

Breakthrough

"A Battle of the Mind"

[Link to the Sermon](#) – Mount Olive Lutheran Church

Notes from the Sermon:

In order to breakthrough, we must first conquer the battle of the mind.

Worship is important in the battle of the mind - It changes the way you act, think, and feel.

Keep God at the center and lean into family and close friends.

As a Christian community we must not stay silent and we must pray for those struggling with mental illness.

My List of Friends to Lean in To

Songs of the week:

[Surrounded](#) – Michael W Smith

[I Will Fear No More](#) – The Afters

Bible Verse =

Psalm 42

My Weekly Prayers

Keeping God at the Center

Quote for the week:

"With our Lord and Savior Jesus Christ, the creator of life, life is so sacred. Life is worth fighting for and no one fights alone!"