

Pray with your shoes

With the rush of Christmas almost over, we tumble into the New Year, sleep for a couple of days, take down the decorations and plod back to work, school or our normal routines. There's a pleasure about getting back to normality, but there's also the challenge of looking forward to what the year will bring.

Not all of us welcome this new year. For some of us, we know it will bring separations and loss: children growing up and growing away, moving away, family and friends moving on. For some of us, it will bring extra work, new responsibilities, study for exams, looking after others. For others of us, we will have to start again; to learn to be on our own, perhaps through moving away or the loss of those we have lived with for many years and decades. Just for this month, when you put on your shoes each morning, ask God to be with you in the day ahead. Ask Him to walk ahead of you, to be by your side and close behind you, to surround you with His presence. For it is *His* day that we are walking into and not ours. Let His will be done, and not ours.

And then, as you take your shoes off, see what you can thank God for from that day together. To help to remind you, why not leave a single shoe by the main door – that might get visitors asking too!