

A NEW YEAR REFLECTION

360° Thankfulness

Give thanks in all circumstances

1 Thessalonians 5: 18a

Just north of Loch Lomond, in Scotland, there is a stunningly beautiful stretch of the A83 known as the 'Rest and be thankful' pass. The road is part of a military road built by soldiers in 1753 and is named after the wording on a stone that they erected at the top of the mountain pass.

The climb up is so steep and the view from the top so stunning, it's easy to see why those were the words that were on their minds as they reached the top - ready for a rest, thankful probably that they made it to the top and, I imagine, full of wonder and thankfulness at the beauty that surrounded them.

New years are a great opportunity for some 360 degree gratitude time! Time to look back and reflect on where you have been - time to notice where you are right now and time to look ahead to what is to come.

To help get you started, I've created a 360 degree gratitude reflection tool. You might like to have a moment of stillness and quiet on your own, or you might like to do this as a family and encourage each other as you prepare for the new year together.



What has this past year looked like for you - there may have been times when it's felt like a bit of a climb and you may be grateful for the simple fact that it's over and you've made it through. It may have been a brilliant year and thankfulness may come easily - or perhaps it's been a mixture of the two.

Whatever your experience, take some time to pause, to reflect and to ask God to show you where He has been at work in your life this past year...
... and then thank Him for it!



How do you feel right now?
Have you taken time to rest to recover from the climb?
...Time to look around and notice where you are?
Where is the beauty in your situation?
What are you thankful for today?



As you look ahead, what does the path in front of you look like? What are you looking forward to? Is there anything you are anxious about?

Talk to God about it and invite Him to lead the way.
You might like to use Deuteronomy 31:8 as you pray:

'The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.'

