



40 DAYS OF  
*Breakthrough*

DAILY  
REFLECTION  
GUIDE

JOURNEY  
COMMUNITY  
CHURCH

# 40 DAYS OF Breakthrough

## TO START:

Name a place or places in your life where you need a breakthrough: (e.g. an addiction, unforgiveness, broken relationships, anger, depression or anxiety, apathy, fear, hopelessness, other)

Can you determine what's blocking your breakthrough?  
If not, ask God to reveal it. If so, name it here:

Everyday for 40 Days pray:

***God I need a breakthrough! I want Your kingdom to breakthrough and saturate every area of my life. I am specifically asking You for breakthrough over \_\_\_\_\_.***

**Follow the instructions for each day using the weekly scriptures listed below:**

Week 1 — Breakthroughs for Us: Hebrews 10:19-25; Ephesians 4:13-32

Week 2 — Anxiety and Depression: Romans 12:1-3; Philippians 4:4-9

Week 3 — Breaking Destructive Agreements: Numbers 13:21-33

Week 4 — Forgiveness: Matthew 18:21-35; Matthew 6:9-15

Week 5 — Caring for Body, Soul and Spirit: 3 John 2; Proverbs 4:23;  
1 Corinthians 6:12-20

Week 6 — Making Amends: Proverbs 14:9; Matthew 18:15-20

Week 7 — The Power of Serving: Luke 22:24-27; Mark 10:41-45

## **MONDAY**

Choose just one passage or all of the passages listed for the week.

Read the passage slowly twice.

Ask God to speak to you through the passage this week.

## **TUESDAY**

Read this passage again today.

Jot down words or phrases that stand out to you.

## **WEDNESDAY**

Read this passage a third time.

Ask God to speak through the words or phrases you wrote down yesterday.

Journal about any questions you have for God.

Journal what you seem to be hearing from God.

## **THURSDAY**

Read this passage a fourth time.

What action step is God asking you to take in response to what He's spoken through this passage?

## **FRIDAY**

Turn this passage into a prayer.

E.g. Ephesians 4:13-32

"God unite us in the faith. Bring me to a place of maturity. Help me to attain to the whole measure of the fullness of Christ. Bring me to the place where I am no longer an infant."

What is God speaking to you about the breakthrough topic for this week?

**JOIN A  
BREAKTHROUGH  
GROUP!**



## Join a Small Group for 6 Weeks and Dive Deeper into Breakthrough!

WEEK OF APRIL 18 – WEEK OF MAY 23

To find and sign up for a Breakthrough Group, visit our website or scan the QR code with your camera app.

[journeycommunitychurch.com/breakthrough](https://journeycommunitychurch.com/breakthrough)

I plan to attend this group for 6 weeks: \_\_\_\_\_

## JUMP START YOUR BREAKTHROUGH

Join us for Transformation Weekend on April 16 & 17.

Get more info and register here:

[journeycommunitychurch.com/transformation-weekend](https://journeycommunitychurch.com/transformation-weekend)

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## CELEBRATE BREAKTHROUGH

All-Church Campus Celebration on Sunday, May 30

We invite everyone to join us on campus in a unique celebration of our 40 Days of Breakthrough!

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