

Spiritual Growth Activity

January 2018

A Fresh Start

It is common to make resolutions as the New Year begins. We think of January as a time to make a fresh start, get our priorities in order, get healthier, eat better, exercise more, take a class, etc.

The reality is that each day is an opportunity for a fresh start. We all make mistakes. We all fall short of reaching our goals from time to time, but we are also given the grace to start again when our efforts fail.

During the first month of the year create a daily ritual to be thankful for the opportunity to make a fresh start.

Suggested rituals:

Pray at the bedside before your feet hit the floor

Sit quietly in the darkness of early morning open to what the silence offers

Watch the sunrise with all the variations of color from day to day

Allow you mind to be creative as you consider your own *Fresh Start* ritual

