



## Getting Your Breakthrough Today

Doug Addison [Episode 03]

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Hey everybody, welcome to *Spirit Connection*. Doug Addison here. I am so excited that you took valuable time to join me. You know, time is something that we all have in common, but many of us do not seem to have enough of it. So, I want to talk this week about how to maximize your time—how to develop a strategy to position yourself to get a breakthrough. Also, there will be some very powerful activation prayers at the end.

I want to tell you a little bit more about my story. Maybe you have heard some of this before, but it will help you to understand where I am coming from. I was part of the Human Potential Movement back in the 1980s. It was kind of a new age thing. I was in my mid-twenties, living in San Francisco. By then I had gotten off drugs, and I had a radical encounter with Jesus and the power of God. It rocked my world in 1988. I had been a backslidden mess wounded by churches because I did not understand my calling, and they did not understand it either, and I needed the power of the Holy Spirit.

God immediately began to speak to me. He started to clarify to me. He made Himself real and I got this amazing job when I was 29. He started to show me what the truth was about the movement that I was involved in. I started realizing, wow, a lot of those principles I was learning back then were from the Bible, but they needed to be cleaned up.

So listen. I was working for a company in San Francisco that had season tickets to the 49ers. Wow! I got to go to Joe Montana and Jerry Rice football games and make history. How good is that! This company also took an interest in me. They sent me to some cutting-edge management training. They included a lot of personal development and coaching. It was a little bit ahead of its time and it did not take me long to realize that, yep, those principles ... many of them were actually from the Bible, especially the more I started studying the Bible.

I started realizing that I could take this stuff. I had this newfound faith (refound faith), I had a great job, I was filled with the Holy Spirit, I had a Spirit-filled church that I found that was helping me with me with my spiritual life and walking me through getting healed of my wounds from my past. I noticed that when I would take the principles that I found in the Bible that were also taught in the business seminars, and applied them to every area of my life through a relationship with God and the power of the Holy Spirit, wow, my life skyrocketed.

You know, I had been bankrupt and about to commit suicide just a few years before, but now I am driving a new car, I had a house, and I was doing ministry in my spare time after work. I was going to death row San Quentin, visiting and discipling inmates on death row. I preached each week at a homeless ministry in San Francisco, I was doing outreaches in my church and actually I started up a local missions' ministry. We were doing all kinds of fun stuff and the power of God was showing up.

I also continued in my personal recovery and healing for a few years. You know, that is important. It is really important that you get healing. I wrote this all in a book about my experiences called, *Personal Development God's Way*. Long story short, that was almost 30 years ago. I have now committed my life to helping people find their destiny, hear the voice of God and understand the supernatural in their life.

So, I want to share with you some of the things today that I wish someone would have taught me a long time ago. So, I am in not so much teaching mode today, but I want to walk you through some practical exercises that will activate you into your calling. I normally do these things once a year myself, and I also share it with others and in my coaching groups, but you can do this any time. It does not have to be the first of the year.

I want to talk first of all about moving into a greater level of fulfillment in your life and how to go after your dreams, how to go from one level to another, like getting in an elevator. Maybe you can identify with some of these symptoms of people who need a breakthrough in their life.

- You want to do something positive, but you do not know exactly where to start.
- You feel stuck in your current situation or job or relationship, or you feel as if there is something more, but you do not know what it is. You do not know what the details are but, boy, it is nagging at you because you know it is there.
- You have a difficult time making decisions. Maybe you are afraid to make decisions at all.
- You procrastinate on a regular basis, even on things that you know are important to you.
- You have given up on some dreams or are less passionate about many of them,
- Or maybe you have stepped out in the past and things fell apart and you are waiting on God to tell you what to do next.

Well, that was your sign. You need a breakthrough.

Early in my spiritual life, I made some radical changes, but later on I started sinking back into that place of complacency and procrastination. I got busy. I stopped doing the very things that helped me get to where I was. Then in 2004, I was struggling. I was overweight, I was over-working, I was desperately in need of hearing God. I needed a breakthrough. God gave me some strategies that allowed me to write a book in three weeks, to lose weight, to get out of debt. I now teach these all over the world. Then, here it was in 2012, I started struggling again as if history repeated. I was ready to sell a desk on Craigslist.com just to get enough money to update my website so we could get out of debt. No matter how little or how hard I worked, it would not seem to break through. But then I got some revelation from the Lord and, guess what? I did not have to sell the desk. Amazing things started to happen. Our finances came in and we began to step up to the next level of what God called us to.

