

BEGINNINGS

"Pastor, I'm finding it hard to let go and start again. Even though I know it's the right thing to do!" Dear friend, "holding on - versus letting go," is one of the great challenges we face in life. All beginnings are hard because they require us to free ourselves from the past and step into uncharted territory. Many of us may have forgotten how stressful it is to start afresh. To learn to walk, a child must release the helping hand, and it's no different the older we get. We have to learn to "let go", no matter how unsteady we may be feeling. Observing children helps to remind us of how difficult new beginnings are. Learning to read and write and calculate; learning the skills of games at school; the techniques of a musical instrument or dance; all these things don't come easily. Yet children also show us what a thrill it can be to encounter something entirely new, perhaps even unexpected - a complete surprise!

The reality is, we are all in transition mode! And whom might this include? Children who are growing up; youth who are having to mature; seniors who are ageing. Not to forget: younger families expanding or older families contracting; people who've lost a job or found a job; the newly married or the recently divorced; the widows and widowers; workers facing retirement; loved ones confronting a disease or recovering from injury; those trying to break an addiction or lose weight; etc. There is no shortage of people in transition! And that means that we are probably all eligible to grieve a loss of some kind. Change means that the life we have known will never be the same! For everyone, life is a tapestry of all the decisions we've made and the changes that have occurred as a result - which is sometimes very painful! So we should frequently remind ourselves that God never wastes a hurt. The very thing causing distress, He uses to heal us or bless us. When we're in transition, God is working all things together for our good. New beginnings may be hard, but help is at hand.

The word of God tells us to be just like little children. Little children get excited whenever they encounter something new; they are genuinely thrilled with the unexpected; and they love to be surprised. That is the way we are told to live our lives. What a joy it is to accept change and be excited about new beginnings! When God thinks of His children He has a confident expectation about their future. Our lives are not puzzles to be figured out, rather, we run to the Father who already knows every detail. He is the Lord of new beginnings! The future has many unknowns, but we can take comfort in knowing that no matter where it takes us, God is already there. With God's help we can "let go" of whatever we need to in order to step into what He has prepared for us.

Please join me in prayer: "God, help me to let go of whatever it is that's preventing me from fully embracing this new beginning, so that I may live a contented life in the present and enjoy every moment of my future. Amen."