



# 40 DAYS OF LETTING GO

Lent 2023

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# 40 DAYS to Renew Your Mind

Lent is a season of preparation for Easter and a time to reconsider just how we are living. No doubt there are parts of our lives, parts of us, that we would be better off without—perhaps negative thoughts, harmful habits, or less-than-divine behavior. What better way to prepare for a celebration of new life than to cleanse ourselves, to renew our minds.

This booklet not only offers a list of qualities you might want to release during Lent 2023 but suggests *how* to do it. Weekday messages are devoted to letting go of a particular habit or action, with an affirmation to help shift your consciousness. Sunday essays are about the process of letting go through means such as detachment or nonresistance.

The contents are arranged alphabetically so you can easily locate specific patterns of thought or conduct where you might need help letting go. This is a booklet for you to keep and revisit long after Easter.

Our wish for you in this Lenten season is a fresh, clean way of viewing the world and relating to others, an optimistic outlook for the future, and a renewed awareness of your true spiritual nature.

*Your Friends in Unity*

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# EASTER Is Our Story

Rev. Ellen Debenport

The long-told story of Jesus' crucifixion, entombment, and resurrection is the story of our lives. We resonate with its loss, darkness, and new life because we cycle through the same process time and again in our human lifetimes.

We all experience deaths—deaths of loved ones, of hope, of plans; deaths of life as we know it when everything changes; deaths of jobs, of relationships, of what is familiar. Sometimes we experience a public crucifixion that feels as if everyone is watching and jeering—bankruptcy, divorce, arrest.

Although Lent can be observed as a period of letting go and releasing what no longer serves us, sometimes we don't seem to have a choice about what we must release.

Many crucifixions—these metaphorical deaths—are so painful that we find ourselves in a tomb afterward. Our lives are in limbo. We must recover and regroup. This is the Saturday experience of Jesus' mother and disciples. When their beloved leader was killed as a common criminal, their hope was lost and everything they believed was thrown into doubt. What a terrible period of grief it must have been.

But there is always a resurrection. That's the message of Easter for us. Nothing stays dark forever. A new day always dawns. We are given new beginnings and fresh starts. The sun comes up again. There is nothing so painful in our lives that it can't be redeemed for good somehow, and that is our prayer from the tomb: "Show me the good." Then we can start to create a new day.

Through the cycles of your life, the Easter story might speak to you differently in different years:

Some years you might be in the Garden of Gethsemane, dreading what you fear is about to happen, wondering whether you have the courage to let go of life as you know it for the promise of resurrection.

Some years you might be experiencing a crucifixion—in pain, asking why God seems to have forsaken you.

Some years you might identify with Jesus' grieving mother and his friends after their great loss.

Some years you might be in a tomb, waiting and trusting that something lies beyond this darkness.

Some years you might be exhilarated by the promise of resurrection, of lifting yourself into new life.

Some years you might know the joy of the women who discovered the tomb was empty, realizing a situation is not as bad as you feared.

Some years—every year—Easter can remind you of your own divinity and what your spiritual nature means for your life. Each year you can ask: *What does the Easter story tell me about myself as an expression of God in human form?*

Among its beautiful lessons, the Easter story reveals that death is not the end; it is only a physical event. It happens to our bodies and within our human circumstances, but it cannot touch our spirits, the eternal essence of God that we are. Death in its many forms—the people, places, things, thoughts, and habits we must let go—is not to be feared because we cannot die.

Life is eternal, far beyond this physical existence. In the Unity tradition, resurrection is Jesus' final teaching for us. The risen Jesus tells us, *There's so much more to life than you have realized.*

It puts divinity within our grasp. It reminds us that everything Jesus was, we are and more, just as he said. It lets us know we can survive anything—literally anything—because we will always keep living in one form or another. We are the energy of life because we are part of the one eternal presence and power in the universe.

That's a pretty spectacular message, any way you look at it, wherever you are in the cycle of death, tomb, and resurrection. We celebrate our divine, eternal selves this Easter.

*Rev. Ellen Debenport is vice president of publishing and content at Unity World Headquarters.*



# RELEASE and Let Go

Rev. Tawnicia F. Rowan

The lyrics to the song “I Release, and I Let Go” by Rickie Byars and Rev. Michael Bernard Beckwith capture the essence of Jesus’ message for us and his example during the days leading up to his crucifixion:

*There was a time in my life*

*I thought I had to  
do it all myself.*

*I didn't know the grace  
of God was sufficient  
Didn't know the love of God  
was at hand.*

*But now I can say*

*If you are discouraged  
Struggling just to make it  
through another day  
You've got to let it go,  
let it all go*

*And this is what you have to say:*

*I release, and I let go  
I let the Spirit run my life  
And my heart is open wide  
Yes, I'm only here for God.*

*No more struggle,  
no more strife*

*With my faith I see the light.  
I am free in the Spirit  
Yes, I'm only here for God.*

Having lived a life of devotion to God and committed service to God's people, Jesus knew that the end of this life was near. He also had a clear sense of his calling, and though he would have preferred a different outcome, he was willing to surrender his own desires. A shift happened in Jesus when he made the commitment to release and let go. The same shift happens in us too. The attachment to outcome dissolves, and faith in the perfect outworking of spiritual law emerges.