So many of you right now need a breakthrough. Maybe it is in your relationships, your health, business, ministry, hearing God, finances, something that you are struggling with that you cannot seem to overcome. Well, the first step for all of us is to cultivate a spiritual atmosphere and position yourself for breakthrough. Align yourself with God and the heavenly biblical principles. If you do that, then all things are going to flow together. Seek first the Kingdom of God and all of His righteousness, Jesus said, and all of these things will come to you.

So, realize that you are unique. Here are a few things that help people. After coaching so many people, many people do not realize that you were created uniquely by God to do something. God loves you. You are not a mistake. There is no one else like you. God is limitless. What you can do through God's power and love through the Holy Spirit has no limits. You have everything you need. All we need to do is remove limiting beliefs about ourselves and God. Just keep working on it; it will happen.

You need to get hold of some of these encouraging affirmations over your life. God is for you. He is not against you. God loves you. He desires for you to succeed and prosper. He is not punishing you. God is not angry at you, because there is forgiveness of sins. I am telling you, those things can get embedded in there by bad experiences and bad theology. But if you get these things in your spirit ... Today, people might be telling you differently—your mind, the enemy, people around you might be saying things, but God is really, really for you, and so am I.

You know, I have heard people talk about prosperity. Prosperity to me is having the time and money to do what God calls me to do when He calls me to do it. You have everything you need. You have access to everything. You have the Holy Spirit and you have the Word of God. You have people with the internet. *"I can do all things through Christ who strengthens me,"* Philippians 4:13 (NKJV). *"But with God all things are*

*possible,*” Matthew 19:26b (NKJV). You know, to get these things we need to get them in our spirits, but most of the time we need to overcome fear.

I am fast-forwarding you right now into your destiny. This is a crash course of destiny right now. It is probably some of the best things you are going to ever hear. If you could, listen to this over and over. I am going to give you some exercises at the end that are really going to open things up for you.

You know, we have to overcome fear. That is a four-letter word that starts with F, by the way. 2 Timothy 1:7, you know, *“For God did not give us a spirit of fear, but power and of love and of a sound mind”* (NKJV). Let me just pause for a moment and break that right now. “Father, we just break the spirit of fear.” I tell you, it has been ruling the world, ruling people’s lives. It was in my life. It tries to get back in. “I break it in the name of Jesus. break its power. Father, I release now love, power, and a sound mind, in Jesus’ name.” Yes. Wow! This is good stuff.

You need to create an environment. What you do daily builds into your future. You know, the past is still the past. You cannot change the past, but do you know what? If you change your present, then you are changing your future. What you do daily builds into that. I talk a lot about the breakthrough lifestyle. In fact, on one of the previous podcasts this month I talked about doing small things consistently each day. They will add up to big change in a short period of time.

Another thing is to change the spiritual atmosphere around you. You might hear me talk about this a lot, because you need to get it in your spirit. It takes practice. Being loving, being thankful, giving of yourself. What you sow is what you reap. If you are sowing grumbling, complaining and fear, doubt and things like that, you probably are living under a closed heaven. That is probably why you are not hearing God. It is probably why you are not receiving blessings that might think you should, based on what you hear and read in the Bible, because what you sow is what you reap. Realize this: Jesus could not even do miracles in the areas where there was doubt. So, one of the things that you can do right now is to turn that around by sowing blessing, getting away from negativity, drop out of the grumblers’ club. You will be able to hear God consistently like me. I am able to hear God consistently now because I have been doing things, these things, consistently.

You will want to develop what I call C.I.A.: Continual Improvement Always. This is removing those inner obstacles, developing a plan, continuing to grow. Find someone who is doing what you want to do or feel called to do, and study how they did it. Read their book. Talk to them. Take their class. Or if it is someone who you know in your community, ask them if they would go out for coffee and ask them a few questions.

Another thing is learn to hear God’s voice. You can learn to discern God’s voice. Once you know God’s voice, then you are going to set yourself up for a breakthrough. Here is a quick tip, you know, to get through how to hear God. Whether it is to know if it is from

God, yourself or the enemy, study the last time that you heard the Lord or had an answer to prayer. Go back and study how it came to you. Study these things. You know, if you study these experiences, then you will start to know the real when it comes. You can get a strategy from God and work hand in hand with Him. Hearing God and doing something small to activate it is what brings change. Now some people, when I first started teaching this, started thinking that I was talking about striving. It was not striving at all. It was just being able to move forward, you know, on doing a little test run on different things.

All right. Let me just take a break here as far as the teaching goes, and I want to put out a question that came in from one of our financial partners at InLight Connection.

