

# Jump Back July 2022

Be more resilient when facing difficult times

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Cast your burden on the Lord and He will sustain you; He will never allow the righteous to be shaken.

Psalm 55:22

## 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

3 **Read John 8:6:**  
Think about how you can manage difficult issues

4 Learn to delegate to others when you can

5 **Read John 15:5:**  
Create a connection with God for strength and fortitude

6 Pray for success over something that is troubling you

7 Take time out and try not to dwell on the past

1 Set aside rest and relaxation time in your daily schedule and don't allow distractions

2 Look at the big picture. Get things in perspective. How important will it be in the long run?

10 Make time for leisure activities that you enjoy. Take a walk; listen to peaceful music; laugh

11 Take exercise breaks starting from today – it'll help lower stress levels

12 Get adequate sleep and reduce your sugar or caffeine intake

13 Turn to God and He will help you to shape your future  
**Isaiah 43:18-19**

14 Make time for family and for building a personal relationship with God

15 Connect with others – a strong support system will help shield you from the effects of stress

16 Learn what's really important in life and set those things as your priority  
**Luke 10:38-42**

17 Eat something healthy today to help you think and feel positive

18 **Read Romans 7:18-25:**  
See how God gives us the strength to overcome struggles

19 Practice good time management to achieve a good work-life balance

20 Seek encouragement and advice from a good friend to improve your resilience

21 **Read Psalms 1:**  
Get a wholesome understanding of life

22 Don't worry about things you can't control. Control the things you can with God's help

23 Take time to recharge your batteries and meditate on godly things

24 **Read Isaiah 43:2:**  
Feel comforted by God's support during difficult times

25 Shorten your "to do" list by removing the "shoulds" and keeping the "musts"

26 **Read Proverbs 29:11:**  
Deal with anger from the outset before it gets the better of you

27 Be willing to compromise your wishes (not your values) if it'll help solve the problem

28 Go for a walk to clear your head when you feel overwhelmed

29 **Read Ephesians 6:10:**  
Meditate on this when you're feeling tired or worn out

30 Write down some of the things that you have overcome this month & celebrate your successes

31 Be thankful for what God has helped you to achieve this month  
**Romans 8:28**

NOTES