*"It is finished."*—John 19:30

The Gospel of John attributes these words to Jesus as he hung from the cross. They are the English translation of the Greek word *tetelestai*, which comes from the verb *teleo*, meaning “to bring to an end, to complete, to accomplish.” In an article titled “The Meaning of Tetelestai—‘It Is Finished,’” Rev. Ray Pritchard, D.Min., writes:

It's a crucial word because it signifies the successful end to a particular course of action ... It means, “I did exactly what I set out to do” ... This was not the despairing cry of a helpless martyr; it was not an expression of satisfaction that the termination of His sufferings was now reached; it was not the last gasp of a worn-out life. No, rather was it the declaration ... that all for which He came ... was now done; that all that was needed to reveal the full character of God had now been accomplished.

The 17th chapter of John reports that as Jesus prayed in the Garden of Gethsemane before the crucifixion, he said in part, “Father ... I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed” (John 17:1, 4-5). In other words, *No more struggle, no more strife. With my faith I see the light. I am free in the Spirit. Yes, I'm only here for God.*

For New Thought Christian metaphysicians, the life and ministry of Jesus has significance both literally and metaphorically. Since we understand the scriptures as the story of the generation, degeneration, and regeneration of human consciousness, we believe that the work God has given us to do—the work Jesus demonstrates—begins in our own minds. It begins with the crucifixion of erroneous, limiting beliefs about who and what we are and what we can achieve. It continues with the acceptance of the Truth that we are all made in the image and after the likeness of God.

But it doesn't end there.

Like our Master Teacher and Way Shower Jesus, we are here to be individualized expressions of God in the world—to do the work of bringing forth the kingdom of heaven on earth by bringing forth the divine qualities of life, love, wisdom, power, and substance. We have a responsibility to know, to speak, and to demonstrate Truth right where we are. Our work is not finished until we have done our part to make manifest the glory of God for the benefit of all creation.

What must you release in order to fulfill your assignment? What must you become? Today is your day to nail to the cross everything that's been holding you back. Every doubt. Every fear. Every insecurity. Every critical thought. Every selfish motive. Every seeming obstacle. Let it all go. Nail it to the cross and be free.

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*“I Release, and I Let Go” is reprinted with permission. Music by Rickie Byars; lyrics by Rickie Byars and Rev. Michael Bernard Beckwith.*

## Ash Wednesday

FEBRUARY 22, 2023

### I LET GO of anger.

Anger, you come into my life like a ferocious thunderstorm in the afternoon. You stay and get comfortable in my body. Do you think you can have your way with me?

Where does anger come from? Perhaps some fear that I haven't fully accepted, some emotional wound that has not healed. Anger's intense energy can be channeled into something wonderful, or it can be destructive to others and myself. I might even think I can get God's attention with my anger. Maybe I'll get what I want if I am angry enough with God.

There is a gap, a moment between the fuse being ignited and the explosion of anger. It's a spiritual practice to mind the gap and let go before the explosion. As I practice, I become proficient in the art of surrender, letting go of the old ideas and old hurts that no longer serve me.

Let everyone be quick to listen, slow to speak,  
slow to anger.—James 1:19

—Rev. John Beerman

THURSDAY, FEBRUARY 23, 2023

### I LET GO of anxiety.

Feelings of anxiety are the equivalent of paying interest on a debt that we have yet to incur. I can think of nothing more rewarding than letting go of the time and energy put into thoughts of fear, which is at the core of all anxiety.

In order to release anxiety, we can remember how often those feelings have lied to us. I recommend a practice I have used for decades. When feeling anxiety, I write down the issue in a notebook and leave space to write the eventual outcome. Across the span of 40 years, whenever I look back, I see that 100 percent of the issues never resulted in the worst-case scenarios my fears and anxiety prophesized.

Each time I record a new fear or worry in that notebook, I am reminded of the prior outcomes. They are proof that anxiety and fear were false prophets.

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.—Philippians 4:6

—Rev. Bill Englehart

### AFFIRM:

*I release my emotional reactions and heal from within.*

### AFFIRM:

*I envision only best-case scenarios.*

FRIDAY, FEBRUARY 24, 2023

## I LET GO of apathy.

If there could be such a military officer, “General Apathy” would be highly successful. By applying the strategy known as lack of interest, general apathy has eliminated more ideas than can be counted. The strategy works by killing that which is insufficiently desired.

We might joke that a favorite restaurant has gone out of business because we neglected to dine there frequently enough, but there is truth in that jest. Nothing on the physical plane lasts forever, but we preserve it to the degree that we feast upon it. If we are apathetic, the reason for its existence dissipates until it disappears.

Dining on what we really enjoy is a strategy that does not consume but instead inspires us to discover more that is enjoyable. The universe is full of goodness awaiting our attention. Apathy is not invincible. It is defeated when we take command.