**Q: Hi, Doug. My name is Pam and my question is, “Can God fulfill a promise through an alternative avenue than the avenue He originally told you when He made the promise? In other words, God made a promise which involved the cooperation of others who, for whatever reason, chose not to cooperate. Is it possible Plan A could still happen at a later time, or does Plan A become void and I should be awaiting revelation of Plan B?”**

Wow! That is a great question. I get that one a lot actually. Here what she is asking: it is timing basically—a timing question. Let’s say that God gave you ... He spoke to you. We are talking about hearing God here. We are talking about activating it. Let’s say God spoke to you to start a business with a person. That was Plan A and then that person, for whatever reason or in the situation things happened, maybe the person said, “No.” Maybe something happened and it never came about. So, what she is asking here is, “Should I keep holding onto that promise, or should I move on to Plan B?”

Well, you know, there is no real cut-and-dry answer, but my tendency after years of coaching people, is if you are dealing with people, other people, quite often it can change and they can say, “No.” God is not a dictator, especially having to do with relationships. If you think you should marry someone and suddenly it does not work out, then you can either stand on faith with that ... I would take it to the Lord and ask Him, “Should I stand on faith, or is there a time when I should go on to the next thing?” Quite often, it is time. In fact, I feel that for a lot of people that it is time to let go of some of those older promises and move on to what is next.

All right. Let’s get practical now. I want to walk you through some exercises that I do in my own life and in my coaching groups. It is going to help you to bring clarity, you know, and it helps to know the right questions to ask yourself. You know, even though I recorded this in January, you can do this any time of the year or as often as you want to. You can look back on it later on. Write these things down if you can, and use them over and over, because I use them a lot.

Here is one thing. It is called the “Looking Back: What Happened” exercise. Let’s look over the last year. What did God do? What can you be grateful for? Were there any

answered prayers? What did you learn? What happened? For me, last year was about a lot of radical changes. There was a lot of good, and a lot of challenges, and a lot of setbacks.

What did God do? For me, He promoted me to a new level in the prophetic, in the Spirit. He gave me a lot of favor through the internet, but also I went through some rough times getting there.

Another question: What can I be grateful for? My wife, my family, my amazing InLight Connection Team who are committed to help me, my financial partners, people listening to my podcasts and reading my *Daily Prophetic Words*.

Were there any answered prayers? Well, yes. I was healed of Lyme Disease, multiple chemical sensitivity. I got a healing of Huntington's disease that was documented by UCLA this year, and even though I am still struggling with some things, I did get a lot of answered prayer.

What did I learn? Do not give up. Reach out to others.

So that is the first session. Ask that of yourself on a regular basis.

Here is the second part. It is called the "More or Less Test." What do you want more of in your life, and what do you want less of? Well, for me, it might be obvious, but sometimes when we write it down it helps us to see where we really are. I want more of God's presence. I want more friends and time with my family. What do I want less of? I want less stress. I want less sickness. I want less struggle.

Here is another question. What worked last year? Were there things that worked for you? For me, changing to ministering on the internet instead of going to live events worked for me. There were some drawbacks there, because I really like interacting with people live, even though I still do some, but that worked for me. Then, what did not work was using my old model of ministry. Every time I would try to go to a live event ... I would try traveling and it would take me probably four weeks or so to recover from it, whereas I used to do 150 days a year, for 10 years. So what works now ... I had to realize that it takes time to do things and, as God is doing something new, we want to look at what is working now and what is not working, and do not go back.

Here is another question. I call this the "Asset Test." Now this is important because you need to realize that you are not alone, that God has called you to something and there are resources around you. So, the Asset Test would be to make a list of the people who you know who are with you. So, what resources do you have? Maybe it is your pastor. Maybe it is your friends. Maybe it is a mentor or a coach. Did you know, the internet, my podcast, my *Daily Prophetic Words* might help you. Books and courses. Those are also resources that you can have in your life.

Here is another question. What people are in your life right now? Who are they? List them out. Friends, family, church, work, school. List them out by name. I always, kind of, put something next to them, like what I value in them or how they can help me. There are some people who are friends who can give you advice, and there are others who cannot. Family might not always work out like that, so you want to be careful with that. So, you want to identify the resources that you have, so that you know that you are not alone.

How can I build a winning team around me? This is a question. This is a question I ask. You will want to gather the resources of people and make a list of them, and begin to build a team. You can create a M.A.P.: a Manageable Action Plan. What are three things that you want to do this year? This is how you create a M.A.P. This is a quick way. What are three things you want to do this year? Pick one. Write a short paragraph about it. Now come up with three easy steps that you can take. Pick one. Do it today. This is what I do on a weekly basis. I look at the things like, for example, three things you might want to do this year. They might be: lose weight or get healthy, start or write a book, get ministry training. If those are your three things, pick one.

