

A meditation on new beginnings



Drawing on ancient wisdom from the Bible, this guided meditation offers a hopeful reflection on new beginnings, giving you space to reflect on the change you're facing – what you want to leave behind and what you want to take forward with you.

You are listening to a guided meditation to help you embrace a new beginning. Take a few moments to make yourself comfortable. You might want to let your eyes draw to a close. Relax your limbs. Take a deep breath in, and gently exhale.

This is a time to reflect on where you've come from, consider what you want to leave behind, and what you want to take forward.

You're about to hear from an ancient spiritual thinker, recorded in the Bible. Use these words to guide your thoughts today.

They're from a prophet known as Isaiah, written to reflect the voice of God:

'Do not cling to events of the past or dwell on what happened long ago. Watch for the new thing I am going to do. It is happening already – you can see it now! I will make a road through the wilderness and give you streams of water there.'

What are you carrying with you?

Take a few moments to think about the: experiences, expectations, hopes and dreams that have brought you this far.

Which of these are good things that you want to hold on to? Acknowledge them with gratitude.

What is holding you back from moving forward?

Lay your palms down as a sign that you're leaving behind these things that no longer serve you.

Acknowledge any pain you feel as you do so.

Take a deep breath in,
and a long breath out.

Now turn your palms upwards, and think of the things you want to take into this new season.

Take a deep breath in,
and a long breath out.

Returning to our verse, it says:

'Watch for the new thing I am going to do. It is happening already — you can see it now!'

Think about your life.

Where are there signs of new growth?

Where are there signs of change?

Where are there signs of hope?

Take a moment to acknowledge these things, allowing gratitude to rise up as you do so.

The ancient words continue:

'I will make a road through the wilderness and give you streams of water there.'

Are there any parts of your life that feel like a wilderness right now?

Acknowledge the things that feel dry or lifeless.

In the passage, the voice of God promises to make a new path: a road out of the wilderness.

There's a promise of life-giving water in places where the ground is dry.

Think of the restorative power of water; the way it refreshes and revives. What if you invited God to bring these 'streams of water' into your life? If you feel comfortable, you might like to offer this up as a prayer.

The verse ends with a message of hope; it's a promise of good things to come. As you prepare for this meditation to draw to a close, hold this image of hope in your mind – picture these restorative streams of water. Rest in this feeling.

Take a deep breath in,
and a long breath out.

It's now time to leave this meditation and go into your day.
Take the feeling of hope with you as you step towards your new beginning.