

TFCHA – New Beginnings

- Let's think of all the new things that might have happened recently
- A new school year
- A new term.
- A new class.
- A new friendship.
- A new opportunity.





New Beginnings

- Sometimes a new beginning is exciting. But sometimes it can be difficult. We might be starting again after making mistakes, having a difficult year, falling out with someone, or not achieving what we hoped we would.
- The good news is that a new beginning doesn't require us to pretend that the past never happened.
- It means we can **learn from the past without being trapped by it**

motivational quotes

“

**Learn from
the past, but
don't live in
the past.**

STEVE MARABOLI

“The past can hurt, but the way I see it, you can either run from it or learn from it.”

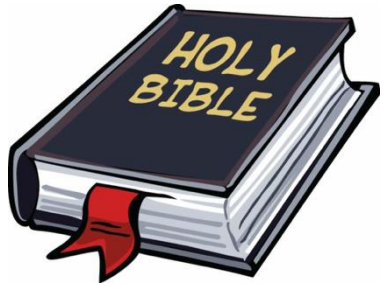


New Beginnings

The Bible is full of stories about people who were given new beginnings.

Peter made mistakes. He let Jesus down at a very important moment. But Jesus didn't decide that Peter's failure was the end of his story.

Instead, Peter was given another opportunity.



The Bible says:

“Forget the former things; do not dwell on the past. See, I am doing a new thing!”

Isaiah 43:18–19

God reminds us that our past does not have to determine our future.

Perhaps you made some poor choices last year.

Perhaps you struggled with your behaviour.

Perhaps you didn't work as hard as you could have.

Perhaps you hurt somebody.

Perhaps somebody hurt you.

A new beginning gives us the opportunity to ask:

“What can I do differently this time?”



We All Get Another Chance

- One of the most powerful things about a new beginning is that we don't have to be perfect.
- We simply have to be willing to **start again**.

New every morning.

Every day gives us another opportunity to make a better choice.

If yesterday wasn't your best day, today can be different.

If last year wasn't your best year, this year can be different.

If you made a mistake five minutes ago, you can still choose what you do next.



What Will Your New Beginning Look Like?

- So, what might a new beginning look like for you?

- Maybe this year you decide:

- **"I'm going to be on time."**

Or:

- **"I'm going to stop disrupting other people's learning."**

Or:

- **"I'm going to listen when someone is speaking."**

Or:

- **"I'm going to take my work more seriously."**

Or:

- **"I'm going to stop getting involved in arguments."**

Or:

- **"I'm going to be kinder to people."**

Or maybe:

- **"I'm going to believe that I can actually succeed."**



**It doesn't have to be a huge change.
Small choices, repeated every day, can create big changes.**



Reflection

- Take some time and think of one thing
- **One thing.**
- Not five things.
- Not ten things.
- **Just one thing you want to do differently from today.**



Now ask yourself:

- **What is the first small step I can take today?**

- If your answer is:

- *"I want to be more respectful,"*

then your first step might be choosing your words carefully today.

- If your answer is:

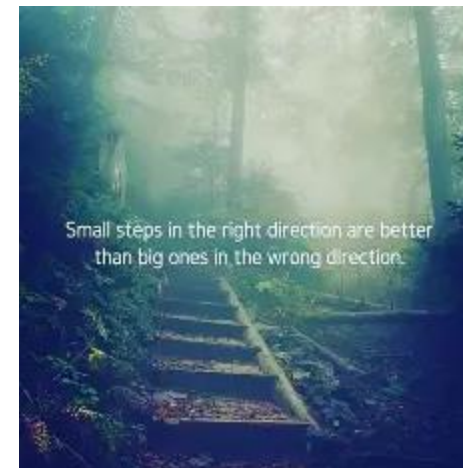
- *"I want to work harder,"*

then your first step might be putting your phone away and getting started when you're asked.

- If your answer is:

- *"I want to make things right with someone,"*

then your first step might be saying: *"I'm sorry."*



Final Thoughts

- Yesterday doesn't get the final word.
- Your worst moment doesn't get the final word.
- Your biggest mistake doesn't get the final word.
- You have the opportunity to make a different choice.
- Every morning.
- Every lesson.
- Every conversation.
- Every day.

