



# HANGOVERS

By Bill Pugh

There will be some who wake up on New Year's Morning with a hangover. Feeling terrible, a result of intemperate partying. Many of us have things we regret about our lives.

A new year gives a chance to begin again. It's so easy to say that, so hard to do. We start off well with mental or written list of resolutions. We need help to make our resolutions happen. Sometimes our resolutions are rash.

Peter told Jesus he would always be true to him. But just when Jesus

needed him most, he denied him three times, as Jesus had predicted. And Peter wept bitterly because of his rash promise. The Bible helps us focus our minds and hearts on the straight way forward.

In writing to the Philippians, Paul sets the standard for a new year, in fact a new life. Forgetting what lies behind and straining forward to what lies ahead, I press on to the goal and for the prize of the upward call of God in Christ Jesus, Let those of us who are mature, be of the same mind. (Philippians 3:13-5).

## Reflection:

*This New Year's Day we have a new page ,having acknowledged any hangovers from 2019 and pronounced forgiven, to fill it with good deeds of loving kindness in the Master's service.{"If we confess our sins, he is faithful and just to forgive us our sins, and cleanse us from all unrighteousness".}*

*The Book of Proverbs shows the way ahead.*

*Trust in the Lord with all your heart,  
and do not rely on your own insight.*

*In all your ways acknowledge him,*

*And he will make straight your paths. {Proverbs 3:5-6}*