

## Revd Tricia's Thought for the Week - New Beginnings for a New Year

New Years are traditionally a time for new resolutions. A time to start again – a new beginning. To put off old habits and seek to have a new start!

Millions of people make New Year's resolutions each year, yet the majority find they give up pretty quickly on their newfound personal pledges. The goal is generally to turn over a new leaf, possibly a quest for physical fitness, healthy eating or to be more organised. The best way to start a new beginning, though, and truly have a transformed life is by turning to God and asking for his support in your new plans for the future.

The Bible talks a lot about new beginnings. One of my favourite passages contains this verse.

*"For I know the plans I have for you," declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"* (Jeremiah 29:11)

This is one of the most powerful Bible verses about new beginnings. It reminds us that God's plans for us are full of hope and promise.

As you set your New Year Resolutions, trust that His guidance will lead you towards prosperity and peace.

A happy New Year to you all!

