

## **New beginnings**

It's once again that time of year. Young people are returning to school after a long summer break and the autumn season is upon us. In the past week I've been chatting with my youth group about the beginning of the new academic year. Would they still be able to write, and remember their way to the canteen?

We talked about some greater unknowns too, recognising that there are many possibilities to how this new year could unfold. Would this be a mundane and ordinary year? Would this be the best school year of their lives? Would it be riddled with difficulties and challenges? The young people expressed mixed feelings about their inability to accurately predict what's ahead.

Similarly, we can't tell what this season has in store for us. But rather than focus on what could be, what if we take each day as it comes. Admittedly, that's not always an easy ask. I wonder what thoughts first greet you in the morning. Some might feel inundated by the burdens of the day and struggle to see where their blessings are hidden.

Learning to rest our minds and live in the present can be difficult when we can't mechanically shut down the barrage of anxious thoughts and worries but this verse reminds me about fresh starts and finding opportunities in our daily living.

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him." (Lamentations 3:22–24)

I'm reminded that it's never too late to start over. To reinvent ourselves. To adopt a new perspective. To read and remember the goodness of God. To pursue life-giving activities. To be inspired by nature. Today my prayer for us is that regardless of the uncertainties we face, we'd see each morning a brand-new chance to start again.

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