

Discussion Guide

March 15, 2026

Built For Breakthrough

Built Different Week 3

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Main Idea

Before God changes what's around you, He wants to change what's within you. Walking with God doesn't eliminate trouble—it often invites it. The real question isn't whether storms will come, but how you respond when they do. A surrendered heart learns to love what God loves and develops endurance, steadfastness, and faith—because true breakthrough begins on the inside before it ever shows up on the outside.

Achor Verse: *"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."* (Ephesians 2:10, ESV).

Read: Acts 16:22-34

1. **TROUBLE IS INEVITABLE**

Jesus never promised a trouble-free life; He promised peace in the middle of trouble because He has already overcome the world. The question isn't whether problems will come, but whether we will respond with praise and faith or with complaining and defeat.

Scripture: John 16:33

Discussion: When trouble shows up in your life, what is usually your first response—faith, frustration, problem-solving, or something else—and why do you think that is? How might your perspective on current struggles change if you truly believed that God is present and working even in the middle of difficult circumstances?

2. **BREAKTHROUGH IS OPTIONAL**

Breakthrough isn't complicated, but it does require responsibility, surrender, and perseverance. Many problems remain because we wait for God to do what He has already empowered us to do through obedience, discipline, and faith.

Scripture: James 1:2-4; Romans 8:28, Philippians 4:6-7

Discussion: In what areas of your life might you be waiting for a “breakthrough from God” when He may actually be calling you to take a step of obedience, discipline, or surrender? How can believing that God is working for good in your circumstances (Romans 8:28) change the way you approach the challenges you’re currently facing?

3. PRAISE IS FUNDAMENTAL

Praise isn’t just a response to a breakthrough; it is often the pathway to it. When praise becomes a consistent practice rather than a last-minute weapon, it invites God’s presence, strengthens our faith, and shifts the atmosphere even in life’s darkest moments.

Scripture: Psalm 100:1-5, Psalm 34:1, Hebrews 13:15

Discussion: What usually determines whether you praise God during difficult seasons—your circumstances or your faith—and why do you think that is? How might your spiritual life change if praise became a daily habit instead of something you only turn to when you need a breakthrough?

4. GOD IS ESSENTIAL

Breakthrough ultimately begins with salvation, because Jesus is the only solution powerful enough to overcome every problem we face. When we take refuge in Him, God becomes our strength in trouble and can even use the very things meant to hold us captive as the instruments of our freedom.

Scripture: Nahum 1:7, Psalm 37:39

Discussion: How does remembering that Jesus is the ultimate solution to our biggest problem (salvation) change the way you view the challenges you are currently facing? Can you think of a time when God used a difficult situation in your life to ultimately bring freedom, growth, or encouragement to you or someone else? What did that experience teach you about trusting Him?

Quit praying for deliverance from something that requires your discipline.

SUMMARY

Breakthrough is not just about God changing our circumstances; it’s about God shaping our hearts, faith, and perspective in the middle of life’s challenges. When we choose surrender, responsibility, and consistent praise while trusting in Christ as our ultimate refuge, we position ourselves to experience the transforming power of God both in us and through us.

CALL TO ACTION

- **Practice Daily Prayer** — Start each day this week by intentionally praising God—before checking your phone or starting your routine. Thank Him for who He is and declare His goodness over whatever situation you are facing.
 - **Take Ownership of One Breakthrough Area** — Identify one area of your life where you need a breakthrough (spiritual, relational, financial, or personal) and take one practical step of obedience or discipline this week that moves you toward God’s solution.
 - **Run to God First** — The next time stress, fear, or frustration shows up this week, pause and turn to God first through prayer or Scripture instead of immediately looking for relief somewhere else. Train your heart to make Him your first refuge, not your last option.
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GROUP LEADER RESOURCE

Your “Go To” Reaction?

Go around the group and have each person answer this question:

“When something unexpected or stressful happens in your day, what is your *first* instinctive reaction?”

Give them some fun examples to choose from or build off of:

- Try to fix it immediately
- Complain to someone
- Google the solution
- Ignore it and hope it goes away
- Pray about it
- Eat snacks 😊
- Something else?

After everyone answers, ask a quick follow-up:

“What reaction do you *wish* was your first response instead?”

This keeps the mood light but naturally sets up the conversation about how we respond to trouble and how praise, faith, and trust in God shape our breakthrough.