All right. Let's say that you picked the book. Write a short paragraph about that. "I want to write a book that will help people who have been struggling with their finances, so I can help people with what I got through, because I have gone through this myself. I have had the pain and I want to help others with my pain. I want my pain to be others' gain. It will be geared towards Christians, and I want to use biblical principles and prayers and practical exercises to get out of debt and to get on the road to recovery." Now, that is a paragraph on how to write a book.

Three steps that you can take towards it? Well, you can write a book outline. The first step is to write a quick outline. Second, do some research on it. Research online on how to write a book. Talk to someone who has gone through it. Now, choose one of those. Of the three steps, choose one of them. Let's say that you choose research. Then go online or talk to someone, talk to them about, you know, someone who has written a book.

If you want to learn to write a book I have an online class, because I went through this. For the longest time I knew that I was called to write a book, but I did not know where to start. It took me years to get a breakthrough in this. I felt tormented and tortured every time I tried to move forward in it, and I did not know what to do. Finally, God gave me these principles, so I wrote a book called, [Write A Book Quickly](#), because I like to help other people. If I get a breakthrough and I have had to suffer, I want others to have a gain from my pain. So, I did my book, [Write A Book Quickly](#), where I did these exact things. I used all these things, where I took three things. I decided I wanted to do three. Pick one. Do it. Find three things, pick one, do it. Do that consistently. So [Write A Book Quickly](#) turned into an online course, [Write Your Book Now](#). It is actually a kit with everything you need to write your book from start to finish, including videos and Word documents and things like that.

What is more is I believe that God wants to give you a breakthrough and it is easy to do. All you have to do is start to develop that breakthrough lifestyle. Do small things over time consistently towards things that you want to accomplish in your life.

The second thing is to change the spiritual atmosphere over yourself or over your situation. You do that by discovering grace in your life, having grace, gratitude and generosity. Change the spiritual atmosphere by going on a negative talk and a negative thought fast. Change the spiritual atmosphere by not listening to negative talk radio or things like that. It is so important right now to be the leaders and not the followers. We want to really step out right now spiritually because as Christians, as Spirit-filled Christians, we have the light. We have it. We have what will change the world. We just need to step up and help other people at it.

I believe there is a breakthrough for you. So, I want to pray. I have a prayer right now. "Father, I thank You for each person listening to me right now. I know that You love each of them and You know their stories. You know their struggles. You know what is going on right now inside their families. You know why things happen. You know what will happen. You know what is going on right now.

So, Father, I thank You that You love each of us and that ... I am just seeing the **Spirit of Grace** now being dropped over us right now. It is Grace with a capital G, bold letters is what I am seeing. Yes, there is grace. God is giving you grace. He is turning the light on for many of you to understand that He is not a taskmaster ... To understand how you treat others, yes, how you treat others is how God wants you to treat yourself, or how you be to yourself is how God wants you to be to others. So, I thank You, Lord, for angels of grace and thank you for the Spirit of Grace. I know that there is so much more as grace is flowing.

The spiritual realm is changing right now. Lord, I thank You for breakthrough. I thank You that all that we need right now is in Your Word, and that You are going to break through with our minds and change. You are going to renew our minds and our relationships and our finances. You are going to now take those old habits that have been trying to hold us back ... I am seeing, almost, like a negative magnetic pole that has been on some people breaking right now in the Spirit. I thank You, God, that you are doing something new—a new thing in our lives. God, You are doing something new. Something is shifting in the spiritual realm right now, and I thank You that You are releasing strategies from heaven.

I see the wind of change starting to blow and the doors are going to open, and I release strategies right now for healing, emotional healing, relational healing, physical healing, financial healing, ministry and business ideas, dreams and visions, open heavens, the ability to know what to do next, the Spirit of Wisdom to know who you are in Christ, to know how God sees you, and that You will come in line with the vision He has for you. Lord, I thank You for Your goodness. I thank You for Your angelic encounters that are



going to happen more, and I thank You for the new things that are happening because there is a new shift in the Spirit.

There are a lot of new things coming right now. God, give us a sign of Your goodness (Psalm 86:17), that we may know that You are with us. Give us a sign. Make a confirmation to us. So, Lord, I thank You that there is a shift and a turnaround in the Spirit happening right now for each individual, in Jesus' name. Amen.

Wow! It has been a powerful time. I can feel the presence and the anointing so strong.

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God bless you richly until next time.

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