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

**BREAKTHROUGH**  
**CHAD BRUEGMAN**  
**FEBRUARY 23, 2025**

If you would like to watch the message, visit [rpc.me/messages](https://www.rpc.me/messages/).

**ICEBREAKER**

* What’s your extreme food craving? What’s the craziest thing you’ve done to satisfy a craving—like racing to a restaurant before closing, driving an hour out of your way, or gone on a late-night food mission?

**MESSAGE RECAP**

This week, Chad continued our *Breakthrough* series, emphasizing how God desires to break down the strongholds in our lives. We look at the story in **Mark 2:1-12**, where a paralyzed man experiences a life-changing encounter with Jesus. His breakthrough didn’t happen alone—his friends carried him, overcame obstacles, and literally **broke through** the roof to get him to Jesus. Their determination and his humility reflect what James 2:17 teaches: *faith without action is dead.* Prayer is the first step, but faith requires movement. While the man’s physical healing was incredible, the greatest breakthrough was spiritual – receiving forgiveness and new life through Jesus.

**WARM-UP QUESTION**

* **Chad reminded us that "Breakthrough" is our focus this year.** If you could pick one word to describe what you hope for in 2025, what would it be and why?

**READ**

**Mark 2:1-12**

**DISCUSSION QUESTIONS**

1. **Think about the paralyzed man in Mark 2.** **What obstacles did the paralyzed man and his friends have to overcome to get to Jesus? *(The crowd, the difficulty of carrying their friend, the challenge of getting onto the roof, the effort of digging an opening in the roof, the potential embarrassment of interrupting Jesus.)***
2. Instead of giving up, the friends took action to bring the man to Jesus. What does this story show us about faith in action? ***(Faith doesn’t stop at obstacles—it finds a way forward. Faith compels us to move.)***
3. When have you had to take action in your faith instead of waiting for something to change?
4. The paralyzed man didn’t get to Jesus on his own—he had **mat carriers** who refused to leave him stuck. How have the people around you influenced your faith?
5. Who are your "mat carriers"—the people who encourage your faith and help you move forward? If you don’t have them, where could you start building those relationships?
6. The paralyzed man had tobe willing tolet his friends carry him. Why do we often resist asking for help? What’s one area in your life where you need to invite others in for encouragement, accountability or support?
7. **What is the first thing Jesus says to the paralyzed man in Mark 2:5?** (Encourage the group to read the verse aloud.)
8. **What does Jesus' response reveal about the breakthrough we need most?**
9. Jesus prioritized the man's spiritual healing over his physical healing. This story encourages us to move beyond praying only for external changes and seek the deeper transformation God wants to do within us. How does this challenge the way you pray for breakthrough in your life?
10. The paralyzed man needed his friends’ **faith** when he didn’t have his own. Sometimes, we are calledto **carry others in faith.** Is there someone in your life who is struggling and needs encouragement or prayer? How can you be a “mat carrier” for them this week?

**APPLICATION QUESTION**

* The message challenged us to consider how badly we want breakthrough in our lives. The paralyzed man likely prayed for years, but his healing began when he allowed others to bring him to Jesus. Have you ever found yourself **praying for something but hesitating to act?** How badly do you want breakthrough, and what’s **one step** you can take this week to move forward?

**SUMMARY**

* Breakthrough requires faith in action. Prayer is where breakthrough is conceived but action is where breakthrough gives birth.
* Obstacles don’t mean stop. Sometimes we have to push through challenges and trust that God will make a way – even if it means breaking through a roof!
* Breakthrough often happens in community. We all need breakthrough buddies who will carry us when we can’t move forward on our own and we need to be that for others too.
* Jesus knows our greatest need. The man came for **physical healing,** but Jesus **forgave his sins first,** showing that **our spiritual healing is even more important than physical or circumstantial change.**

**CLOSING PRAYER**

Your closing prayer can include:

1. **Gratitude** – *Thank You, Lord, for this time together to study Your Word.*
2. **Acknowledgment of new insights** – *We are grateful for the wisdom You have given us today.*
3. **Request for guidance** – *As we go into our week, help us remember what we’ve learned and give us the courage to obey Your calling. Amen.*

**LEADERS:**

Please take attendance and follow up with group members as needed. Also, SAVE THE DATE and attend the next Worship & Prayer Night with your group on Thursday, March 6 at 7pm.