

## **Monday 19 January**

### **“Make a new start today”**

Reflection

Ahead of us this year lie many 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 new choices. Each day is a precious gift, to be appreciated, enjoyed and respected.

Prayer

Lord, thank you for the opportunities that are given to us each day and we pray for guidance in the decisions that we must make.

Our Father ...

## **Tuesday 20 January**

### **“Be your Best”**

At the beginning of the year, we have the opportunity to build on the successes of our life so far. It is a chance to forget about any disappointments and remember that we can put more effort into the things that we are good at, into our friends, our family; into being the best people we can be.

Prayer

Lord, we pray for the new opportunities in front of us – that we can make the most of our lives. Help us to be the people you call us to be.

Our Father ...

## **Wednesday 21 January**

### **“Cherish your education”**

Each morning during term-time you set off for school. Some of you may be pleased to come and look forward to what you are going to do during the day; some of you may wish that you could stay at home instead. However, we must remember that we are blessed in that we are able to have an education where there are millions of children in the world who don't have that choice.

Prayer

Lord, help us to have a positive attitude towards school and to be grateful for the chance to improve ourselves when there are many in the world who don't have that chance. Amen.

Our Father ....

**Thursday 22 January**

**“Speak positively”**

‘Speaking positively’ is probably not the first thing we think of when the alarm wakes us up in the morning. Remember though, even small differences are a difference to the world! As Saint Augustine puts it, ‘Be great in little things! Affirm people today. Give them praise. Encourage and enthuse others. Think before you speak – and try to stop yourself saying something negative or hurtful. Astonish people with the love you can show.

Prayer

Lord, help us to follow your example and treat others as we’d like to be treated ourselves.  
Amen

Our Father ....

**Friday 23 January**

**“Take responsibility”**

Everyone has rights. Everybody has the right to be treated well. But there can be no rights without responsibilities. If we expect our own rights to be respected we must look after the rights of others. As we grow older, we can shape our world as our rights and responsibilities increase at home, at school and in our community.

Prayer

Lord, today I will remember that I have the power to affect the world around me. Help me to take responsibility for my actions and make them positive. Amen

Our Father.....