**These are the things you must insist on and teach.—1 Timothy 4:11**

—Rev. Michael Jamison

## AFFIRM:

*I salute the divinity in me and take command of my life.*

SATURDAY, FEBRUARY 25, 2023

## I LET GO of bitterness.

When we have suffered a wrong or a perceived wrong, our hurt and anger can burrow into our being. We can find ourselves living with deep resentment, a bitterness that is corrosive to our soul. While we may feel justified in our feelings, we are only harming ourselves.

Releasing bitterness asks us to dig deeper than our pain and anger and shift our awareness to a place of forgiveness and compassion. Beneath the hurt is love, and that love becomes available to us when we are willing to let go.

Forgiveness does not mean condoning what happened. Forgiveness means letting go of the heaviness in our hearts. When we bring compassion and forgiveness to ourselves, when we focus on our resilience and wholeness, we shift from the past to present awareness. We open a space in our heart for deep healing. Letting go of bitterness frees us to know more love and compassion.

**Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead.—Philippians 3:13**

—Rev. DeeAnn Weir Morency

## AFFIRM:

*I soften, forgive, and release any bitterness I carry within my heart. I free myself.*



# Letting Go

SUNDAY, FEBRUARY 26, 2023

## THE PROCESS of Letting Go

We are always in the stark and beautiful movement of letting go of one thing, thought, or situation while being set free to a more excellent, deeper, and more expansive experience of ourselves. Letting go is a learned action from a lifelong journey of self-acceptance, revealed as a process that evokes our trust in the messiness of living with some experiences of joy, sorrow, and disappointment, wrapped up in a bit of love.

Letting go is a process that invites us to affirm the Truth of our being and trust the unfolding journey of being fully present in our thoughts, words, and deeds; to be inspired by the smallest of things; to overcome unforeseen challenges; and to let go of expectations that do not belong to us. We learn to trust the movement of Spirit creating the masterpiece that is you and me.

**I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ.**  
—Philippians 1:6

—Rev. Kathy Beasley

## AFFIRM:

*Letting go of what was, I trust the process of becoming more than I ever imagined.*

MONDAY, FEBRUARY 27, 2023

## I LET GO of blame.

I let go of blaming others for situations that have occurred in my life. I understand that all my experiences have helped me grow into the person I am today, and I work toward not labeling any of them as good or bad from a spiritual perspective. When I blame others, I can't fully connect to my own inner power to heal and feel whole. To let go of blame, I must focus on forgiveness.

I also let go of blaming myself for things I've done that hurt other people. Blaming myself or others keeps me stuck in a cycle of pain instead of focused on living fully right now. By releasing blame in all its forms, I free myself to be present to the people and experiences around me and to step into my own divine power to create the life I want.

**Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.**—Colossians 3:13

—Angie Olson

TUESDAY, FEBRUARY 28, 2023

## I LET GO of busyness.

As I look over my life, I see that there is much to do today and much ahead that is awaiting me. I could allow myself to feel overwhelmed, or I could take a fresh perspective.

I renew my thinking by recognizing that I only need to do what is before me in this moment. All projects to follow will be done in their right time as well. If I have taken on more than can be reasonably accomplished, I willingly release this stress by enlisting support from others and find joy in the opportunity to collaborate on these good efforts.

I feel gratitude that my life is full of all the goodness of God manifesting as opportunities to use my gifts in service. I am at peace with all that concerns me.

**Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.**—Matthew 11:28

—Rev. Jeanmarie Eck

## AFFIRM:

*I experience peace and forgiveness by letting go of blame.*

## AFFIRM:

*I have more than enough time to do what is mine to do.*

WEDNESDAY, MARCH 1, 2023

## I LET GO of chaos.

Sometimes the random thoughts that tumble through my mind feel chaotic, disconnected, and disorganized. It may feel difficult to settle on a single thought, a feeling. I may feel hesitant to take action with the chaos that is in my mind.

That may be true as I go about my day in this human experience. Yet when I remember that I am a spiritual being—blessed to have the gift of this oh-so-human experience—I relax, breathe, and rest. I remember the flow of divine order: mind, idea, expression. I pause, retreat to my meditation room, and invite peace, calmness, and focus to be present.

As thoughts slow down and drift through my mind, I allow them to dissolve into the nothingness from whence they came. I allow my awareness to move toward divine inspiration. I then trust that what once felt like chaos is transformed into divine order.

**But all things should be done decently and in order.**  
—1 Corinthians 14:40

—Rev. Karen Romestan

THURSDAY, MARCH 2, 2023

## I LET GO of competitiveness.

Most of us are raised in a culture of competitiveness and marketing that encourages us to compare ourselves to others. The dictionary defines *competitiveness* as “possessing a strong desire to be more successful than others.” At its core, competitiveness is a scarcity-based concept reflecting a belief that we aren’t good enough unless we appear better than someone else.

