



Breakthrough Plan

Hope Christian Church

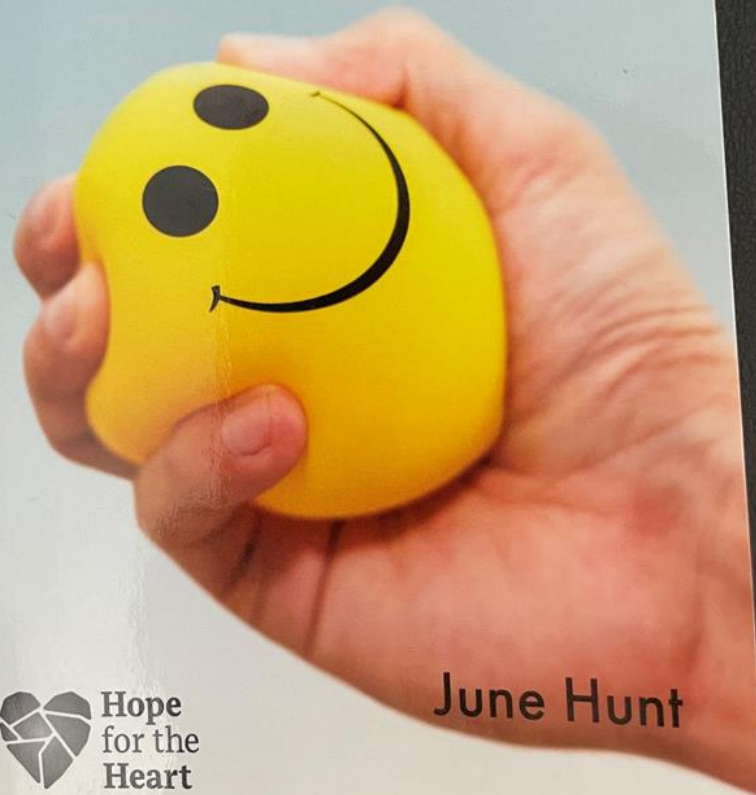
February 27, 2022

Battleground is in your Head



WORRY

The Joy Stealer



Hope
for the
Heart

June Hunt

Acts 16:22-29

22 A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods.

Acts 16:22-29

23 They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn't escape.

Acts 16:22-29

24 So the jailer put them into the inner dungeon and clamped their feet in the stocks.

Acts 16:22-29

25 Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening.

Acts 16:22-29

26 Suddenly, there was a massive earthquake, and the prison was shaken to its foundations.

Acts 16:22-29

All the doors immediately flew open, and the chains of every prisoner fell off!

Acts 16:22-29

27 The jailer woke up to see the prison doors wide open. He assumed the prisoners had escaped, so he drew his sword to kill himself.

Acts 16:22-29

28 But Paul shouted to him, “Stop! Don’t kill yourself! We are all here!”

Acts 16:22-29

29 The jailer called for lights and ran to the dungeon and fell down trembling before Paul and Silas.

Acts 16:22-29

30 Then he brought them out and asked, "Sirs, what must I do to be saved?"



Breakthrough Plan

A1-Acknowledge Feelings

they are real
they often gauge the
healthiness and
helpfulness of your
thoughts.

A2 - Avoid B's



B1 - Blaming

**During difficult seasons
you often look for
someone to blame;
yourself, family, friends,
the devil, and God.**

B1 - Avoid Blaming

**Paul & Silas decided
to started praising God.**

B2 - Brooding

**During difficult seasons
you often look for
someone to blame;
yourself, family, friends,
the devil, and God.**

B2 – Avoid Brooding

Paul & Silas decided to make the best of their present situation, honor God and trust that he will use it.

A3 - Address Worry

Is this a
Constructive Concern
or a Destructive Worry?

A3 - Address Worry

Is there evidence that what you are worrying about is an actual risk?

A3 - Address Worry

**What will you plan to do
if the thing you are
worrying about occurs?**

A4- Attack the Issue

**Don't get stuck in
unhealthy thought
patterns**

A4- Attack the Issue

**Be Brave, it won't be easy
but with God's help
YOU CAN DO IT!**

A4- Attack the Issue

**Fight the Fear, remember
you are not alone.**

A4- Attack the Issue

Pray Philippians 4:6-9

A4- Attack the Issue

**Trust in the Lord's
faithfulness on a
day-to-day basis.**

Philippians 4:9

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.

Philippians 4:9

**Think about things that
are excellent and
worthy of praise.**

Finally . . .

**Don't let your desire to be
in control become a
testimony to a lack of faith
in God's ability to take
care of you.**



Finally . .

**Don't make it your job
to do God's job.**

Finally .

**Live like you believe in
Him, what He can do, and
what He will do for you.**

