

2023



GOD OF A BREAKTHROUGH: IN YOUR SPIRIT

GOD OF A BREAKTHROUGH SERIES

SMALL GROUP STUDY GUIDE

A breakthrough is a revelation from God that changes your response so you don't repeat your previous routine. Anytime you get a real breakthrough, God has given you a revelation from Him so that you break the cycle. Your spirit has to stay charged like a battery. When it's low, it takes a long time to start. If it dies, you have to get it jumped or purchase a new battery. No matter how anointed you are, you have to keep your spirit charged.

In 1 Kings 19, Elijah, a spiritual champion, a giant in the faith, and God's man of power is anointed, but his spirit is low. He is drained and needs a breakthrough *in his spirit*. Let's learn from Elijah how to get our strength back from the *God of a breakthrough*.

THIS WILL BE YOUR RECORD BREAKING YEAR.

1 Kings 19:1-9 NIV - [1] Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. [2] So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." [3] **Elijah was afraid and ran for his life.** When he came to Beersheba in Judah, **he left his servant there,** [4] while he himself went a day's journey **into the wilderness.** He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." [5] Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "**Get up and eat.**" [6] He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. [7] The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." [8] So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. [9] There he went into a cave and spent the night. And the word of the Lord came to him: "**What are you doing here, Elijah?**"

1 Kings 19:13 NIV - When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "**What are you doing here, Elijah?**"

3 FACTS ABOUT ELIJAH

1. Elijah was a prophet in the Hebrew Bible (Old Testament). He is considered one of the most important prophets in Judaism.
2. Elijah's name means "My God is Yahweh" or Yahweh is my God."

3. He was a fearless and zealous prophet, known for his powerful miracles and confrontations with kings and false prophets.

THE DRAINING OF THE SPIRIT

- Prophesied
- Preached
- Prayed

THE ENEMY WILL USE YOUR WINS AS A WEAPON.

HOW YOU KNOW YOU ARE DRAINED?

1. WHEN THE SMALLEST THINGS GET TO YOU

1 Kings 19:2 NIV - So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

- Everything gets on your nerves.

How do you let a threat bother you when you've seen how God has been there for you?

2. WHEN YOU BECOME EMOTIONAL

1 Kings 19:3a NIV - Elijah was afraid and ran for his life.

- Do not react out of your feelings. Control your emotions.

What situation in your life have you allowed your emotions to control?

3. WHEN YOU DON'T WANT TO BE BOTHERED WITH WHO AND WHAT YOU ARE CALLED TO

1 Kings 19:3b NIV - When he came to Beersheba in Judah, he left his servant there,

- You no longer want to fulfill your assignment - to be around, or help people.

Who have you abandoned as a result of being drained?

4. YOU'RE IN A DRY PLACE

1 Kings 19:4a NIV - while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it

- Your spirit man is unable to handle the hits you are getting.

What warfare are you dealing with that has depleted you spiritually?

5. YOU TALK CRAZY

1 Kings 19:4b NIV - *and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."*

- There is power in your words. Watch your words.

Reflect on where you are in life right now. What have you been prophesying over yourself? What words have become a part of your daily language?

KNOW YOURSELF.

WHAT'S NEEDED FOR A BREAKTHROUGH?

SPIRITUAL - LOOK FOR GOD

1 Kings 19:5-7 NIV - [5] *Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "**Get up and eat.**"* [6] *He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. [7] The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you."*

- God knows where you are even when you are in a low and drained place.
- Look at how God has been providing for you.
- He keeps touching you, providing for you, and covering you.

What small things have you overlooked?

DON'T MISS THE MIRACLE.

PHYSICAL - SELF CARE

1 Kings 19:6b NIV - *He ate and drank and then lay down again.*

- You have to take care of yourself. You have to make sure you are okay before you make sure everyone else is okay.

What are you doing to take care of you?

YOUR ASSIGNMENT WILL REQUIRE A NEW APPETITE.

TIME - REFLECT

1 Kings 19:8 NIV - *So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.*

- Take time to think, thank and recall. Remember God's sovereignty.

Reflecting on your life, what has God done for you in your low place? How did it change your posture?

GOD WILL ASSIST YOU IN YOUR ASSIGNMENT.

STILL DRAINED

*1 Kings 9:14 NIV - He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. **I am the only one left, and now they are trying to kill me too.**"*

- The trick is thinking that you are alone.
- Don't look for a hiding place when God brings you to a high place.
- Stop comparing yourself to others. You are not the norm. Your oil is different.
- You get charged doing what you do.

Recall a time in your life when you felt alone. What caused you to feel alone? Do you still feel alone? If not, what changed? If so, what will it take for you to realize you are not alone?

Acts 14:20a NIV - But after their disciples had gathered around him, he got up and went back into the city.

- Get back on your square. God will strengthen you to do what He called you to do. You are anointed for this.

What will it take for you to get your strength back?

1. GET AROUND WHERE YOU ARE GOING
2. GET AROUND PEOPLE WHO ARE PASSIONATE ABOUT PURPOSE
3. GET AROUND PEOPLE WHO HAVE FINISHED WHAT YOU'RE STARTING

QUESTION

Do you feel as if you are by yourself on the journey of life?

DECLARATION

There is only one of me, so I have to look for God, take care of myself and reflect for change.

PRAYER

Father, please help me to get my strength back. Recharge my mind, body and spirit. I do not want to run away from my responsibilities in the kingdom. Help me to sharpen my skills so that you can get the glory out of my gifts. Help me to find balance where I can actively take time to take care of myself. Hold me accountable for my assignment until it is fulfilled. Revive me again, in Jesus' name, Amen!