

# Breakthrough

"Two Step Breakthrough"

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

## Notes from the Sermon:

### How to Trust in God

1. Surrender yourself and all your troubles to God
2. Replace negative thoughts with positive thoughts
3. Replace the negatives with God's promises
4. Ask God to give you patience

Bible Verse =

Daniel 10:7-21

## Reframing Negative Thoughts:

Negative Thought

Ex. I have to clean the house AGAIN!

Reframed Positive thought

I have a safe place to live

## Hand your Troubles Over to God

Write your troubles here:

## Songs of the week:

Who You Say I Am – Hillsong Worship  
Alive in You – Jesus Culture

## Quote for the week:

"The biggest breakthrough we desire is that it's no longer we who live but Christ who Lives within us."