

## *Take the Next Step*

You can get a Fresh Start by simply taking the next step. The road to renewal begins with the next step. What is the next step for you?

Start where you are. Make the phone call. Write the letter. Clean up one pile of clutter. Pay one bill. Fill out the first page of the application. Eat right and exercise today.

Ask for help. Seek advice from wise counsel. When the student is ready, the teacher will appear. Call a friend or family member. You don't have to take the next step alone.



Say a prayer. Better yet, "pray without ceasing." Prayer is not an attempt to convince a reluctant God. Prayer is a means to connect us with a willing God.

Read the Bible or something else inspiring. Expect a miracle. Focus on what you can do. Forget about what you can't do. Have faith.

Look to the future more than the past. Glance in the rear-view mirror. Concentrate on the road ahead. Get moving. Do it now.

Avoid negative self-chatter. Whether you think you can or whether you think you can't, either way you are right. Outlook determines outcome. "As a man thinketh in his heart, so is he," (Prov. 23:7). You are not what you think you are, but what you think, you are.

Try again. Better to try and fail than fail to try. Don't give up. Rest if you must, but don't quit. You can do it. You can get a Fresh Start if you will take the next step. God wants you to be able to take the next step more than you do. While He will not take it for you; He will always take it with you.