

Reflect, Respond, Reach Out “Moving Forward” - January

Suggested conversation and activity tips for exploring the message using
Mattie’s “Three Choices to Peace” template →
Reflect (Want/Seek), *Respond* (Live/Make), *Reach Out* (Share/Bring)

Resolution Invocation

Let this truly be
The celebration of
A New Year. . .
Let us remember
The past, yet
Not dwell in it.
Let us fully use
The present, yet
Not waste it.
Let us live for
The future, yet
Not count on it.
Let this truly be
The celebration of
A New Year,
As we remember
And appreciate
And live rejoicing
With each other.

Mattie J.T. Stepanek
January 1, 2002



Mattie4Sainthood.org



www.MattieOnline.com

© Celebrate Through Heartsongs (Hyperion 2002)

Read “*Resolution Invocation*” by Mattie J.T. Stepanek
-- a *Heartsong* he penned at age 11 --
to express “moving forward” with choice and purpose.

REFLECT on the message within...

Prayer, meditation, and thoughts; journaling and conversation...
What does this message *mean* to you?
Do you *want* this message in your heart, mind, and spirit?
How can you *SEEK* to embrace this message in *attitude*?

RESPOND to the message with others...

Words and group discussions; actions and deeds...
What does this message *look like* from you, and *with others*?
Can you *live* this message in your private and public life?
How can you *MAKE* this message a part of your life in *habit*?

REACH OUT with the message for our world...

Beyond classrooms, family, or community; projects, connections...
What does this message *become* when *offered* to others?
How can *share* this message in your community? Beyond?
How can you *BRING* this message to other people as a *reality*?

Children, Tweens, & Teens – and --

Families, Classrooms, Businesses, Communities:

All ages – Read or listen to Mattie’s “*Resolution Invocation*” poem (from his *Celebrate Through Heartsongs* book)

Teens & Adults – also read the [January “Moving Forward”](#) theme message from Mattie’s Guild (www.Mattie4Sainthood.org)

Reflect:

- In the poem - what does Mattie say about how we might consider and celebrate the past? the present? the future? What is more challenging for you, for your family, or for your community – Mattie’s message about the past? the present? the future? Why?
- Mattie embraced an attitude of “moving forward” – not just happening into moments because time passes, but somehow, shaping “what next?” with purpose and choices in attitude and action, regardless of whether moments are blessings or burden or a bit of both. What are your thoughts on “moving forward” – especially during challenging times in our home or school or work or world?
- January is a time when many people create New Year’s resolutions – one or more motivational commitments for making good choices or creating some change for the better. Did you know that it only takes about 21 days to create a new habit or to shift personal attitudes?

Respond:

- Consider four areas in which you might choose to make a resolution, or a shift in attitudes or habits “for good” – within (yourself – body, mind, spirit), with others (family, friends, folks you are closest to), with community (school, work, neighborhood, world), and/or with God.
- Create one or more achievable/realistic resolutions, in one or more of the four areas of connection. Write or post your commitment in a way that reminds you of your personal promise, and for at least 21 days, commit to that goal – perhaps make a creative calendar with sticky notes that you add or take off each day as you “move forward” with your goal – with purpose and choice during both easy and tough times.

Reach Out:

- Celebrate your progress! Write, doodle, draw, dance – do whatever makes your heart sing as you continue to “move forward” with choice.
- Connect with at least one other person and share your commitment. Explain/encourage that person(s) to consider what “forward” means.