**THOUGHT FOR THE DAY**

**WEEK BEGINNING MONDAY 8TH JANUARY 2018**

**WELLBEING TASK OF THE WEEK: Take some form of exercise for 30 minutes, at least 3 times this week.**

Prayer to be repeated each day:

Lord, I am thankful for the opportunities that are given to me each day and pray for guidance in the decisions to be made.

Amen.

1. ‘Morning has broken like the first morning;

Blackbird has spoken like the first bird.’

The Illustrated Family Hymn Book.

All over Britain, children and young people are beginning the start of a new school term. It is good to give ourselves a fresh start as we begin the calendar year. All the things we did last year are in the past. We have no need to cling to that. The future is ahead of us and how we are going to use it is up to us.

‘Today is the first day of the rest of my life.’ What does this saying mean?

1. ‘A good beginning makes a good ending.’

14th Century Proverb.

Ahead of us this year lie choices. These choices will affect our future. Sometimes it can cause a lot of heartache wondering what to do and if we have done the right thing. However, each day is a new beginning, each day offers up new choices. If we treat each day as special and take care with all the small decisions, when it comes to the larger decisions, they will fall naturally into place.

What small decisions are you going to make this week?

1. ‘This month shall be the beginning of months for you;

It is to be the first month of the year to you.’

Exodus 12:2

At the beginning of the year, we have the opportunity to build on what we have been studying, but we can also start with a ‘clean slate’. We can let go of things that hindered us in the past.

A new beginning-let’s make the most of it.

How are you going to make the most of this new beginning?