

# MAKING CHANGES



THIS WEEK'S WORD OF THE WEEK IS FROM ST PAUL'S LETTER TO THE CHRISTIANS IN EPHESUS. HE IS URGING THEM TO BE TRANSFORMED AND MADE COMPLETELY NEW IN JESUS CHRIST.

THE  
GOD  
WHO  
SPEAKS

## WORD OF THE WEEK



***So get rid of your old self, which made you act as you used to- the old self that was being destroyed by its deceitful desires. Your hearts and minds must be made completely new, and you must put on the new self, which is created in God's likeness and reveals itself in the true life that is upright and holy.***

***So from now on, there must be no more lies; you must speak the truth to one another, since we are all part of one another. Even if you are angry, you must not sin; never let the sun set on your anger or else you will give the devil a foothold...Be careful of foul talk; only speak well of others...Never hold grudges against others, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.***



## PRAYER FOR THE WEEK

Dear God,

Thank you that you make all things new. Thank you for all that you've allowed into our lives this past year, the good along with the hard things, which have reminded us how much we need you and rely on your presence every single day.

We pray for your Spirit to lead us each step of this New Year. We ask that you will guide our decisions and turn our hearts to you.

We each have our hopes and expectations for the year- but You alone know what it holds for us, and only You can give us the strength and wisdom we will need. So help us to humbly put our hands into Your hand, and to trust You and to seek Your will for our lives during this coming year.

Amen.



## JUST A THOUGHT...

The month of January takes its name from the Roman god Janus. He was prayed to before starting out on a journey or any venture and he was the protector of the archway through which the Roman Army marched out to war. Think of the month of January as the gateway into the rest of the year.

Think of what you would like to achieve more than anything else in the year ahead.

The start of a new year provides opportunities for us to change, it gives us a chance to start a fresh, to make new resolutions to grow.

Have a few moments of silence, and in that silence think about 3 things you want to change this year. This is not about changing who we are, it is not about new year new me, this is about using the new year and God's guidance to inspire us and motivate us to be better.

New Year - better me!

## THE MAGIC BOOK



*The Magic Book was lying on a reading desk in the middle of the room. Lucy went up to the desk and laid her hand on the book; her fingers tingled when she touched it as if it were full of electricity. As Lucy began to read she could hardly tear herself away, but when she turned over, the next page was just as interesting. 'But I must get on,' she told herself. And on she went for about thirty pages. She was living in the story as if it were real.*

*When she had come to the end, she said, 'That is the loveliest story I've ever read in my whole life. Oh, I wish I could have gone on reading it for ten years. At least I'll be able to read it again.'*

*But here part of the magic of the book came into play. You couldn't turn back. The right-hand pages, the ones ahead, could be turned; the left pages could not.*

The Magic Book that can only be turned forwards, but never back, is a bit like life itself. There is no turning back on the road of life, although we often wish that we could. Perhaps, like Lucy, we should like to have something all over again, like a birthday, or Christmas, or a holiday that has come to an end all too soon. Perhaps we regret something in the past, and would like to have a second chance at it. Looking back we may think, "If only..." But we cannot change the past, but we can learn from it. As we go forward on life's journey we can try to do better.



## VISION BOARDS

A vision board is a great visual way of bringing together your hopes and aspirations for the year ahead. It is a great opportunity to take time out at the beginning of the year to reflect on what has been, where you are and the future.

If you would like to create your own vision board there will be sessions this Wednesday (15th) and Thursday (16th) in the Chapel at lunch time where you will get to do just this. Or see Kate (Chaplain) for an information sheet about how to make it yourself at home.

Displaying your vision board somewhere you will see it regularly will help you stay focused and motivated for the year ahead.



## MORE TO THINK ABOUT

Head over to the staff shared area for some videos to help with your reflection this week.