

# STARTING THE NEW YEAR GENTLY

## Question 1

1. What would it look like to live today as if God's mercy really is new—rather than letting yesterday's failures, guilt, or fear define me? (This confronts shame, burnout, and regret head-on.)

## Question 2

2. Where have I mistaken God's patience for absence—and how does this passage challenge that assumption? (Especially relevant in seasons of waiting, suffering, or unanswered prayers.)

## Question 3

3. If God's faithfulness hasn't failed me, what practical step of trust or obedience am I avoiding right now? (This moves the verse from comfort → action.)



### *KJV Scripture:*

"It is of the Lord's mercies that we are not consumed, because his compassions fail not.

They are new every morning; Great is thy faithfulness"

-Lamentations 3:22-23

### *Reflections:*

January carries a lot of weight.

Be better.

Do more.

Fix everything.

But Scripture doesn't begin the year with pressure—it begins with mercy.



## Closing Thought

You don't have to carry the whole year today.

Grace is not a reward for improvement—it's the starting point.

Tomorrow will have its own mercy.

Today just asks for your honesty.

God doesn't wait for us to get it right before offering compassion. He meets us exactly where we are, with new mercy for today.

If last year was messy, heavy, unfinished, or painful—you're not disqualified.

You're exactly the kind of person mercy is for.

This episode isn't about reinventing yourself.

It's about receiving what God is already offering.

### *Simple Practice:*

Before planning anything today, pause and say:

“God, thank You for meeting me here.”

That's enough for today.

No resolutions.

No pressure.

Just presence.

