



Greater Life Church Central

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

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2nd Quarter Fast Devotional Guide

Theme: Breaking Barriers, Building Faith

Focus Word: Breakthrough

Anchor Scripture: *Mark 9:23*

DAY ONE – IDENTIFY THE BARRIERS

Focus Scripture: *Psalm 139:23–24*

Introduction

Before a breakthrough can happen, barriers must be recognized and named. Many people feel stuck but cannot explain why because they have never slowed down long enough to allow God to reveal the root issue. Some barriers are obvious, while others are hidden beneath habits, thought patterns, or unresolved pain. Today is about inviting God into your inner life and giving Him permission to search every area. Awareness is the first step toward transformation, and what God reveals, He intends to heal.

Key Focus:

- Pray for clarity, *Psalm 139:23–24*
- Not all barriers are external, some are internal, *James 1:14–15*
- What you don't confront, you cannot conquer, *Hosea 4:6*
- God reveals things to heal and restore, not to shame, *John 8:32*

Discussion Questions

1. What barriers do you sense in your life right now?
2. Are your obstacles more internal or external?
3. What has God already been trying to show you?

Journal Assignment

Write down every barrier you believe is hindering your growth. Be honest. Then pray over that list and ask God for solutions,

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| admin@greaterlifed.org| www.greaterlifed.org**DAY TWO – BREAKING THE SPIRIT OF FEAR****Focus Scripture:** *2 Timothy 1:7***Introduction**

Fear is one of the most subtle yet powerful barriers to breakthrough. It often hides in hesitation, procrastination, or overthinking. Fear causes people to shrink back when God is calling them forward. It distorts reality and magnifies problems while minimizing God's power. Today is about confronting fear with the truth of God's Word and stepping into confidence, knowing that God has equipped you with power, love, and a sound mind.

Key Focus:

- God has not given us fear, *2 Timothy 1:7*
- Fear distorts what God has promised, *Numbers 13:31–33*
- Faith grows when fear is challenged, *Isaiah 41:10*
- Perfect love casts out fear, *1 John 4:18*

Discussion Questions

1. What fears have been holding you back?
2. How has fear affected your decisions?
3. What would you do differently if you weren't afraid?

Journal Assignment

Write a letter declaring what you will no longer fear. Replace each fear with a scripture.



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DAY THREE – STRENGTHENING YOUR FAITH

Focus Scripture: *Romans 10:17*

Introduction

Faith is not automatic, it must be developed. Many desire breakthrough but have not built the spiritual capacity to sustain it. Faith grows through hearing the Word of God, applying it, and trusting Him consistently. Today is about strengthening your faith so that your belief is not dependent on feelings but grounded in truth. What you consistently hear and focus on will shape your confidence in God.

Key Focus

- Faith comes by hearing the Word, *Romans 10:17*
- Without faith it is impossible to please God, *Hebrews 11:6*
- Faith requires action, *James 2:17*
- God responds to persistent faith, *Luke 18:1*

Discussion Questions

1. What has been weakening your faith?
2. How can you strengthen your faith daily?
3. When has God proven Himself faithful before?

Journal Assignment

Write down three past victories God has brought you through and how they can fuel your faith now.



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DAY FOUR – SURRENDERING CONTROL

Focus Scripture: *Proverbs 3:5–6*

Introduction

Control often feels like security, but it can become a barrier to breakthrough. When we try to control every outcome, we limit our ability to trust God fully. Surrender means releasing our plans, timelines, and expectations into God's hands. It is an act of trust that acknowledges God's wisdom over our own understanding. Today is about letting go and allowing God to lead.

Key Focus

- Trust God completely, *Proverbs 3:5–6*
- God's ways are higher, *Isaiah 55:8–9*
- Surrender brings peace, *Philippians 4:6–7*
- Let God lead, *Psalms 37:5*

Discussion Questions

1. What areas are you still trying to control?
2. Why is it hard to let go?
3. What would surrender look like for you today?

Journal Assignment

Write a prayer of surrender, specifically naming the areas you are releasing to God.

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| admin@greaterlifesd.org| www.greaterlifesd.org**DAY FIVE – REMOVING DOUBT****Focus Scripture:** *James 1:6–8***Introduction**

Doubt creates instability in the believer's life. It causes hesitation and weakens confidence in God's promises. Many are close to a breakthrough but struggle with uncertainty. Today is about eliminating double-minded thinking and choosing to stand firmly on the truth of God's Word. When your belief is settled, your direction becomes clearer and your faith becomes stronger.

