

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PRAYING THROUGH RESISTANCE

PERSEVERING IN PRAYER AND STANDING IN VICTORY

Class Five Reflection Exercise:

“Breakthrough Prayer: Stepping into Victory”

Pastor Brian Burke

“My Breakthrough Prayer Plan”

Under the guidance of the Holy Spirit, this exercise is intended to help you identify one breakthrough area in your life, align your prayers with God’s Word, and create a plan for persistent, faith-filled prayer until the answer comes.

Step 1 – Identify Your Breakthrough Need

- Quiet your heart before the Lord.
- Ask Him: *“Holy Spirit, what specific area of my life do You want me to persistently pray for breakthrough?”*
- Write down **one breakthrough need** you sense God highlighting (personal, relational, ministry, or another area).

Step 2 – Anchor It in God’s Word

- Find **at least one Scripture promise** that speaks directly to your situation (examples: Philippians 4:6-7 for peace, Isaiah 41:10 for strength, 2 Chronicles 20:15 for battles).
- Write the verse out, and personalize it by inserting your name or situation into the promise.

Step 3 – Choose Your Prayer Strategy

Select at least **two of the following** to intentionally use:

- Daily worship before prayer (singing or declaring praise)
- Periods of fasting (one meal, one day, or more as led by the Spirit)
- Specific prayer times each day/week
- Praying with a partner or group
- Recording and thanking God for small “signposts” of progress

Step 4 – Record Small Wins

- Keep a journal and note every encouraging change, provision, answered prayer, or renewed sense of hope related to your breakthrough.
- No matter how small, celebrate and give thanks to God for each one.

Step 5 – Stand in Victory

- Each time doubt or discouragement comes, declare out loud:
“I am not fighting for victory, I am fighting from victory in Christ!”
- Revisit your Scripture promise daily, even before the answer comes.

Challenge: Commit to this Breakthrough Prayer Plan for **30 days**, then reflect on what God has done—in your circumstances, your faith, and your relationship with Him.