



# I Feel Kinda Free

## Part 2 – How to Experience Breakthrough

### Discussion Guide

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This week, we focus on these truths: God exists; He loves us; we matter to Him; and, He has the power to help us. True breakthrough starts with personal relationship with God.

**What you will need:** A Bible or your Bible app, a notebook, pen, and highlighter. The verses highlighted below are linked so that you can easily access them during your study time.

#### **Jump Start**

1. Is there something that you believe you can do, that you want to get better at or pursue more, but it seems physically or mentally impossible?

*Note: Join us this week for the [daily Cove Devotions](#) and [MDWK Deep](#) on Wednesdays at 12:00. Care Groups are in person and virtual find out more information: [here](#).*

2. Read [Hebrews 11:6](#). What is crucial for learning more about God and having confidence in Him?
3. Read [Psalm 31:7, Psalm 56:8, and Psalm 69:5](#). What do these verses tell us about God? How has trusting in your own feelings and emotions hurt you? Why is it important that God sees our pain and even our shame? Share an example of when God gave you the desire to do the right thing, or the power, the love, and/or self-control in a difficult situation.
4. What is God's promise in [Philippians 1:6](#)?
5. Read [1 Corinthians 10:13; Psalm 68:19; and Psalm 73:26](#). On the journey, no matter what comes your way, you and Jesus can handle it together. Have realistic expectations of yourself and others. How does Jesus help us?

### **Deeper**

*Leader: This section is designed for further use in your Life Group or for personal study. These can also be used as discussion points and ways to stay connected with your group throughout the week. Encourage your group to take time daily to walk through these questions.*

Here at The Cove, our mission is to Introduce our friends to Jesus, Learn to follow Him, and Celebrate His Presence in our lives. We want you to be fully equipped with the Word of God by spending time with Him daily through prayer, and through studying His Word. We believe this is how you will be equipped to make disciples.

6. **Read [Psalm 139](#)** to see how God cares deeply and intimately for us. He knows us and loves us completely! He is with us.
7. Make this your prayer: **[Psalm 139:23-24](#)**. What is your next step? Where is God leading you? How can your Life Group support you and hold you accountable in this?