



THE WAY TO FRUITFULNESS

EXERCISE 3: BREAKDOWNS & BREAKTHROUGHS

- List out key **BREAKDOWN** & **BREAKTHROUGH** moments God has used to shape who you are and who you want to be.
- After listing these moments, rank your Breakdown & Breakthrough Moments in order of the most impactful (10) to least impactful (1).
- Then, draw a line between any Breakdown and Breakthrough moments that are connected to one another.

(Example Exercise)

BREAKDOWN MOMENTS	BREAKTHROUGH MOMENTS
<u>Death of a loved one</u>	<u>Being asked to lead</u> 10
<u>Ministry burnout</u>	<u>Meeting my wife</u> 2
<u>Hard season in marriage</u>	<u>1st ministry role</u> 7
<u>Church split</u>	<u>Marriage counseling</u> 3
<u>Fired from job</u>	<u>Salvation</u> 1
<u>Addiction</u>	<u>Key convo w/ mentor</u> 4
<u>Loss of friendship</u>	<u>Going back to school</u>
<u>Failure to meet goals</u>	<u>Becoming a grief counselor</u> 9
<u>Failed class</u>	<u>Camping trip w/ dad</u> 5
<u>Sister's cancer</u>	<u>1st Promotion</u>
<u>Infamous Business Meeting</u>	<u>Finished Seminary</u> 8
<u>Middle School</u>	<u>Mission Trip</u> 6

- Plot these **BREAKDOWN (-)** & **BREAKTHROUGH (+)** moments in order of impact using the worksheet below.

10. $\frac{(+)}{(-)}$

9. $\frac{(+)}{(-)}$

8. $\frac{(+)}{(-)}$

7. $\frac{(+)}{(-)}$

6. $\frac{(+)}{(-)}$

5. $\frac{(+)}{(-)}$

4. $\frac{(+)}{(-)}$

3. $\frac{(+)}{(-)}$

2. $\frac{(+)}{(-)}$

1. $\frac{(+)}{(-)}$

SUMMARY STATEMENT:

In one sentence, summarize how God has used your breakdowns and breakthroughs to shape you. _____
