



# CAN I GET A BREAKTHROUGH?

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# EVERY SAID ONE OF THESE STATEMENTS?

- “Give Me a Break!”
- “I Need a Breakthrough Right Now!”
- I Just Can’t Seem to Get a Break!
- “ I Just Can’t Seem to Break Through This.....”







## WE ARE SOMETIMES “OVERWHELMED”

- Trials, Testings, Tribulations To Include the “Cares of This World
- Life’s Responsibilities & Challenges
- Spiritual Attacks/ Self-Inflicted Trials
- Consequences of our own actions
- Things that People Place Before Us/ Personal Attacks
- Sometimes You’re Overwhelmed with the Feeling of Being Overwhelmed

ARE YOU  
— *Feeling* —  
OVERWHELMED?

# WHAT OVERWHELMS US

- Sometimes it is a result of taking on too much work, outside activities or responsibilities
- It is caused by things we cannot control, like physical illness or emotional trauma.
- Sometimes we can feel overwhelmed when everything is normal and we don't see any reason for feeling that way.
- Even things we enjoy can leave us feeling overwhelmed if there is too much to do.
- We face daily pressures from jobs or school, from friends and family, and from temptations to sin.

# SOCIAL MEDIA / SELF-INFLICTED STRESS

- Social Media has a way of wearing us out and dumbing us down
- People become overwhelmed using social media to project an “image” at the sake of losing one’s personality. We get to comparing our lives to others so that we soon become pressured and overwhelmed
- Recent research has shown that overuse of social networking sites can increase people’s stress levels, produce anxiety and negatively affect a person’s sense of self
- Another study showed that Facebook increases people’s anxiety levels by making them feel inadequate and generating excess worry and stress. Also the constant need to update and “keep up with the Joneses” increase anxiety, while numbing the brain



# WHAT HAPPENS WHEN WE ARE OVERWHELMED?

- Preoccupation with activities not actions
- When feeling overwhelmed, we usually react by being frantically busy, by procrastinating, or by doing things clumsily or inefficiently.
- We may shut down emotionally and physically
- The choices that we make are impacted
- Lack of Discernment – Your Emotions Take Over (Impulsive)
- Steals your focus from God



# WHAT IS A BREAKTHROUGH

- An act or instance of breaking through an obstacle or through the defensive line of the enemy
- Matthew 16:18 says that the gates of Hell shall not be able to be superior in strength to the church of God.
- One definition is “an obvious and observable *change in controlling thoughts, feelings, or behaviors, resulting in dramatic spiritual growth.*”
  - John 8:32 - And ye shall know the truth, and the truth shall make you free.
  - *Wait a minute! I thought a breakthrough requires me getting stuff!*
- *The Breakthrough occurs because of a breakthrough in you - a change, leading to maturity, not just to blessings*
- *Many believers are waiting on a breakthrough when they haven't change their mindset or their behavior*

# WHAT DOES IT MEAN TO THRIVE?

- Are you a “Thriving” or just a Surviving “Christian?”
- To Thrive means “to progress toward, to flourish, or realize a goal despite or because of circumstances.”
  - Plants in order to thrive “dig in deep.” They become “rooted” and can flourish in fertile ground
  - They even say that plants thrive by “hearing encouraging words”
  - Being deeply rooted can also “hold the soil together
- **Survival Mode?** If you’re just surviving, you’re not living the life that God created you to live. God intends for you to thrive. You’re meant to grow to your fullest potential in life by knowing God and making Him known to others
- Don’t allow fear, doubt, discouragement, or challenging circumstances to keep you from spiritually thriving. God is in ultimate control and has a plan for your life, but it’s up to you to respond to it in obedience and faith.





# JESUS WAS LIKE US

- There was one occasion when Jesus described Himself as feeling overwhelmed. It was in the garden of Gethsemane just before His arrest, trial, and crucifixion. *“He began to be deeply distressed and troubled.”*
- ‘My soul is overwhelmed with sorrow to the point of death,’ he said to [his disciples]. ‘Stay here and keep watch.’ Going a little farther, he fell to the ground and prayed” ([Mark 14:33-35](#)).
- Jesus modeled an example for us when doing three things as he faced this overwhelming task:
  - first, Jesus was completely honest about how He felt.
  - Second, He solicited the help of friends.
  - Third, He prayed. Jesus took His burden to His Father.



# DAVID'S SOLUTION: GET TO HIGHER GROUND

- “From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. For thou hast been a shelter for me, and a strong tower from the enemy” ([Psalm 61:2-3, KJV](#)).
- What David is saying by being overwhelmed: The meaning here is, that darkness or calamity seemed to have covered or enveloped his soul. He saw no light, he had no comfort.
- **Lead me to the rock that is higher than I** - To a rock; to some place of refuge; to some stronghold where I may be safe. We know Jesus as the Rock.
- Take the “high ground” and stop trying to fight things on your level. The increase of elevation most times leads to a greater visibility. You can look down in the valley where you came from and deal with things from a better vantage point.

