

Breakthrough

"Habits that Help"

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

Notes from the Sermon:

Not all breakthroughs come from God alone.

- Some breakthroughs we play a large part in

We must examine our life and see if our habits are helpful to use and others around us

We can find balance in practicing doing nothing

Doing nothing gives us perspective on our life and our habits

Bible Verse =

1 Corinthians 9

Reflection: Are your habits helpful

Are you strengthening your relationships?

Practice Doing Nothing

- Do nothing for 5 minutes
- Do nothing for 10 minutes
- Reflect after your time of nothing.
 - What did you notice?
 - How does your body feel?

Songs of the week:

[Peace Be Still](#) – The Belonging Co. (ft. Lauren Daigle)
[Here](#) – Kari Jobe

Quote for the week:

"All things are lawful but now all things are helpful. All things are lawful but not all things build up."