

SESSION 5

PRAYING FOR A BREAKTHROUGH

CHECKING IN

What changes have you noticed in your prayer life at this point in our study?

KEY VERSE

"You will seek me and find me when you seek me with all your heart."
Jeremiah 29:13 NIV

_____ Watch the video lesson now and follow along in your outline. _____

SIX STEPS FOR PRAYING FOR A BREAKTHROUGH

1. Let God _____.

"During the first year of [Darius'] reign, I, Daniel, was studying the writings of [Scripture]. I learned from the word of the Lord, as recorded by Jeremiah the prophet, that Jerusalem must lie desolate for seventy years." Daniel 9:2 NLT

"If you stay connected to me and my words remain in your heart, you may ask any request you want in prayer, and it will be given to you." John 15:7

The more you fill your mind with Scripture, the more your prayers will be answered, because you will be praying according to the Word of God.

2. Focus _____.

I gave my attention to the Lord to seek him by prayer . . . Daniel 9:3 NASB

"I love those who love me, and those who seek me diligently will find me."
Proverbs 8:17 NKJV

"You will seek me and find me when you seek me with all your heart."
Jeremiah 29:13 NIV

[God] rewards those who earnestly seek him. Hebrews 11:6 NIV

3. Express _____.

I prayed earnestly to the Lord, pleading with him. Daniel 9:3 GNT
I poured out my heart, baring my soul to God. Daniel 9:3 MSG

4. Demonstrate _____.

I did not eat any food. And to show my sadness, I put on sack cloth and sat in ashes.
Daniel 9:3 NCV

5. Thank God _____.

I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your promises of unfailing love to those who love you and keep your commands." Daniel 9:4 NLT

Lord God, you are merciful and forgiving, even though we have rebelled against you.
Daniel 9:9 CEV

6. Humbly _____.

But we have sinned terribly by rebelling against you and rejecting your laws and teachings. We have ignored the message your servants the prophets spoke to [us] . . . We have been unfaithful, and have sinned against you . . . We have rebelled against you and rejected your teachings. Daniel 9:5–10 CEV

O my God, listen to me and hear my request . . . We do not ask because we deserve help, but because you are so merciful. Daniel 9:18 NLT

While I kept on praying and confessing my sin and the sins of my people, and pleading with the Lord, suddenly the angel Gabriel appeared in my vision and said to me, "Daniel, I've been sent to help you understand God's plan. The moment you began praying, an answer was given, and I'm here to tell it to you, for God loves you very much." Daniel 9:20–23

Discovery Questions

Choose the questions that are right for your group, and take time to let God work in your lives.

- Daniel waited seventy years for his breakthrough. How do you identify with Daniel's story? Have you ever had to pray for months or even years for a breakthrough? What was the outcome?

- What is the breakthrough prayer you are asking God about right now?

- Jeremiah 29:13 NIV says, *"You will seek me and find me when you seek me with all your heart."* What does it mean to you to seek the Lord with all your heart?

Putting It into Practice

Be doers of the Word by applying the things you are learning.

In Your Group – Pray together.

Turn to Our Prayers & Praise on page 97 and write down each other's breakthrough prayer requests. Pray for those requests now. Commit to praying for each other every day this week. Let people know you've prayed for them with a quick phone call, text message, or handwritten note.

In Your Life – The Importance of Fasting

Have you ever fasted while praying and waiting for a breakthrough? Take a few minutes, as a group or on your own, to read the Fasting Guide on page 90. What breakthrough do you want to fast about this week? It can be your prayer or the prayer of someone in your group. What kind of fast will you commit to: a biblical fast—going without food for a period of time—or a fast from something that distracts you from your relationship with God—like electronics (phone, movies, social media), working overtime, or an over-committed social calendar? Decide on a specific date to fast this week. Get it on your calendar.

Daily Prayer Journal

Starting on page 62 you will find Bible verses and daily prayer journal prompts for Praying for a Breakthrough. Take a few minutes every day to read each verse several times, slowly. Emphasize a different word or phrase each time you read the passage. Underline key words or phrases that are especially meaningful to you. Follow the prompts and write down your responses in the journal space provided. Finish with a prayer.

Before You Go

There is only one week left in the study, so start to talk about next-step options for your group. Be sure to plan an additional group meeting just for fellowship and to celebrate all that God is doing in your lives.

Daily Prayer Journal

DAILY PRAYER JOURNAL

Day 29

"You will seek me and find me when you seek me with all your heart."

Jeremiah 29:13 NIV

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

DAILY PRAYER JOURNAL

Day 30

"If you stay connected to me and my words remain in your heart, you may ask any request you want in prayer, and it will be given to you." John 15:7

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

DAILY PRAYER JOURNAL

Day 31

"I love those who love me, and those who seek me diligently will find me."

Proverbs 8:17 NKJV

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

DAILY PRAYER JOURNAL

Day 32

I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your promises of unfailing love to those who love you and keep your commands." Daniel 9:4 NLT

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

DAILY PRAYER JOURNAL

Day 33

"Lord God, you are merciful and forgiving, even though we have rebelled against you."

Daniel 9:9 CEV

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

DAILY PRAYER JOURNAL

Day 34

"O my God, listen to me and hear my request . . . We do not ask because we deserve help, but because you are so merciful." Daniel 9:18 NLT

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

DAILY PRAYER JOURNAL

Day 35

While I kept on praying and confessing my sin and the sins of my people, and pleading with the Lord, suddenly the angel Gabriel appeared in my vision and said to me, "Daniel, I've been sent to help you understand God's plan. The moment you began praying, an answer was given, and I'm here to tell it to you, for God loves you very much."

Daniel 9:20-23

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