Theodore Roosevelt is credited with saying, “Comparison is the thief of joy.” It is also a death knell to creativity. Competitiveness keeps us focused on who we think we’re supposed to be rather than celebrating who we already are. Competing against others means basing our sense of worth on a comparison with others’ accomplishments, rather than fully appreciating our own unique talents, traits, gifts, and expressions.

As we remember that we are perfect spiritual beings shining our unique divine light, we are free to fulfill our purpose and reach our full potential.

**All must test their own work; then that work, rather than their neighbor’s work, will become a cause for pride.**—Galatians 6:4

—Rev. Cylvia Hayes

## AFFIRM:

*Divine order is always at work in my life.*

## AFFIRM:

*I celebrate my unique talents and accomplishments and those of all beings.*

FRIDAY, MARCH 3, 2023

## I LET GO of complaining.

Are you caught up in a loop of complaints in which something is wrong with everything you encounter and disapproval has become a song you sing every day? Is this working for you? Has anything changed?

Complaining is a serious waste of time and energy. Take a good look at the objects of your complaints, the actions that don't meet your standards. If there is nothing you can do to change them, then it is time to change what you can—your own thoughts and feelings. Remind yourself that everyone's experience is different, as are their views. Declare, "This is none of my spiritual business!"

Focus on the business of yours that has been neglected, and change the complaining thoughts into counting your blessings.

**Do all things without murmuring and arguing, so that you may be blameless and innocent, children of God without blemish.**

—Philippians 2:14-15

—Rev. Alberta Ware

## AFFIRM:

*The moment I catch myself complaining,  
I start to count my blessings.*

SATURDAY, MARCH 4, 2023

## I LET GO of criticism.

I seek to live a happy, healthy, and prosperous life, so I must give up the need to criticize or to be offended when anyone crosses me. I begin to listen actively and make a concerted effort not to be defensive, accepting criticism as an opportunity to grow relationally. All criticism is useful when I realize it is nothing more than someone's mental perception and can be changed.

I do not meekly accept unjust or unfounded criticism, but I don't totally reject it. I learn from it by creating more positive impressions in my mind. I seize the opportunity to communicate in a way that strengthens and enhances my relationship with the other person.

I don't take criticism personally. I show that I am hearing someone through my body language; I maintain eye contact. Wisdom and understanding evolve in me as I respond using positive, affirmative language.

**The ear that heeds wholesome admonition will lodge among the wise.—Proverbs 15:31**

—Blanche Kimble-Wilson

## AFFIRM:

*I look for the good and speak words of praise in every situation.*



SUNDAY, MARCH 5, 2023

# Nonresistance

## THE PROCESS of Nonresistance

Just as the sea does not resist the friction of the wind on its surface, nor does the grass resist rains, storms, and snowfalls, I allow the circumstances and experiences of life to wash over me. In this way I free myself from the state of internal struggle and weakness that opposition and resistance cause. I practice acceptance and live life with no strings attached.

Jesus said, “Do not resist an evildoer,” so let the circumstances flow, and stay focused on omnipresent love. The power to choose is always in each of us. Let’s practice using it wisely.

Nonresistance is a process that occurs in our consciousness as we recognize, accept, and affirm that in God there is nothing to fear. The only presence and the only power that exists in the universe is Absolute Good, and it is always with us. Holding this awareness will make everything work together for our good.

**But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also.—Matthew 5:39**

—Rev. Beatriz E. Gallerano Bell

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## AFFIRM:

*I choose not to resist today.*

MONDAY, MARCH 6, 2023

## I LET GO of darkness.

In nature, darkness is most often part of a cycle we can trust. Stars adorn inky nights until the sun returns to brighten our surroundings, and murky daytime clouds disperse, revealing blue sky.

When we find ourselves in darkness, feeling trapped or overwhelmed, we can become still rather than succumb to panic or despair. We can allow echoes and the air against our skin to help us sense our space. We turn within to the power we possess as physical beings of spiritual energy, sourced by an unbound, divine luminescence.

Remembering our true power, we can let go of the darkness, knowing it is only a veil of fear and doubt. We allow the light-energy within to guide us through infinite possibilities until we are inspired to the next perfect action.

**The light shines in the darkness, and the darkness did not overcome it.—John 1:5**

—Malayna Dawn

## AFFIRM:

***Darkness has no hold on me. I let go of darkness and allow illumination.***

TUESDAY, MARCH 7, 2023

## I LET GO of discontent.

Discontent wears many faces. Boredom with the daily grind. A gnawing sensation in the stomach that doesn't seem to go away. Worry about making the right choice in some area of life.

We often try to dismiss these feelings by ignoring, resisting, or even praying them away. Rather than seeing discontent as detrimental, might we learn to listen for the message it bears? What if, just on the other side of discontent, a more profound love lies, waiting to pour through us and into the world?

Discontent can serve as a catalyst for growth. If we are willing to follow the wisdom it contains, discontent can propel us into action. Seen as a gift for our benefit, discontent invites us to discover and explore our divine purpose before moving on. It provides the impetus to take the next step toward greater fulfillment in every aspect of our being.

***I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty.***  
—Philippians 4:11-12

—Rev. David B. Adams

## AFFIRM:

***Through spiritual understanding, I follow the divine wisdom available in every moment of my life.***

WEDNESDAY, MARCH 8, 2023

## I LET GO of *discouragement*.

Where does discouragement come from? We get discouraged when we don't learn something as soon as we think we should.

Most of us harbor some degree of perfectionism. We expect to be able to do something precisely right away. For example, people commonly quit learning a musical instrument because they get discouraged. They want to play guitar like a rock star in just a few lessons.

The best way to let go of discouragement is to disrupt false expectations. Instead, try this: Give yourself permission to make five mistakes before you take a break from learning something new. Most of us might give up after one or two mistakes, embarrassed by what we label as failure.

It's not failure; it's progress. Letting go of discouragement is about embracing our so-called mistakes, because making mistakes means we are learning and growing.

**Do not be afraid or dismayed; be strong and courageous.—Joshua 10:25**

—Rev. John Connor

THURSDAY, MARCH 9, 2023

## I LET GO of *doubt*.

Doubt can creep up on us unbidden, worming its way into our thoughts and disturbing us. Spiritual doubt can be especially unsettling, calling into question beliefs we have counted on. Doubt leads us to feel unfaithful.

Doubt is not the opposite of faith, however. It is an aspect of faith. Our questions lead us to seek greater knowledge and truth. Following periods of doubt, we commonly reach greater degrees of conviction.

Instead of struggling over doubt, we can let go of the belief that doubt is wrong or that it means we are unfaithful. Instead of letting go of doubt, we can let go of endlessly ruminating about the questions on our mind. We can wait in spiritual silence.

Clouds eventually give way to clear skies. The night ends at dawn faithfully. We exercise our faith faculty, trusting we will gain clarity and a grasp on truth, as we rest in the question.

**Trust in the Lord with all your heart, and do not rely on your own insight.—Proverbs 3:5**

—Rev. Linda Martella-Whitsett

## AFFIRM:

*When I make mistakes, I'm making progress.*

## AFFIRM:

*Faithfully, I wait for truth.*

FRIDAY, MARCH 10, 2023

## I LET GO of drama.

In movies or onstage, drama may be entertaining, but when it steps into our worlds and affairs, ill effects and often surprising results appear on the screen of our lives. Emotional anxiety, envy, depression, confusion, and anger creep into our personal, social, business, educational, and political relationships. Anxiety over success or failure, including arguments, disagreements, and unyielding differences of opinion are all factors. Aggravation and confrontation become exhausting.

I avoid and forestall drama by maintaining my spiritual stability. Should I see or feel any oncoming drama or attention-getters, I remain positively optimistic. Casually changing the course of conversations, invoking loving thoughts, and claiming divine order have proven most effective. Beneficial, too, has been applying the keys of affirmation and denial, declaring *yes* or *no* to what I choose to accept in my life. I will peace into my soul. Drama begone!

**Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.**—Ephesians 4:29

—Marilyn King-Compton

## AFFIRM:

*I let nothing and no one upset the calm peace of my soul.*

SATURDAY, MARCH 11, 2023

## I LET GO of fear of being alone.

Sometimes we feel disconnected from the flow of life, as though no one can understand or help with our concerns, as though no one is available to share our joys and our burdens. A key to releasing fear of being alone is resourcefulness. Instead of talking about lack or yearning, we can allow possibilities to emerge.

When I feel alone, I find a way to be of service to others, or I recall a time when I made a positive difference in someone's life. Remembering when my words and actions helped someone reminds me that I am connected with others in the flow of life.

How can I be alone when the Source of light, life, and inspiration is always available? How can I be alone when countless generations survived, resulting in my being here now? How can I be alone when Spirit is always within and all around me?

**Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.**—Isaiah 41:10

—Rev. Shirley Knight

## AFFIRM:

*From the infinite, eternal, abundant Source, I receive inspiration and absolute love.*



# Detachment

SUNDAY, MARCH 12, 2023

## THE PROCESS of Detachment

Desire is manifested from our power of love. When we are strongly attached to something, we strongly desire it—we love it in one way or another. Excessive desire gives rise to unhealthy attachment. Unhealthy attachment creates false idols in consciousness. We can lose our grounding and awareness of our innate divinity, which may inhibit manifestation.

Attachment is not the problem; unhealthy attachment is. Detachment occurs when we use our powers of discernment, understanding, and will to moderate our power of love while desiring something more valuable, like deeply knowing our inherent divinity.

The solution is easy; the application takes patience. Detachment involves no longer giving power or importance to any unhealthy attachment while refocusing our desire—our love—on our inherent divinity, which is divine substance composed of divine ideas and laws of mind. Divine ideas and laws of mind are the fundamental ingredients for manifestation and demonstration.

**For where your treasure is, there your heart  
will be also.—Matthew 6:21**

—Rev. Paul Hasselbeck, D.D.S.

## AFFIRM:

***I am innately divine; I do not create false idols.***

MONDAY, MARCH 13, 2023

## I LET GO of fear of change.

When facing change, many of us experience fear. That fear may be due to the uncertainty of what might happen, to the perception that we lack the tools to face it, or most of all, to our attachment to what is familiar.

While letting go is difficult, the truth is that change is the only permanence in our lives. From birth, we change. We leave our mother's womb and enter a different world. Later, we let go of the safety of our home to attend school. We grow as freedom-loving adolescents.

As we become adults, we may feel overwhelmed by the fear of change. But if we look back, we recognize we've been through this before. Our lives have been one change after another. With the experience and knowledge we have acquired, we have the necessary strength and courage to face another change.

**I can do all things through him who strengthens me.—Philippians 4:13**

—Rev. Dr. Norma Iris Rosado

TUESDAY, MARCH 14, 2023

## I LET GO of fear of illness.

One of the most precious gifts we have is our health. Unfortunately, some people live in fear of becoming ill or not being in good health. There is a common belief that certain diseases and ailments “run in the family,” as well as a widespread belief that when we get to a certain age, ill health is to be expected.

During this Lenten season, one of the states of consciousness we want to release and let go of is the fear of illness and ill health, even if we may be experiencing it. Let us remember our thoughts and feelings are magnets that attract like conditions and situations into our lives. If we are fearful about physical ailments, then we are actually sending out vibrations that will attract them to us. Rather than being fearful, let us focus only on that which we desire, which is good health and wholeness.

**I will restore health to you, and your wounds I will heal,  
says the Lord.—Jeremiah 30:17**

—Rev. Saba Mchunguzi

### AFFIRM:

*This is my day. I am courageous and trust my inner power.*

### AFFIRM:

*I accept health and wholeness as my divine birthright.*

WEDNESDAY, MARCH 15, 2023

## I LET GO of fear of lack.

I free myself from the fear of lack. I remind myself that I live, move, and have my being in infinite good. I pay attention to the thoughts I entertain in my mind. Instead of focusing on lack and limitation, I count my blessings. I relax knowing I am enough and I have enough.

The moment I feel fear bubbling up within, I take a sacred pause, focus my attention on my breath, and let go. Fear no longer has any power over me. I remind myself that the point of power is in the present moment.

When the old consciousness of fear and lack wants to create a doomsday picture, I shift my thinking to love, joy, and the abundance of good within and around me. I have the power to face fear knowing it is not real. My faith is strong, and I am swimming in an ocean of infinite abundance of good.

**Have no fear; I myself will provide for you and your little ones.—Genesis 50:21**

—Rev. Elizabeth Longo

THURSDAY, MARCH 16, 2023

## I LET GO of indecision.

Indecision is mostly a result of fear. We fear not getting it right. We fear unknown consequences of a decision we need to make. We may fear letting someone down. Yet our indecision is in itself a decision. It is a decision to stay in fear and remain in doubt.

Rather than staying in fear, we can choose to trust our own divine wisdom to guide us. We have decision-making intelligence within us. We can choose to listen to it and then trust it with all of our heart.

Tapping into this divine intelligence can take practice. We must push through the fears. Through prayer and meditation, we can become still enough to hear our guidance. In the same way, we can learn to trust that regardless of our decisions, we are always living into our highest good, for everything is an opportunity to heal and remember our own divinity.

**Elijah then came near to all the people, and said, “How long will you go limping with two different opinions? If the Lord is God, follow him.”—1 Kings 18:21**

—Rev. Juan del Hierro

## AFFIRM:

*I am fearless, free, and abundant.*

## AFFIRM:

*I embrace my inner wisdom and trust the guidance I receive.*

FRIDAY, MARCH 17, 2023

## I LET GO of insecurity.

When you picture yourself, does it seem as if you are looking into a broken mirror, where splintered parts do not add up to a whole, beautiful you? Somewhere along the way, have you bought into the idea that you are not good enough or smart enough or wealthy enough? Oh, yes, the list may go on.

What if thoughts of insecurity could melt away? It's a new day, a new opportunity to allow the Christ within to shine through. Turn away from those old, fragmented thoughts, those limiting shards of personal judgment. Stand tall, beaming with new Christ confidence.

Today let go of insecurity and embrace the whole you—the parts you love and the parts you think don't quite fit together. Close the reproving eye of the inner critic, take a breath, and know you are a divine and holy creation of God—perfect, whole, and dearly loved.

**I praise you, for I am fearfully and wonderfully made.—Psalm 139:14**

—Rev. Robin Volker

## AFFIRM:

*I am whole and perfect just as I am.*

SATURDAY, MARCH 18, 2023

## I LET GO of judgment.

Judgment may be used in a positive way, indicating wisdom or discernment, but usually it describes a negative act of condemnation or criticism. When we judge, we have our consciousness in duality and feel compelled to see right and wrong, good and bad. We can get stuck in negativity. Instead, moving our awareness to a place of oneness, we become a part of all that simply is.

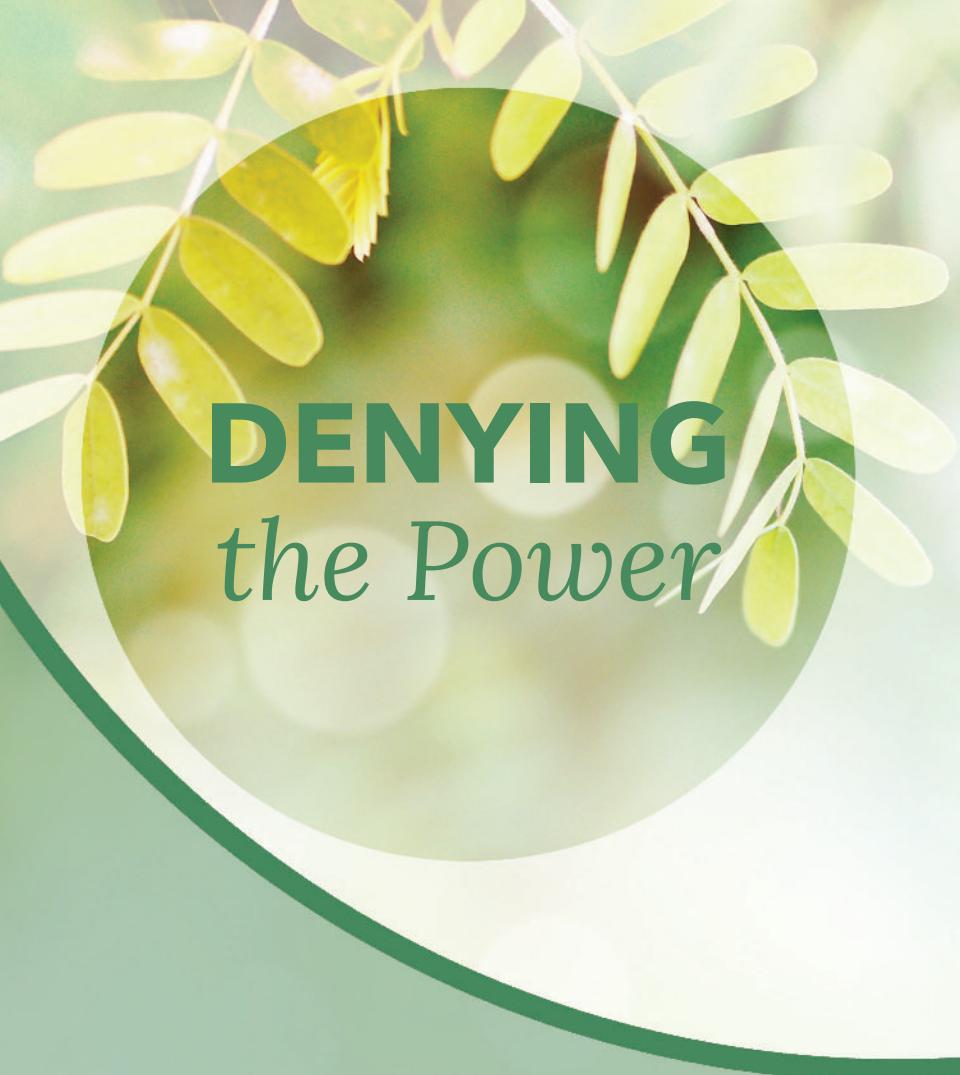
We understand that we create a story about this day and our experiences, and so do others. Yet there is no need to label actions good or bad in order to align ourselves with the love that we are. We don't need to judge anyone's actions because we accept what is happening in our daily lives and respond to *what is* from a place of love. We can shift our energy and the energy around us without judging ourselves or anyone else as wrong.

**For with the judgment you make you will be judged, and the measure you give will be the measure you get.—Matthew 7:2**

—Rev. Joy Wyler, J.D.

## AFFIRM:

*I am love in action.*



# DENYING the Power

SUNDAY, MARCH 19, 2023

## THE PROCESS of Denying the Power

Whether we realize it or not, we are often stuck in old stories that have deep power over us. Many of these stories keep us in the “terrible toos”—too old, too unattractive, too broken, too ashamed, too unworthy—and we don’t believe life can change. Based on these old beliefs, we interpret, respond, and make decisions in present time.

In John 5 when Jesus is at the Pool of Bethesda with the paralyzed man, Jesus asks, “Do you want to be made well?” The man has a list of reasons why he has not been healed over the years. Jesus simply tells him, “Stand up, take your mat and walk.” When the man is ready to deny the power of his old stories of lack and limitation, he takes the first step.

Do you have faith to step into a new story of your divine identity?

Jesus said to him, “Stand up, take your mat and walk.”  
At once the man was made well, and he took up his mat  
and began to walk.—John 5:8-9

—Rev. Christina Garza

## AFFIRM:

*I am ready to boldly step into my divine identity.*

MONDAY, MARCH 20, 2023

## I LET GO of limitation.

You may be convinced you have many limitations. Your perceptions get in the way of what you want to do, who you want to be, and how you want to contribute.

