



A Mothers *Voice*

4th March 2026

Learning to Pray Wanting to Pray



We ask how should we pray, I don't know what we should pray for.

If you believe and love God, you can ask what you want and need, release your worries to God, ask for what help you want.

God will answer, He may not answer straight away, He will answer when the time is right.

Confine in God, He is listening to you. He is there, He will help you in many ways. It will not always be the way you would like it or when. **But God knows the right time.**

Tell God what you are feeling, your worries, your hopes, help and seek reassurance.

Pray for others we all need praying for.

There is no right way or wrong way to pray.

God is always here for you, he's listening and answering your prayers.

**God loves you.
Talk to God today.**





A Mothers *Voice*

11th MArch 2026

God is Always There for You

When you feel overwhelmed and are afraid to make a wrong move, or you have said no to something you would really like to say yes to.

If you don't try you will never know, we all have to start somewhere, don't overthink things. **Be positive!**

Yes you will make mistakes, but that's how you learn. Put one foot in front of the other, like you have done all your life, you can do whatever you want.

Feeling Insecure

It does not matter if you don't finish as long as you tried your best. If you already knew how to do it well, it wouldn't be a lesson.

Do something you want to do and just try.

I

God says when your in over your head, I'll be there with you.

Isaiah. 43.2

You have got to help yourself for God to bring you through.

What you need to know is **God goes ahead of you.**

Isaiah 42.16





A Mothers *Voice*

19th MArch 2026

Feeling Insecure

Do you avoid doing things, meeting people going places because of insecurities? Feeling inadequate, embarrassed or feel people just don't take you seriously? Have you ever had a panic attack? The pain in the chest, the not being able to move or breathe, sweating, not wanting to move?

We avoid situations rather than facing them, and we then fear more and this controls us. We say things to ourselves, then say we can't do it, but we can! We can do it!

We just don't try, we think the worst in everything and we shouldn't, we should think differently and say to ourselves "I can get through this. I can do this! It's alright if I fail - the never minds". - but what if you are here to teach yourself the what ifs.

By God's grace, I can learn to handle this, I can still feel anxious and still do it, I don't like this feeling but it will pass, I will get used to it with practice and Gods help.

When Jeremiah's fears kicked in and he wanted to run from a public speaking assignment, God said to him "You must go wherever I send you and say whatever I tell you, and don't be afraid of people, for I will be with you and will protect you."

Choose to face it in faith instead of running from it, watch how God will get you through it.



A Mothers *Voice*

26th MArch 2026

Struggling

Are you struggling today? Do you not know where to turn or have no one to speak to?

Listen to what he has to say, he will lead you in the right direction, he will lead you to someone you can talk to.

Look around you, maybe you are looking at someone who is in the same place as you but are thinking the same as you, they think there is no one for them either.

Pick up the courage and speak out, you will get the help you need. .God is putting a path in front of you to take.

Take the first move.

If you are alone take that first step, go for a short walk, say hello to the person going past you, you will feel good. Pop into your local shop, take a look around, someone will always talk to you even if it's short. This will make you feel so much better. Try and find somewhere you can join to be part of. Somewhere to have a chat, a cup of tea or coffee, this will help you pass your day.

Speak to God

IYou don't have to be on your own. You can chat to someone on the phone. If you don't have any one to chat on the phone, your doctors can put you in touch with someone who will listen to you .

Try help yourself today

Feel free to come join us at the Local Hub Bloxwich, Sunday's 10:30am until 12:30pm.

Be part of a group and get to know God.



Trinity Community
Church

Sunday Gathering

JUST ONE MOMENT IN HIS PRESENCE CAN
CHANGE EVERYTHING.

Hands lifted. Hearts full.
God is here.

10:30am - Together we rise in worship.



www.trinitychurchcommunity.com

The Local Hub, Bloxwich
88 Sneyd Lane, Bloxwich, Walsall, WS3 2NA
Contact Us: info@trinitycommunitychurch.co.uk