

BREAK THROUGH

WEEK 2
LIMITING BELIEFS
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A breakthrough is all about experiencing a new quality of life.

A breakthrough requires that you eliminate limiting beliefs .

A limiting belief is a **thought** or **idea** that keeps you where you are.

The Lord gave me this message: "I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my **prophet** to the nations." "O Sovereign Lord," I said, "I can't speak for you! I'm **too young!**" *Jeremiah 1:4-6*

But Moses pleaded with the Lord, "O Lord, I'm **not very good with words**. I never have been, and I'm not now, even though you have spoken to me. I get **tongue-tied**, and my words get **tangled**." *Exodus 4:10*

Limiting beliefs function as a jail cell .

"A limiting belief is a misunderstanding of the present that shortchanges your future." – Michael Hyatt

Nehemiah 4:10-12

What is your **limiting belief**?

I can't _____ because _____.

1. Identify your limiting belief.
2. Understand that this belief is your truth, not the truth.

Some of you were **once** like that. But you were **cleansed**; you were made **holy**; you were **made right** with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God. *1 Corinthians 6:11*

3. Replace the limiting belief with a liberating truth .

For at one time you were **darkness**, but now you are **light** in the Lord. **Walk** as children of light... *Ephesians 5:8*

Then as I looked over the situation, I called together the nobles and the rest of the people and said to them, "Don't be afraid of the enemy! Remember the **Lord**, who is great and glorious, and fight for your **brothers**, your **sons**, your **daughters**, your **wives**, and your **homes!**" *Nehemiah 4:14*

4. Take action .

Action creates experience and experience affirms the new liberating truth.

SG | Small Groups

Group Prep

In preparation for your small group meeting, please read Exodus 3:1-4:17, then answer the following discussion questions prior to attending.

Introduction

There is a quality of life Jesus wants us to experience. He called it the "abundant life," a life lived to our fullest, God-given potential. We all have areas of our life in which we need a breakthrough, but sometimes we can allow our limiting beliefs to get in the way of even taking the first steps in that area. These limiting beliefs will keep us where we are unless we identify them, replace them with liberating truths, and then take action.

Discussion Questions

1. In what area of your life do you find yourself disgusted and in need of a breakthrough? Where would you like to see yourself in this area at the end of 2018? How about in five years? Ten? What stories have you been telling yourself that have prevented you from living the kind of life you were meant to live?

2. A limiting belief is a thought that keeps you from making progress. What are some limiting beliefs people struggle with? In Exodus 3:1-4:17, what were some of the limiting beliefs Moses experienced when God proposed that He be the one to lead the Israelites out of Egypt? Like Moses, why do we sometimes fail to believe what God is able to do through us?

How can you identify your limiting beliefs? Take a moment to fill in the blanks of the following sentence:

I can't _____
because _____
_____.

Where do you think these limiting beliefs come from? What limiting beliefs do you need to destroy?

3. The limiting beliefs you experience may be "your truth" but not "the truth." In Exodus 3:1-4:17, we find that God replaced Moses' limiting beliefs with liberating truths. What truth does God use to replace the limiting beliefs of Moses with liberating truths? Take a look at your life. How has God equipped you to experience a breakthrough in the area of your life mentioned above?

Read Jeremiah 29:11, Joshua 1:9, Psalm 46:1-3, and John 16:33. There is liberating truth found in the Bible. What are some other passages or stories found in Scripture that can free our perspectives in order to help us reach our God-given potential? Where else can you find liberating truth?

4. Read John 10:10. How do you remove the limiting beliefs you may possess and replace them with liberating truths that set you free?

Taking action creates experience, which will destroy limiting beliefs and affirm the new liberating truth. What practical steps can you take this coming week to destroy your limiting beliefs for good?

Outreach: Groups in Action

Sign your group up to help restock our connection cards in our auditorium at the Greenwood campus on Wednesday nights. This is a huge blessing to Emmanuel! Email kcarmichael@eclife.org if your group is able to help.

Save the date for March 18 to help with Pack Away Hunger. Details coming soon; we will need lots of hands to help pack 100,000 meals.

Action Step

Fill in the blanks below for this upcoming week.

My action steps are _____
_____.

I'm accountable for _____, and their action steps are _____
_____.

My memory verse is _____.

This coming week, I'm praying for:
