

Frequently Asked Questions

What is Breakthroughs?

Breakthroughs is a 13-week intentional path to freedom from the Walls in our lives. We refer to these Walls in our lives as Strongholds. Strongholds create bondage in our lives, rob us of God's peace and joy and cause us to feel "stuck" in life. Breakthroughs is designed to help individuals identify and tear down Strongholds, thus leading to freedom in Christ. On this intentional path, we discover our identity in Christ and biblical truth that sets us free from lies of the enemy.

Why Freedom?

"The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners." Isaiah 61:1

This Scripture was fulfilled through the gospel of Jesus Christ. Jesus came to save us, heal our hearts and set us free. However, the enemy works hard to deceive us in ways that keep us from experiencing freedom in Christ. We struggle to accept the truth of our identity in Christ and we try to heal our own hearts and change our lives apart from Christ. Walls are created in our relationship with God and we don't experience the depth of His love and grace.

We need Jesus to heal our brokenness and set us free from the enemy's lies so that we can experience freedom. As Jesus heals our hearts and sets us free, our lives are transformed by His grace. Our transformed lives impact our homes and community with the gospel of Jesus Christ.

What to expect in Breakthroughs?

- We gather in a large group and hear a lesson. The lessons are about the armor of God and how the armor of God relates to our identity in Christ. We discover how the enemy works in our lives to create walls/strongholds and how to be set free from them.
- After our large group, we divide into women's groups and men's groups to discuss questions related to the lesson and the Breakthroughs Workbook.
- The Breakthroughs Workbook contains 13 lessons written by Susan Sowell, a professional counselor. These lessons are intended to help you identify the wounds in your life, lies from the enemy and how they work together to build strongholds. The workbook contains a path to overcoming the strongholds and embracing freedom in Christ.

What happens in large group?

Men and women gather together to hear a lesson before dividing into our small groups. We also have couples who attend Breakthroughs together so they will sit together during large group time and separate during small groups.

What happens in small group?

We discuss questions that pertain to our large group lesson and our workbook lesson. Our small group leaders are trained to facilitate discussion in a way that keeps the focus on what God is doing in our lives through Breakthroughs. We have separate groups for men and women.

Is Breakthroughs a Recovery program?

Breakthroughs is not a recovery program. However, Breakthroughs helps to identify hurts and beliefs that often lead to addictive behaviors.

Can I start Breakthroughs at any time during the 13 weeks?

Yes, you can come to Breakthroughs any time during the 13 weeks. It is best to start Breakthroughs at the start of the 12 weeks, but Breakthroughs is designed in a way that someone can join at any time.

Can I attend Breakthroughs more than one time?

Yes, you can attend Breakthroughs more than one time. If you do not start Breakthroughs at the start of the 13 weeks, we recommend that you attend Breakthroughs for the full 12 weeks the next time it is offered. Some individuals want to work through the entire 13 weeks of lessons and workbook twice before transitioning into another small group or Bible study/discipleship class.

If I start Breakthroughs after the first week, how do I use the workbook?

It is important to start the Breakthroughs Workbook at the beginning of the workbook and work each of the 13 lessons in the order they are placed in the workbook. So, if you start Breakthroughs later, then simply start the Breakthroughs Workbook at Lesson 1 in the workbook. The workbook is designed to stand alone, so it is not necessary to hear the large group lesson in order to complete the workbook. However, Breakthroughs is a ministry that contains 3 parts: large group lesson, small group time and the workbook. To gain the full understanding and benefits of Breakthroughs, we strongly recommend engaging in all 3 parts of the ministry.

