

Breakthrough MOMENTS

DR. DAVID H. MCKINLEY

Breakthrough Moments

What is a Breakthrough?

According to Webster's dictionary: 1. An act or point of breaking through an obstruction. 2. An offensive thrust that penetrates and carries beyond a defensive line in warfare. 3. A sudden advance esp. in knowledge of technique.

Breakdown? 1. a failure to function. 2. a physical, mental or nervous collapse. 3. Failure to progress or have effect.

What Prevents Breakthrough Moments?

- We fixate on the familiar.

"If our Creator had a purpose in equipping us with a neck, He surely meant us to stick it out."

—ARTHUR KOESTER

- We fear "out of the box" thinking will cause us to get out of bounds.

"Those who cannot change their minds, cannot change anything." —GEORGE BERNARD SHAW

- We focus on ideals of perfection rather than initiatives of projection.

"Only those who dare to fail greatly can ever achieve greatly." —ROBERT F. KENNEDY

- We follow the path least persistent.

What Creates a Breakthrough Moment?

John Maxwell has said there are three things that create a breakthrough moment:

- We feel the heat.
- We see the light.
- We receive the strength.

Breakthrough Moment Interview Michael Perron

Michael Perron believed he had it all: fame, money, abs of steel.

In fact, he was *the* Abs of Steel video series guy, the one who graced the covers of various fitness magazines such as *Men's Fitness*. He hosted *Co-Ed Training*, a fitness program on ESPN2. He appeared on such programs as *Entertainment Tonight* and the *Today Show*.

He started believing the hype, he said, and that led him to abuse alcohol, cocaine and methamphetamines.

"I bought into a lie," said Michael, who is the Minister to Single Adults 2 at Prestonwood. "If you look good, you say you're good, you must be good."

But in the summer of 1998, he broke down.

"I knew I was dying, and I was dying quite frankly," he said. "After using speed every day for three years, you get to a point where you're dead."

He walked into a church in Downtown Dallas and the message being preached hit home.

"There's a verse that says, 'For I will restore years the locust have eaten.' What does that mean? Well, it means exactly what it says. God will restore the years that the locust or the enemy has eaten from your life.

"At that moment, that was my breakthrough," he said. "I thought to myself, 'If the God of the universe could worry about me, the worst of all sinners sitting in a church in Downtown Dallas, and could speak to me with that message, how could I do nothing else than to break through? How could I do nothing else than give Him my life?'"

Though he could bench press 350 pounds and leg squat almost 900 pounds, Michael said it was one little gram that ruined his life. That's when he realized he couldn't do it on his own. He needed strength that he could draw only from Jesus Christ.

He knows others have experienced similar breakdown moments.

"You have to remember that God's strength is made perfect by that breakdown," Michael said. "And the breakthrough is only possible by building and cultivating a relationship with Him and accepting the gift that He offers – which is the gift of heaven. How could you turn that down?" ■