# **SERIES discussion guide** A purple and white text with a cross AI-generated content may be incorrect.

# **breakthrough Chad Bruegman February 09, 2025** If you would like to watch the message, visit [rpc.me/messages.](https://www.rpc.me/messages/)

**LEADER**

You go first:

* Introduce yourself.
* How long have you been attending RPC?
* What’s a fun fact about you?

Have everyone introduce themselves using the same questions.

**ICEBREAKER**

* What's your favorite way to spend a Sunday—watching sports, hanging with friends, exploring, or just relaxing?

Go over the Small Groups Covenant. Be sure to start and end your group on time!

**MESSAGE RECAP**This week, we kicked off our Breakthrough series, focusing on how God calls us to step out in faith even when fear tries to hold us back. Reflecting on Joshua 1, we understand that breakthrough requires both God’s promises and our participation—trusting Him enough to take the first step, even before we see the waters part. Fear stands as the greatest enemy of breakthrough, but by standing on God’s Word, strengthening our faith, and putting on the armor of God, we can move forward with courage into the promises He has for us.

**WARM-UP QUESTION**

* What’s one thing you’re looking forward to in 2025? (It could be personal, work-related, or faith-related.)

**READ**   
Joshua 1:1-9

**QUESTIONS**

* Joshua and the Israelites were standing before the Jordan River, knowing they had to cross it before stepping into the land God had promised them. Even though God had assured them of victory, they still had to take a step of faith before seeing the breakthrough. Tell about a time when you felt fear hold you back from taking a risk—whether in your career, relationships, faith, or a personal goal? What do you wish you had done differently?
* Fear often kept people in the Bible from stepping into God’s promises, just as it can for us today. In Joshua 1, God repeatedly tells Joshua to be strong and courageous. Why do you think God had to remind him of this so many times? (Fear causes us to hesitate instead of moving forward. Faith requires action even when the outcome isn’t visible yet.)
* How does fear distract us when we face challenges? (Fear magnifies obstacles, causes us to doubt our next step, and makes us lose sight of God’s promises—forgetting that He has already assured us victory.)
* What are some other ways fear holds us back from stepping into what God has for us? (Fear makes us doubt our identity, rely on our own strength instead of trusting God, and gives us excuses to stay comfortable.)
* God was calling Joshua and the Israelites to step into something new, even though it was unknown and uncomfortable. Have you ever avoided stepping into something because it felt safer to stay where you were? What happened?
* Chad reminded us that courage isn’t genetic—it’s something we develop through faith and obedience. When we fill our minds with truth, we gain the courage to move forward instead of allowing fear to control our decisions. According to Joshua 1:8, what practical step can we take to protect our minds with truth instead of fear? (Continually meditate on God’s Word.)
* With so many things competing for our attention (social media, podcasts, work, etc.), how can we intentionally make space for God’s Word in our daily routine? What’s one way you could try this week? (Maybe swapping a few minutes of scrolling for Scripture, listening to a Bible podcast, or using a Bible app.)

**READ**   
Ephesians 6:10-18

* Life throws a lot at us—stress, anxiety, comparison, uncertainty. Before we read this passage, reflect on some of the ‘battles’ you feel like you’re facing right now.
* This passage describes the "full armor of God" and how it helps us stand strong in our faith. Which piece of the armor of God do you think would help you the most in your daily life right now? Why?

**APPLICATION QUESTION**

* The message challenged us to engage more with Scripture. What’s one small, practical way you could invite God into your daily routine this week? (Maybe it's setting a reminder to pray, listening to a worship song on your commute, or starting your day with one verse.)

**SUMMARY**

* God commanded Joshua to be strong and courageous, but that courage was directly tied to obedience. Obedience isn’t about restriction—it’s about aligning with God’s best for us.
* Faith is active, not passive. The Israelites were given the promise of the land, but they still had to step into the Jordan River before seeing God move. Likewise, we can’t just passively wait for breakthrough; we must take faithful steps forward.
* Joshua didn’t lead alone, and neither should we. Surrounding ourselves with people who build our faith strengthens us for the challenges ahead.

**CLOSE IN PRAYER:** your closing prayer could include the following:

1. *Gratitude.* Thank you, Lord, for giving us this time together to study Your Word.
2. *Acknowledgment of “a-ha” moments.* We are so grateful for the new awareness and insights you gave us today.
3. *Request for help throughout the week.* As we go back to our homes, families, and workplaces, please remind us of what we’ve learned today and give us the courage and strength to obey whatever You are calling us to do. Amen.

**LEADERS:**  Please take attendance and follow up with anyone who did not attend this week.