUGH: IN THE MIND

GOD OF A BREAKTHROUGH SERIES

SMALL GROUP STUDY GUIDE

Life is like a barrel representing how much has been carried and invested. The barrel is held together by rings connecting each level. When the rings are removed from the barrel, it falls apart. But God can put the barrel, your life back together.

In 1 Samuel 10, we see Saul who is chosen, anointed, appointed, validated, and elevated by God in the eyes of the people. His barrel is full. Life is good. Things are well and are working until they aren't. Saul, a king, couldn't handle his failures, compared himself to another, and lived with many wounds. Let's learn from Saul how to not handle the barrel of life when it appears to be broken. We serve a *God of a breakthrough in the mind*.

THIS WILL BE YOUR RECORD BREAKING YEAR.

STATISTICS

- African American Suicide Rate 2018-2022; a 20% increase from 7.3 to 8.9
- Suicide is the leading cause of death for African Americans ages 15-24
- Since 2017, suicide has been the second leading cause of death for African Americans ages 10-19
- Numbers for black men are 4 times higher than that of black women

THE BARREL

1 Samuel 10:1 NIV - Then Samuel took a flask of olive oil and poured it on Saul's head and kissed him, saying, "Has not the Lord anointed you ruler over his inheritance?"

- A barrel is connected by the metal rings around it.
- You can be full but the enemy can begin to remove stuff - the rings that hold us together. He will tell our minds that things are not repairable.

IT IS NOT GOD'S WILL THAT YOU LOSE YOUR MIND.

THE REMOVAL OF THE RINGS

FAILURES

1 Samuel 13:13-14 NIV - "You have done a foolish thing," Samuel said. "You have not kept the command the Lord your God gave you; if you had, he would have established your kingdom over Israel for all time. [14] But now your kingdom will not endure; the Lord has sought out a man after his own heart and appointed him ruler of his people, because you have not kept the Lord's command."

- Failures will have us looking at our lives differently and pride can get in the way.
- Never accept failure without a prayer. Failure is not final.
- Your failures will be part of your testimony.

*Do you embrace or fear failure? What is a testimony you have of God using your failure(s)?
What failure was so great that you keep replaying it in your head?*

YOUR LIFE GOES WHERE YOUR MIND GOES.

COMPARISON

1 Samuel 18:6-9 NIV - When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with timbrels and lyres. [7] As they danced, they sang: "Saul has slain his thousands, and David his tens of thousands." [8] Saul was very angry; this refrain displeased him greatly. "They have credited David with tens of thousands," he thought, "but me with only thousands. What more can he get but the kingdom?" [9] And from that time on Saul kept a close eye on David.

- Comparison usually doesn't start from us, it starts from others comparing you to someone else.
- When you haven't accomplished certain things, you may compare yourself to others.
- David was Saul's son's peer, not his. So, there was no reason for comparison.
- Comparison will strip your life of the value God placed in you. It can stall momentum and progress.
- Comparison is the thief of joy.

*Have you ever gotten caught up in comparing yourself to others? What happened as a result?
How do you avoid comparison?*

EVERY THOUGHT THAT COMES TO YOU DOESN'T BELONG TO YOU.

WOUNDS

*1 Samuel 31:3-4 NIV - The fighting grew fierce around Saul, and when the archers overtook him, **they wounded him critically.** [4] Saul said to his armor-bearer, "Draw your sword and run me through, or these uncircumcised fellows will come and run me through and abuse me." But his armor-bearer was terrified and would not do it; so Saul took his own sword and fell on it.*

- In his mind, Saul determined what the end would be.
- A wound is where healing happens.

- You may be wounded but you are still here, so God still has time.
- You have to be intentional about acknowledging and attending to your wounds.
- If you do not attend to your wounds quickly, you can develop a wounded spirit.

What visible wound do you have that needs spiritual healing?

WHEN GOD GIVES YOU A BREAKTHROUGH IN YOUR MIND, EVERYTHING CHANGES.

1 Samuel 31:5-6 NIV - When the armor-bearer saw that Saul was dead, he too fell on his sword and died with him. [6] So Saul and his three sons and his armor-bearer and all his men died together that same day.

- The enemy knows where to hit you critically. Saul's actions impacted his whole family.

Who is connected to your wounds? If you refuse your healing, what will happen to them?

Romans 8:28 NIV - And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

- All things work together if you make it to the end of your all things.

IF YOU ARE HAVING SUICIDAL THOUGHTS OR THINKING OF HARMING YOURSELF, REACH OUT TO THE NATIONAL SUICIDE AND CRISIS LIFELINE - TEXT OR CALL 988

QUESTION

What rings has the enemy tried to remove that you need God to repair?

DECLARATION

I will not believe the lies of the enemy and I do not have a victim mentality. My future is bigger than my past and God is giving me a breakthrough in my mind!

PRAYER

Father God, I surrender my mind and my thoughts to You. Help me to heal from past wounds. Help me to forgive those who have hurt me. Show me Your perfect strength in my weakness. Strengthen my faith and my ability to trust You in every area of my life. Guide me in replacing negative thoughts, people, and even events with Your peace, joy and love for me. As I heal, I promise to tell others of Your goodness and Your mercy. I will always recall what You have done so that I can be used as a vessel to help others in Jesus' name, Amen!