

Fastrack - 1

Break through

We are beginning a brand new series today on Super Bowl Sunday which I'm pretty excited about.... You know, I always say that... But I am... I'm really excited about the material we have been producing lately.

This idea started from an email I received late in 2018.

I won't read the person's email today but here's the gist of it.

I'm a Christian or so I think. I do my best to be a good person. Nothing seems to be going my way. Does God even care...

I NEED A BREAKTHROUGH

I really need a breakthrough...

What is a BreakThrough?

Definition: Breakthrough - A sudden, dramatic and important advance.

Science has breakthroughs

Technology has breakthroughs

A sudden, dramatic and important advance

You can have a breakthrough in you marriage, in a relationship

You can have a breakthrough at your job

NOW... The opposite of a breakthrough would then be a SETBACK

So, if you are not moving forward, you are stalled...

I'm not making any progress in my marriage... I'm not making any progress in my life...

I need a breakthrough

We can have personal and spiritual breakthroughs.

These are moments of clarity where we see something new or are moved in a different direction from where we were heading...

Oprah calls this the "AHA" moment.

"Aha moment" has been added to the dictionary.

Its official definition is "a moment of sudden realization, inspiration, insight, recognition or comprehension."

I've had many of these in my life.

Times when I was going in one direction, and then suddenly I see an opening and change direction.

Being Super Bowl Sunday, I feel it only fitting to talk about breakthrough in light of football.

Running Backs are constantly looking for breakthroughs...

They do experience stalls where they are tackled at the line for no gain in yardage.

Other times they experience setbacks when they are tackled for a loss of yards.

As the running back reaches the line, he is looking for an opening... a breakthrough...

And when he does find it, he must act immediately...

Here is what I have found about breakthroughs.

Break Throughs typically happen when you seek them.

Most people don't accidentally fall into a breakthrough.

Most breakthroughs are a result of commitment and intention.

Runningbacks look for Breakthroughs, to break free, in order to get the break away run.

Most likely, when this occurs, the result is a touchdown.

Today we start a new series called **FASTrack**.

Today I want to introduce a topic that I have NEVER preached on before.

This series is going to talk about **fasting**...

I've never taught on it, because, quite frankly, I didn't understand it.

I have found:

The reason MOST people would fast is in order to have some sort of breakthrough in their life or to get an answer from God that they have not been able to hear any other way.

Many times we think that fasting is a quick fix... A Crash Diet...

But maybe Fasting is much more...

So we are calling for a 90 day FAST... No food. For God...
Whose in?

I'm just kidding... I see churches call for fasts every year and I really believe most people are only going on a diet...

It's been done wrong...

In the Bible, when someone needed a major breakthrough, they needed a personal change.

Health, finances, marriage, children, direction, wisdom...

They found that Breakthrough in:

Prayer AND Fasting

If you fast without praying... you went on a diet.

Let's look at the most popular king of all time...

King David...

He was no stranger to victory, struggle and the need for breakthrough.

He knew that after most of his victories came another battle.

1 Chronicles 14:8-11

"When the Philistines learned that David had been made king of Israel, they mobilized all of their forces against him to attack and enslave him,"

Are you for real? Can't I just enjoy my moment? The Philistines were the enemy of Israel and they were a huge army...

Have you ever felt this way before in your life? That the forces are mobilizing against you...

As a running back, the defense is trying to stop your progress. Stop your breakthrough.

Have you ever felt like you were "Under Attack"
Maybe a habit or addiction has been trying to enslave you.

So, they are coming for Him...

but David heard the news and moved to his fortified place.

Now that's a good thing.
You should have a fortified place...

Do you have one?

When you are under attack... When you feel like life is caving in on you.
You can't handle the pressure of the blitz... where is your fortified place?

Where do you run to?

If you are a member of Family Church, this is it... Or maybe your Connect Group.

This is the team that will back you up, help you through...

If you don't have a fortified place when the attack comes, when the blitz comes, you will be sacked.

Then the Philistine army moved in and spread out across the entire valley.

They have him surrounded... The blitz is on. They are trying to create a NO Escape situation.

So what does David Do?

So David sought the Lord in prayer.

If you would dare to join me in a fast, we will give you the tools in prayer to get your breakthrough.

I can't promise you will get that breakthrough. But I promise to give you the tools that will make it possible.

How's your prayer life? Could it use a boost?

How would you like for the entire church to be praying for you and your breakthrough?

He asked 'Should I go fight these Philistines? Will you give them over to me?'

Can I give you some really important info?

Never fight a battle you didn't first ask God about... It might not be your battle to fight.

If you didn't ask God, you might be on your own... Maybe that's why many believers live defeated?

Should I make an issue of this at work? Should I make an issue of this in my marriage...? Ask the Lord first.

The Lord replied, 'Yes, go ahead! You can certainly count on me to give you the victory!' So David went out and defeated them. Then David said, 'I watched the Lord BREAK THROUGH my enemies like a mighty flood.' So he named the place 'The Lord Broke Through!'"

This is what I want to happen in your life in the next 4 weeks.

I want you to **name a place the Lord broke through...**

My finances, the Lord broke through, My marriage, the Lord broke through, My health, the Lord broke through, My emotions, the Lord broke through.

NAME THAT PLACE.

You need a breakthrough in your life - **but breakthroughs don't just happen by chance** - you have to do the things that David did.

He ran to his fortified place, he prayed, he asked the Lord, "is this my fight?", he watched the Lord Break Through His enemies.

The Apostle Paul says there are 4 things you need to have a breakthrough.

Philipians 4:6-8

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise

Don't worry about anything
Pray About Everything
Thank Him for all He has done
Fix your thoughts

These are the 4 components you will need in order to see a breakthrough occur in your life.

This is what David did... this is what we need to do...

So how do I fast, How do I set time aside to be with the Lord?

Great question. You will have to come back next week to find out.

Pray