

# Jump Start January 2022

Start the year as you mean to go on

“ Nothing paralyses our lives like the attitude that things can never change. We need to remind ourselves that God can change things. Outlook determines outcome.  
- Warren W. Wiersbe

## Regular Community Activities



**Selhurst Food Bank & Community Kitchen:**  
Every Tuesday at 6pm – 7:30pm

### ONLINE EVENTS



**Women's Forum:**  
First Monday each month at 7pm – 8pm



**Bible Book Club:**  
First and last Tuesday and Thursday each month at 7pm – 9pm



**Prayer Session:**  
Every Wednesday at 8pm



**Natural Cosmetics Workshop:** First Thursday each month at 7:30pm – 8:30pm



**Online Worship Experience:**  
Every Saturday from 10am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Take a moment to think of the good things that happened in 2021
2 Make a list of 5 things you want to accomplish this year	3 Pray before taking your first step towards a goal that really matters to you	4 Tell yourself, "I can do all things through God who strengthens me" <b>Philippians 4:13</b>	5 Find 3 good things to look forward to this year	6 If you lack purpose, ask God to give you wisdom and direction and you'll receive it	7 Challenge your negative thoughts and look for the upside	8 Read <b>1 Thessalonians 5:11:</b> Say something encouraging to everyone you meet today
9 Take exercise breaks starting from today – it'll help lower your stress levels	10 Go to bed in good time and give yourself time to recharge	11 Read <b>Proverbs 23:4-5:</b> Remember not to overwork yourself trying to get richer	12 Try something new today – walk, run, explore, relax	13 Reflect on giving thanks in all circumstances <b>1 Thessalonians 5:16-18</b>	14 Make progress on a project or task you have been avoiding	15 Read <b>Psalm 40:8:</b> Start asking God to show you His will for each day
16 Take time to reflect on what you achieved last week	17 Set positive and realistic goals for the week ahead	18 Read <b>Psalm 20:4:</b> See how God wants you to fulfil your purpose	19 Reflect on a problem and ask yourself, will this matter a year from now?	20 Don't struggle – ask for help from a friend, family member or a colleague	21 Find a new perspective on a problem you face	22 Read <b>Proverbs 16:9:</b> Trust God to take care of the details out of your control
23 Get back in contact with an old friend you've missed	24 Instead of going on a diet, try adopting a healthier lifestyle	25 Read <b>Psalm 143:8:</b> Ask God to guide your decisions and put your life in his hands	26 Switch off all your tech 2 hours before bedtime	27 Decide to lift people up rather than put them down	28 Plan acts of kindness you'd like to accomplish in 2022	29 Read <b>Proverbs 16:3:</b> Discover how God wants you to succeed
30 Choose to respond gently when others confront you, and you'll defuse the situation	31 Write down your hopes and plans for the future	NOTES				