

A close-up photograph of a white bowl filled with golden cornflakes. A stream of white milk is being poured from the top center, creating a large, dynamic splash that spreads across the flakes. The background is a light blue and white geometric pattern with overlapping diamond shapes.

Mrs Slater's Thought for the Day



Here are some of your favourite people from Cranham having their breakfast!



WHAT DO YOU LIKE TO EAT FOR BREAKFAST? TALK TO YOUR ADULT ABOUT YOUR FAVOURITE BREAKFAST.



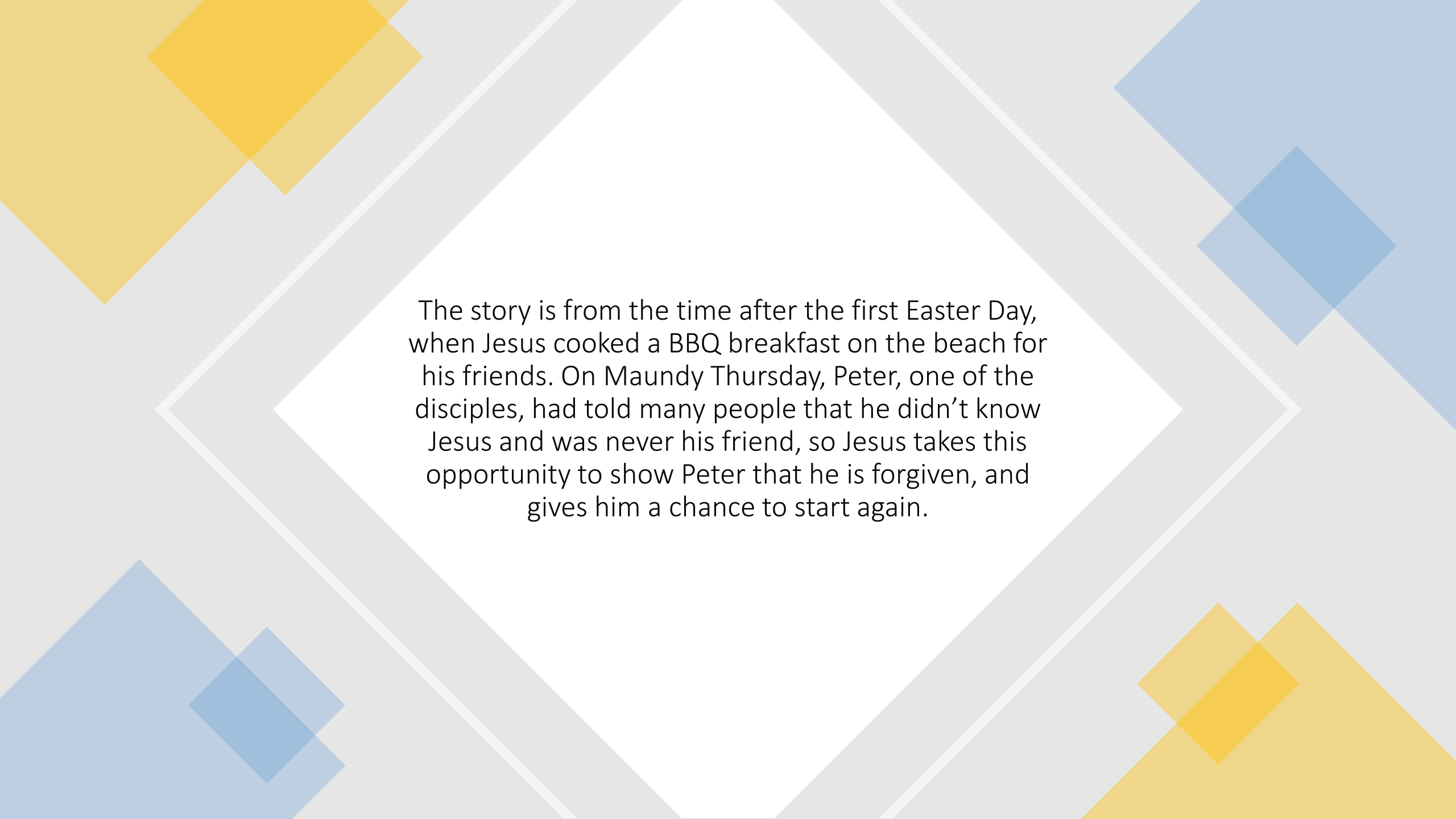
DID YOU KNOW THAT THE WORD BREAKFAST MEANS 'BREAKING YOUR FAST'. IT MEANS EATING AFTER A SHORT PERIOD OF NOT EATING (WHILE YOU WERE SLEEPING!).



HAVE YOU EVER HEARD OF A 'WEDDING BREAKFAST'? IT IS CALLED THIS BECAUSE IT IS THE FIRST MEAL THAT THE COUPLE EAT TOGETHER AS A MARRIED COUPLE. MISS MEADOWS WILL HAVE A WEDDING BREAKFAST AFTER HER WEDDING IN AUGUST!

The idea of breakfast is often linked to fresh starts and there is a story in the bible where someone gets a fresh start over breakfast.

Can you think of anyone who might need a fresh start in the bible?



The story is from the time after the first Easter Day, when Jesus cooked a BBQ breakfast on the beach for his friends. On Maundy Thursday, Peter, one of the disciples, had told many people that he didn't know Jesus and was never his friend, so Jesus takes this opportunity to show Peter that he is forgiven, and gives him a chance to start again.

A chance to start again



Peter was one of Jesus' disciples. His name means 'Rock', and Jesus had told him that one day, this 'Rock' would build God's church.

But Peter had a fierce temper that often got him into trouble. In the Garden of Gethsemane, Peter watched as the soldiers led Jesus away, without saying a word! Then, three times, people said to Peter 'You were one of his friends, weren't you?' And all three times, Peter said 'I don't know who you mean!'

As the cock crowed with the dawn, Peter realised that he had let Jesus down by not standing up to him and left, weeping, with his heart broken.

What happened next changed everything: Jesus died, and rose again! And Peter was given a second chance, on a beach with a fishy breakfast, cooked on the fire by Jesus himself!

After breakfast, Jesus sat down next to Peter. 'Do you love me, Peter?' Jesus asked. 'Of course I do!' Peter replied. 'Then take care of my lambs' Jesus said. Again Jesus asked 'Peter do you love me?' Thinking that perhaps Jesus hadn't heard him, Peter replied 'You know I do!' 'Take care of my sheep' Jesus said.

But then Jesus asked a THIRD time 'Peter, do you love me?' and Peter felt a little hurt that Jesus needed to ask three times. 'Lord, you know everything and you know that I love you!' 'Then feed my sheep' Jesus asked him.

And so, despite the many times that Peter had let Jesus down, he was given a brand new start – and became the shepherd of Jesus' sheep..... and the 'Rock' who built the Church.



A few
important
things to
remember...

It can help to think of each day as a fresh start – you can try to be your ‘best self’ today even if yesterday was tricky.

It is very important to offer other people fresh starts, even if they have hurt our feelings or been unkind. Today could be a whole new beginning for the two of you.

Christians believe that God forgives us over and over again for our mistakes. He gives us a fresh start when we ask for one.