

Optimistic October 2022

Look for the good things in life



If we see only the problems, we will be defeated; but if we see the possibilities in the problems, we can have victory.

– Warren 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



Online Worship Experience:
Every Saturday from 10am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Spend today focusing on something positive	3 Read Proverbs 17:21: A cheerful heart brings healing to both body and soul	4 See something you've never done before as an opportunity to learn something new	5 Attitude is everything. Decide to lift people up rather than put them down	6 Let God transform you into a new person by renewing your mind Romans 12:2	7 Take time to reflect on what you have achieved this week	8 Be careful not to criticise others unfairly – we don't know their circumstances
9 Read 1 Corinthians 15:33: See how your choice of friends can affect your outlook	10 Recognise that thinking negative thoughts about yourself doesn't make them true	11 Read Proverbs 23:7: Recognise that you become, what you think in your heart	12 Look for something good in a difficult situation	13 Listen to media that is positive and uplifting	14 Read Jeremiah 29:11: Consider how God wants to give you hope and a future	15 Look out for positive news and reasons to be cheerful today
16 Read Ephesians 4:23: Discover the key to having the right kind of attitude	17 Aim to change your thought patterns by changing your focus	18 Look for the good in others and notice their strengths	19 Read Philippians 4:6-7: Meditate on the good things in your life	20 Start storing positive memories in your heart and mind	21 Remember things can change for the better	22 Let everything you say be good, helpful and encouraging Ephesians 4:29
23 Eat something healthy today to assist you in feeling and thinking positive	24 Be kind and compassionate to one another, forgiving each other Ephesians 4:32	25 Avoid blaming yourself or others. Just find the best way forward	26 Look for the good side when other people frustrate you	27 Get rid of all bitterness and anger, along with every form of malice Ephesians 4:31	28 Replace negative thoughts with good ones or else the bad ones will remain	29 Keep your mind on whatever is true, just, pure, lovely, and worthwhile Philippians 4:8
30 Read 1 Peter 2:20-23: See how Jesus responded to insults	31 Think of 3 things that give you hope for the future	NOTES				