

# How to Use This Journal

This journal is designed to be used with *Breakthrough* by Fr. Rob Galea to help you dive deeper into your relationship with Jesus Christ. It might be your first time reading *Breakthrough* or your third, but this journal is designed to help you reflect on each chapter as you read through the book. The journal's chapters align with *Breakthrough's* chapters and have questions to help you reflect on your own life and faith journey as you go through the book. All verses come from the NIV translation of the Bible, and you should look up Bible verses referenced in this journal in that translation.

**THERE IS NO RIGHT OR WRONG WAY FOR YOU TO USE THIS JOURNAL! IF IT HELPS YOU DEEPEN YOUR RELATIONSHIP WITH JESUS THEN YOU'RE USING IT THE BEST WAY YOU CAN.**



# 1. SURRENDER



GOD LOVES YOU MORE THAN YOU COULD EVER KNOW. HE KNOWS YOUR JOY AND FULLY UNDERSTANDS YOUR PAIN. GOD IS ABLE TO TAKE THAT DARKNESS IN YOUR LIFE, THAT MESS, AND TURN IT INTO A BEAUTIFUL MESSAGE, BUT HE CAN ONLY DO THAT WHEN WE HAND ALL THINGS OVER TO HIM, WHEN WE SURRENDER OUR HEARTS, LIVES, BURDENS, AND PAIN. GOD CREATED YOU FOR JOY, FREEDOM, AND LIFE. HE SAYS IN JOHN 10:10, “I HAVE COME THAT THEY MAY HAVE LIFE, AND HAVE IT TO THE FULL.”

*(Breakthrough, p. 26)*





# YOUR

**WHAT MOMENTS STAND OUT FROM YOUR PAST THAT  
HELPED SHAPE WHO YOU ARE TODAY?**

**WHAT ARE YOU GRATEFUL FOR FROM YOUR PAST?**



# PAST

**HOW WOULD YOU DESCRIBE YOUR RELATIONSHIP  
WITH JESUS TODAY?**

**WHAT KIND OF RELATIONSHIP DO YOU DESIRE  
TO HAVE WITH JESUS?**



# SURRENDER



**WHAT ARE THE EASIEST PARTS OF YOUR LIFE  
TO SURRENDER TO GOD?**

**WHAT ARE THE HARDEST PARTS OF YOUR LIFE  
TO HAND OVER TO GOD?**



**HERE ARE A FEW  
SIMPLE THINGS  
YOU CAN DO TO  
GROW IN YOUR  
RELATIONSHIP  
WITH GOD.  
HOW CAN YOU  
SPEND MORE  
TIME DOING  
THESE THINGS?**



**1. TALKING TO GOD**

**2. READING YOUR BIBLE**

**3. PARTICIPATING IN THE SACRAMENTS**

**4. BEING INVOLVED IN A COMMUNITY OF FAITH**

LORD JESUS, I COME BEFORE YOU, JUST AS I AM. **I AM SORRY** FOR MY SINS; I REPENT OF MY SINS; **PLEASE FORGIVE ME.** IN YOUR NAME, I FORGIVE ALL OTHERS FOR WHAT THEY HAVE DONE AGAINST ME. **I SURRENDER** MY PAIN, ANGER, LONELINESS, SHAME, AND BROKENNESS. YOU KNOW THE DARK, COLD PLACES IN MY HEART; HERE THEY ARE, LORD. TAKE THEM FROM ME. **HELP ME** CARRY THE CROSS THAT I SOMETIMES FIND UNBEARABLE. I GIVE YOU MY ENTIRE SELF, LORD JESUS, AND ASK THAT YOU LET ME KNOW YOU PERSONALLY AND LOVE YOU SELFLESSLY. **HEAL ME, CHANGE ME, AND STRENGTHEN ME** IN BODY, SOUL, AND SPIRIT.

COME, LORD JESUS; COVER ME WITH YOUR PRECIOUS BLOOD, AND **FILL ME WITH YOUR HOLY SPIRIT.** I THANK YOU, JESUS, AND I SHALL FOLLOW YOU EVERY DAY OF MY LIFE. **AMEN.**

MARY, MY MOTHER, QUEEN OF PEACE, ALL THE ANGELS AND SAINTS, **PLEASE HELP ME. AMEN.**

**P**RESS ON  
TOWARD THE  
GOAL TO WIN  
THE PRIZE  
FOR WHICH  
GOD HAS  
CALLED YOU  
HEAVENWARD  
IN CHRIST  
JESUS.

(Philippians 3:14)