

## Praying through the week 15<sup>th</sup> January 2024

### New Starts



**“...those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”** Isaiah 40:31

The new year is often seen as an opportunity to break from old habits and to set new intentions as we look for fresh starts... Can we invite God into this...?

- Come to Him as you are...He welcomes you...receive His loving gaze upon you...give thanks for this time...notice how you are feeling...tell Him...
- Ask Jesus to shine a light on anything you may need to let go of, that which may no longer be useful as you enter this new year with Him...
- What are your hopes and desires for these new beginnings...? And God's...?
- Maybe there a sense of wanting to walk more closely with the Lord... learn more about Him, recognise Him in your daily living... trust in Him...? Perhaps ask for Jesus' help in this...
- And then rest in Him, be uplifted and soar with Him...

*Rachel*

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