

## Sermon Guide for Cumberland Fellowship Live Stream July 5, 2020

This guide is a supplement to the weekly sermon. We encourage families and small groups to use it. When we hear God's Word read and explained, we need to do more than listen. The Bible says, "Be doers of the word, not hearers only (James 1:22)." **Step 1: GATHER** with your family or small group. **Step 2: REVIEW** and **DISCUSS** the key points and scriptures from the sermon using the Discussion Guide (see below). **Step 3: PRAY** for the prayer requests shared by your family or small group.

### Discussion Guide: Breakthrough – Prayer and Fasting

**Discussion Starter 1:** Ask you family or small group, "When you hear the word "Breakthrough" what comes to your mind?" Then ask in light of Sam's message, "How is spiritual breakthrough related to prayer and fasting?"

**Self-Evaluation:** Have your group pause for a moment of silent prayer while you ask, "In what area(s) of your life do you need breakthrough? Will you commit to praying and fasting to see breakthrough in the area(s) you mentioned?" End this time of self-evaluation by having one person pray aloud for those in your group.

**Discussion Starter 2:** In speaking about what God can do, Pastor Sam mentioned that "God doesn't need us." Ask your family or group to react to that statement. Sam also said, "The level of our humility determines how God elevates us." God doesn't need our talent or ability. If we have been forgiven by faith in Jesus, then we only need to be available. This ought to humble us and make us grateful that God chooses to use us not because of who we were, are, or might ever be, but because of His ability. Our humble availability powered by His sovereign ability will lead to a mighty move of God in our church. Prayer and fasting reminds us how much we need God's presence and power in our lives and in our church. Discuss the key words availability, ability, and how God elevates those who are humble.

**Digging Deeper:** Ask the people in your group if they have ever practiced a Christian fast. Fasting is when we withhold food and focus on prayer and God's Word instead following our normal meal schedule. *Please refer to the resources on fasting posted this week on the CF Life App and Social media.* From these resources, take some time to go over the types of fasts, Bible passages, and the "How to on Fasting."

**Doing the Word:** Pastor Sam mentioned that the first step in fasting is to ready our hearts. Read James 4:7-10 and talk about each statement and how it challenges us to focus on God and God's ways. Using the provided resources, make a plan to fast along with our church. Remember that whether we fast individually or corporately, we need to fast on purpose and for a purpose. What will be the purpose for your fasting? We are having this season of prayer and fasting for three specific areas of breakthrough: Personal Breakthrough, Discipleship Breakthrough, and Debt Breakthrough.

