



# HOLY HABITS

Week 9: Sabbath

1. Suffering is a **mystery**.
2. Suffering is a **teacher**.
  - a. It teaches us **perseverance**.
  - b. It teaches us to have **faith** in spite of our **circumstances**.
  - c. It teaches us to **praise** despite our **feelings**.
  - d. It teaches us to **hope** in **God alone**.

**Fill-ins:** mystery, teacher, perseverance, faith, circumstances, praise, feelings, hope, God alone



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