

Peace of Mind May 2022

Find peace with God, yourself and others

“When I’m worried it’s usually because I’m trying to do everything myself. When I’m at peace, it’s usually because I remember that God is in control.”
– Dave Willis

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 Remember that all feelings and situations pass in time	2 Start today by being thankful that you are alive	3 Read Psalm 139:13-16: Remember that you are wonderfully made by God	4 Get the basics right – eat well, exercise and go to bed on time	5 Read Ephesians 6:10: Meditate on this when you’re feeling tired or worn out	6 Take time to forgive someone who hurt you in the past	7 Don’t let anger fester. Deal with it before the day ends Ephesians 4:26-27
8 Have a device free day and notice the benefits	9 Live your life and don’t compare yourself to others	10 Read Jeremiah 29:11: Think how God wants to give you hope and a future	11 Catch yourself overreacting? Take a deep breath	12 For perfect peace, keep God in the forefront of your mind Isaiah 26:3	13 Go for a walk to clear your head when you feel overwhelmed	14 Spend time talking with God and away from texting, calling and social media
15 If you’re feeling burdened by guilt, seek the forgiveness God willingly offers to all Daniel 9:9	16 Don’t compare how you feel inside to how others appear outside	17 Read John 14:27: Worldly peace is only temporary, but God’s peace is forever	18 Make time to just breathe, be still and relax	19 Practice taking things calmly – try not to let things easily get to you	20 Identify the route of any insecurities or worries and ask God to remove them	21 Take time to recharge your batteries and meditate on godly things
22 Don’t worry about things you can’t control. Control the things you can with God’s help	23 When things get tough, say to yourself “this too will pass”	24 Read Psalm 16:8: When you’re feeling anxious, seek God’s comfort and he will give you joy	25 Choose to respond with patience when other people annoy or anger you	26 Read Ecclesiastes 3: Recognise there is a time to cry and a time to be happy	27 Remember it’s ok not to be ok. We all have difficult days	28 Trust in the peace that God offers and don’t be troubled or afraid John 14:27
29 Avoid blaming yourself or others. Just find the best way forward	30 Reach out to someone you trust and share your feelings with them	31 Share each other’s burdens Galatians 6:2				

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