



What's on this week **12th August 2018**

A warm welcome as you meet with us today...

1st Edition

Sunday	12 th	Good News Meeting	6:30 pm
		Refreshments afterwards	
Monday	13 th	The pastor, Martin Speed, is available in the church office	9am - 12 noon
Tuesday	14 th	The pastor, Martin Speed, is available in the church office	9am - 12 noon
		Prayer, Share and Bible Study	7.30 pm
Wednesday	15 th	"Needles & Natter" - meeting at Ruth Speed's	10 am-12 noon
Sunday	19 th	Breaking of Bread Service & SonSeekers	10.30 am
		Good News Meeting	6:30 pm
		Refreshments afterwards	

Advance Notices

Next **Upper Room Downstairs** Drop-in Thursday 6th September 6 pm - 9 pm

Next Church Business Meeting Thursday 27th Sept at 7 pm

Sunday 30th Sept at 6.30 pm - Pie & Peas Supper and Quiz

with Jim Boswell sharing his dramatic testimony

No known birthdays this week

Rotas Information correct as of 10th August 2018

	Welcoming	Refreshments Sun pm	Serving Communion	Crèche
Today	am Lauraine pm Jim Townson	Sheila & Veronica	Enid Brooks & Joan Hulse	Facilities available in the rear hall
19 th Aug	am & pm Veronica Waterworth	Michael & Veronca	Barbara & Lilian	
Cleaning				
This Week	Jphn and Karen	20 th - 25 th August	Michael & Les	

If you are last out please ensure the Church gates are closed

Minister: Martin Speed Tel 01942 389499

Westhoughton Pentecostal Church, Bolton Road, Westhoughton, Bolton BL5 3EF

Church telephone number: (01942) 375433 , Website: www.westhoughton.org

Handling Anxiety - Part Two

Here is the second and final part of Handling Anxiety

The stock answer to anxiety on occasions when we have anxiety or worry is to attempt to apply such scriptures as 1 Peter 5: 7 and Philipians 4:6, but the difficulty arises in the nitty gritty of application. There are some who appear to find this very straight-forward and others who struggle to apply this word so that the anxieties which have occurred actually disappear.

7. **Change your worrisome thoughts rather than suppressing them.** Pray for the Holy Spirit to renew your mind and help you evaluate how every thought that enters it compares to biblical truth. Replace each untrue worrisome thought with a new thought that's based on God word. Psalm 55:22 and 2 Corinthians 10:5
8. **Look beyond your circumstances to God.** When you focus your thoughts too much on your circumstances, it's easy for your mind to wander off into worrying. But if you focus on God instead you'll get to know more about His great power and love, which will help you see that it makes sense to stop worrying and start trusting God more. Matt 6:33
9. **Use prayer and meditation to reduce stress and anxiety.** Brain scans and EEG monitoring have both shown that praying and meditating can significantly reduce the stress and anxiety that trigger worry. Pray regularly about whatever concerns you, and meditate on Bible verses that describe God's promises to you. Philipians 4:6
10. **Keep in mind that everything is possible when you believe.** You don't have to worry when you remember that God is working on your behalf, because God can do anything to help you. Choose to believe that God will do what's best for you; place your hope in Him. Romans 8:28
11. **Live in the moment.** Worry focuses your attention on the future, anticipating negative events that may never happen, and which you can't prevent if they do happen. Decide to live in the present, taking one day at a time as Jesus says you should do, trusting that He will empower you to handle every worrisome situation that comes your way. Matthew 6:34
12. **Cultivate contentment.** Ask God to teach you to be content with whatever circumstances you encounter. Focus on the fact that God is always with you, place your confidence in God's goodness, and trust Him to accomplish good purposes through whatever type of circumstances you encounter. Make a habit of noticing the many ways that God is blessing you every day, and then expressing your thanks to God for your relationship with Him and the blessings that He is constantly giving you. Psalm 34:14
13. **Develop healthier lifestyle habits.** Unhealthy lifestyle habits may make you more prone to worrying than you would be if you took care of yourself the way God intends. So eat nutritious meals, drink plenty of water, reduce or eliminate alcohol and caffeine, avoid smoking, get plenty of sleep, exercise regularly, say "no" to activities that you don't really want to do or can't reasonably handle in your schedule, and practice relaxation techniques such as deep breathing and releasing tension in your muscles. 1 Corinthians 6:19-20;

If you would prefer a copy of 'Seeds of Joy' in black and white or enlarged or both, please see Michael Waterworth

This QR code should provide a link to the church website from a Smartphone