Key Focus

- A double-minded person is unstable, *James 1:6–8*
- Speak faith, not doubt, *Mark 11:23*
- God is faithful to His promises, *Numbers 23:19*
- Walk by faith, not by sight, *2 Corinthians 5:7*

Discussion Questions

1. Where has doubt crept into your life?
2. What triggers your doubt?
3. How can you replace doubt with truth?

Journal Assignment

Write down every doubt and then write a faith declaration beside each one.

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| admin@greaterlifesd.org| www.greaterlifesd.org**DAY SIX – DEVELOPING CONSISTENCY****Focus Scripture:** *Galatians 6:9***Introduction**

Breakthrough is not built on occasional effort but on consistent obedience. Many start strong but struggle to remain steady over time. Consistency creates spiritual momentum, and momentum leads to growth. Today is about committing to daily discipline in your walk with God. Even when progress feels slow, consistency ensures you are moving forward in faith.

Key Focus

- Stay steadfast, *1 Corinthians 15:58*
- Consistency produces growth, *Galatians 6:9*
- Daily devotion matters, *Joshua 1:8*
- Discipline leads to breakthrough, *Hebrews 12:11*

Discussion Questions

1. Where have you been inconsistent?
2. What habits need to change?
3. How can you remain consistent after the fast?

Journal Assignment

List your current daily habits and identify which ones you will strengthen or change.



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DAY SEVEN – PRAYING WITH AUTHORITY

Focus Scripture: *Luke 10:19*

Introduction

Prayer is a powerful tool given to believers, and with it comes authority through Christ. Many pray, but not all pray with confidence in what has been given to them. Today is about shifting from passive prayer to authoritative prayer. When you understand your position in Christ, your prayers become bold, focused, and aligned with God's promises.

Key Focus

- Pray boldly, *Hebrews 4:16*
- Authority is given through Christ, *Luke 10:19*
- Speak with confidence, *Matthew 18:18*
- Effective prayer produces results, *James 5:16*

Discussion Questions

1. How do you usually approach prayer?
2. Do you pray with confidence or hesitation?
3. What areas need authoritative prayer?

Journal Assignment

List three areas where you need God to move and write a short prayer beside each one.

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| admin@greaterlifed.org| www.greaterlifed.org**DAY EIGHT – BREAKING SPIRITUAL STRONGHOLDS****Focus Scripture:** *2 Corinthians 10:4–5***Introduction**

Some barriers are spiritual and rooted in patterns of thinking that oppose God's truth. These strongholds shape how you see yourself and how you respond to life. Today is about tearing down those strongholds through the Word of God and renewing your mind. As your thinking changes, your life begins to align with God's truth, making room for breakthrough.

Key Focus

- Weapons are spiritual, *2 Corinthians 10:4–5*
- Strongholds begin in the mind
- Renew your mind daily, *Romans 12:2*
- Victory comes through Christ, *1 John 4:4*

Discussion Questions

1. What strongholds do you recognize?
2. How have they affected your thinking?
3. What truth will you use to combat them?

Journal Assignment

Identify one stronghold and write scriptures that directly oppose it.



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DAY NINE – EXPECTING BREAKTHROUGH

Focus Scripture: *Hebrews 11:1*

Introduction

Expectation positions your heart to receive from God. Faith is not just believing, it is also expecting. When expectation is present, hope rises and your spiritual posture shifts. Today is about building anticipation that God is actively working in your life. Expectation keeps your faith alive and your focus forward.

Key Focus

- Expect God to move, *Hebrews 11:1*
- Faith sees before it happens
- God rewards expectation, *Jeremiah 29:11*
- Stay hopeful, *Romans 15:13*

Discussion Questions

1. What are you expecting from God?
2. Have you lowered your expectations?
3. How can you increase expectancy?

Journal Assignment

Write a detailed vision of what your breakthrough looks like.



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DAY TEN – WALKING IN BREAKTHROUGH

Focus Scripture: *2 Corinthians 2:14*

Introduction

Breakthrough is not only received, it must be maintained and lived out. What God begins, He also strengthens you to sustain. Today is about walking in victory, guarding your heart, and continuing in faith beyond the fast. As you move forward, remain grounded in God, committed to His Word, and intentional about your spiritual growth.

Key Focus

- Walk in victory, *2 Corinthians 2:14*
- Guard your heart, *Proverbs 4:23*
- Stay connected to God, *John 15:5*
- Give God glory, *Psalms 115:1*

Discussion Questions

1. How will you maintain your breakthrough?
2. What habits will you continue?
3. How will you give God glory?

Journal Assignment

Write a commitment plan for life after the fast, including spiritual habits you will maintain.