



FROM THE CHAPLAIN

REST, REFLECT, RECALIBRATE!

Next week the teaching staff and the students will be on holidays.

I think holidays are great as they give us time to rest and catch up with our humanity. We catch up with lost sleep and forgotten friends. I also use holidays to catch up with myself. Yes, you heard it, I catch up with myself on holidays.

During term time I give 100% to my job and sometimes I lose myself in my tasks - I don't take time to reflect on who I am. Holidays are a great time to recalibrate my humanity. Here are 3 bible readings that I use to recalibrate.

As water reflects the face, so one's life reflects the heart. (Proverbs 27:19)

I use holidays to reflect on my behaviour from the term gone by - I ask myself 'What type of person do my actions show me to be?' I look at myself honestly and I then make decisions about the changes I want to make.

Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.. (Proverbs 3:3)

I use holidays I choose to recalibrate - I choose to that loving and faithful Christian that builds people and pleases God. But here is my dilemma, it is hard to change and I cannot undo some aspects of myself - I need someone to help me.

Create in me a pure heart, O God, and renew a steadfast spirit within me. (Psalm 51:10)

Prayer is my final step. I ask God to create in me the purity I cannot. I ask God to give me new heart and rub out the rubbish I have put there. While I am far from perfect, God has never let me down.

I would like to encourage you to use these holidays to rest, reflect, and recalibrate. May the Lord bless you these holidays

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