# 1 SAMUEL 30:1-8: DAVID WAS OVERWHELMED

- 1 Samuel 30:6 - David was greatly distressed, for the men spoke of stoning him because the souls of them all were bitterly grieved, each man for his sons and daughters. But David encouraged and strengthened himself in the Lord his God.
- There were 3 Responses to the Calamity presented before David and his men
- **FIRST RESPONSE: You Can Cry About It**
  - 1 Samuel 30:4 - Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep.
  - Being Depressed or Distressed about your condition usually takes away the energy to do something about it





# 1 SAMUEL 30

- **SECOND RESPONSE: You can blame others for your failure/loss**
  - For the people spoke of stoning him
  - Don't blame the pastor, family, friends for all your troubles!
  - A lot of mistakes were made that led to the enemy coming in unaware to destroy their city and steal their possessions & wives



# DAVID ENCOURAGED HIMSELF

- **THIRD RESPONSE: Seek the Lord**
- “but David encouraged himself in the Lord his God;”
  - First David focused his faith – In the Lord his God
  - He encouraged himself in the power and divine will of God; in the promises of God, and in God’s faithfulness in keeping them
  - Then he sought the wisdom of God – He got in the proper mindset, breaking free from depression and fear
  - Breakthrough came as he received wisdom on how he would recover all



# WE LEARN MORE IN OUR VALLEY EXPERIENCES THAN ON OUR MOUNTAINTOPS.

- The Valley can also be a place of Self Examination, Training and Opportunity for God to show Himself strong on our behalf.
- We can't always stay on the mountaintop
- Valleys and Mountains are connected. A valley experience usually occur after a mountaintop experience



# WHEN YOUR PLATE IS FULL

- Sometimes we can become overwhelmed by activities that can be needless, keeping us from doing what is needed (i.e. Mary and Martha (Luke 10:38-42))
- **Stop Comparing Plates** - We often compare Lifestyles of others to ours (Besides we all have different stress levels)
- **Preventative - Keeping your plate clean (from negative thoughts, fears, anxieties)**
  - Practice trusting God more deeply *before* overwhelm sets in.
  - Learn to take *every thought and emotion, blessing or burden, directly to the Lord.*
  - *Casting all of your cares / Casting down imaginations*
- **Know When Your Plate is Full - Requires discernment and honest assessment**
- **Scrape off unnecessary excess, keeping what is good for you on your plate**
  - That means don't scrape off the most nutritious things so you can have all the "Sweet" stuff
  - In other words, Bible Study, worship, fellowship is good for you - Should not always be the first thing to go



# HOW NOT TO GIVE UP OR GIVE IN WHILE WAITING FOR A BREAKTHROUGH

## ■ **Keep Your Eyes on Jesus**

- Hebrews 12:2: We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.
- Jesus was able to overcome because he something before him, awaiting him
- We must trust that Jesus who has promised to be with us will bring us through
- Keeping your eyes on Jesus means following his example; observing his ways
- ***"When I am overwhelmed, you alone know the way I should turn." Psalm 142:3 (NLT)***

## ■ **Keep Your Eyes on the Prize – What are you believing daily for?**

- 1<sup>st</sup> Corinthians 9:26,27: So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.
- Lack of purpose, lack of vision, lack of discipline can cause one to feel overwhelmed and confused, especially if we lose sight of what we are aiming for and desiring to achieve

# HOW NOT TO GIVE UP OR GIVE IN WHILE WAITING FOR A BREAKTHROUGH

- **Keep running:** Continue in doing good, serving, expanding the kingdom, being a light to the world and keeping busy in the Lord's business. (Galatians 6:9)
- There is no set theory or "law" on what holds a bicycle or a motorcycle upright as long as it is moving.
- However, in its standing position, it requires a "kickstand" to stay upright until it is ridden again
- **We are upheld by faith** – our doctrine is our "kickstand," but we have to maintain a "moving" direction if we are able to "Walk by faith" daily
- That means stay in faith, stay in fellowship, keep doing good, don't give up or give in. Don't go for the "Relief" Lever, but the "Release" Lever





# HOW NOT TO GIVE UP OR GIVE IN WHILE WAITING FOR A BREAKTHROUGH

- **Keep praying:** God hears our prayers and delights when we confide in Him.
- **Jeremiah 29:12:** Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.
- **True Faith is prevailing faith - Prevailing Faith Initiates Prevailing Prayer**
  - (Now you know why your prayer life is weak)”
- **Matthew 7:7:** **Matthew 7:7** - Keep on asking and it will be given you; keep on seeking and you will find; keep on knocking [reverently] and [the door] will be opened to you.



**The Parable of the Woman and Unjust Judge**  
(Luke 18:1-8)

The Woman pursued and persevered until even the unjust judge gave her what she wanted

# HOW NOT TO GIVE UP OR GIVE IN WHILE WAITING FOR A BREAKTHROUGH

## ■ Keep Abiding in the Vine

- Stay connected to the body of believers. Satan wants you discouraged, disconnected, isolated and wants to place you in tempting situations. Stay close to those who can pray, lift you up and help you in the hard times.
- To *abide* means to “stay,” “stand,” “endure,” “dwell,” “remain,” “bear,” “reside” and to be connected, just like the vine and the branches spoken in the Bible.
- So many Christians wither in their circumstances, not producing the fruit to endure because they are disconnected from the branch and no longer connected to the Vine
- Next time you feel overwhelmed, take a look around and consider where you are abiding.

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