



First things First!

21 day journey of finding your focus

starting

January 2, 2022



Come along on a 21 day journey of finding your focus

Throughout the month of January, we are inviting you to come along on a journey. A journey of finding your personal focus, within the four areas of Family, Faith, Finances and Health. To help you with this, we are equipping you with a bookmark, so you can write down your own personal goals. You can keep the bookmark in your Bible, as a reminder to let this journey be a part of your daily devotional, and as a practical tool to help you follow up on your goals.

Scan the QR-code below, and watch a video where we explain more about the heart behind this journey.



We are praying that the year of 2022 will be a year of giving your first and best, to the people and the areas that matter the most to you.

Be blessed,

Thomas & Kat Hansen
Lead Pastors, Hillsong Denmark & Malmö

How to use the bookmark

The bookmark is meant as a personal list of goals, just for you. Fill out the blank spaces with what you want to give your attention to during these 21 days. You can use it as a checklist, or just as an ongoing reminder of where to put your focus. To inspire you, we have put together an example of how it could be used.



First things First!

To give my **FAMILY** the best I choose to:

- Not be on my phone when I am home with my family
- Say thank you to my family for all the little everyday things
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To give my **FAITH** the best I choose to:


- Attend church every Sunday in January
- Join a Connect Group in Church
- Read my Bible at least five times a week
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To give my **FINANCES** the best I choose to:

- Make a budget and stick to it
- Get a sponsor child
- Start giving regularly to church
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To give my **HEALTH** the best I choose to:

- Start exercising twice a week
- Getting 8 hours of sleep every night
- No screen 1 hour before sleeping
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Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.

Do not be wise in your own eyes;
fear the Lord and shun evil.
This will bring health to your body
and nourishment to your bones.

Honor the Lord with your wealth,
with the firstfruits of all your crops;
then your barns will be filled to overflowing,
and your vats will brim over with new wine.

Proverbs 3:5-10 NIV