When you let go of perceived limitations, you can do what you've always wanted and may have put off because you thought you didn't measure up. Now you're free to dare, plunge in, and leap.

This is the truth: You are unlimited because you are of God. This truth eradicates all those limiting, nagging *yes-but*s.

Nature has always shown us boundlessness. Now the James Webb Space Telescope gloriously displays even more—worlds upon worlds of infinity. Let your clouds part for the unobstructed sun that is you. You are abundant, boundary-breaking, free. Embrace and act on your God-given unlimitedness.

**The Father loves the Son and has placed  
all things in his hands.—John 3:35**

—Noelle Sterne, Ph.D.

## AFFIRM:

***I am free; I am unlimited!***

TUESDAY, MARCH 21, 2023

## I LET GO of negative thinking.

We have learned to protect ourselves from others, from unscrupulous business deals or people who will use us and break our hearts. This protection can take the form of a shield, a box, or a cage. Unfortunately, it can also limit how we experience our good.

Most of us can spot negativity in others. How often do we hear, “They won’t let me succeed,” or “The deck is stacked against me.” And how often do we say something similar? This kind of negativity stops the creative process and keeps us locked in the same system we claim to dislike.

Becoming aware of and releasing our negativity is essential to our growth. However, positivity is more than the absence of negativity; it is the practice of radical possibility in our ideas, actions, and words. It is remembering our divine nature and our access to all the attributes of God, already hardwired within us.

**For mortals it is impossible, but for God  
all things are possible.—Matthew 19:26**

—Rev. Ken Daigle

## AFFIRM:

***I release habitual negativity and  
embrace infinite possibility.***

WEDNESDAY, MARCH 22, 2023

## I LET GO of obligation.

Ding. Ping. Beep, beep, beep. Those seemingly small reminders all compete for our attention. Many of us know them and refer to them as obligations, things we must attend to on a daily basis.

Far too often, we may allow our obligations to run our lives, pulling us out of the present moment. As we immerse ourselves in the growing list of what needs to be done, we often cease to notice the flow of life.

In fact, life unfolds much like a beautiful flower, full of vibrancy and vitality as it gently sways in the wind. Allow yourself to pause, to breathe, to see, to experience this wonderful, peaceful, beautiful moment. Allow yourself to sway in the breeze. It can only be in the present.

**This is the day that the Lord has made;  
let us rejoice and be glad in it.**—Psalm 118:24

—Rev. Evin Wilkins

THURSDAY, MARCH 23, 2023

## I LET GO of outdated beliefs.

Twice a year we check our smoke alarm batteries to ensure they still work. What if we did the same with our beliefs? Periodically, we can evaluate whether it is time to make changes in our lives, moving on from old ideas to welcome something new.

The beliefs we hold direct our lives without much notice, like batteries. It takes conscious effort to slow down and look at what drives us. We may be running on messages from decades earlier that haven't been questioned since. We may feel we are betraying the person who gave us the messages if we let them go. It is so easy to be on autopilot.

Yet the truth is that it is normal and healthy to outgrow beliefs that once served us. They worked for a time, and our life now calls for something new. It is the creative flow of the universe at work.

**Do not remember the former things, or consider the things of old.  
I am about to do a new thing.**—Isaiah 43:18-19

—Rev. Elizabeth Mora

## AFFIRM:

*I am present here and now. I honor this beautiful moment of life.*

## AFFIRM:

*Wisdom flows through me every day.*

FRIDAY, MARCH 24, 2023

## I LET GO of overwhelm.

Life can sometimes feel like a pressure cooker. The demands to go faster and do more can result in a feeling of drowning or feeling stuck, stressed, and overwhelmed. It is difficult to know what to do next.

The anchor of our breath is a good first step. Slowing down, even stopping entirely and taking deep, deliberate breaths will help ground the body and bring nourishing oxygen to the mind. Remember, as children of God we are never left alone on the water of life to drown. Help is always a heartbeat away. “Ask, and it will be given you,” Jesus said. In the quietness of a single moment, you can ask for the next right step.

A surprise or two may bubble up that seem unrelated to the situation, but start to move anyway. As soon as you follow your guidance, you've begun to let go of feeling overwhelmed.

**Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you.—Matthew 7:7**

—Rev. Lulu Logan

## AFFIRM:

*I relax and let go of feelings of overwhelm, knowing all will be well.*

SATURDAY, MARCH 25, 2023

## I LET GO of the past.

The late, great Rev. Dr. Johnnie Colemon once delivered a compelling series of messages on forgiveness in which she urged her listeners to release the past.

“The past is past. There is no time but the present,” she said. “Whatever happened in the past blessed us because it brought us forward to where we are now.”

Taking our thoughts back to things that happened in the past, especially negative experiences, is a waste of time and energy. Whatever happened can be neither corrected nor changed. A thorough analysis will reveal lessons gleaned from the experience. Our energy now is better directed toward personal goals and dreams.

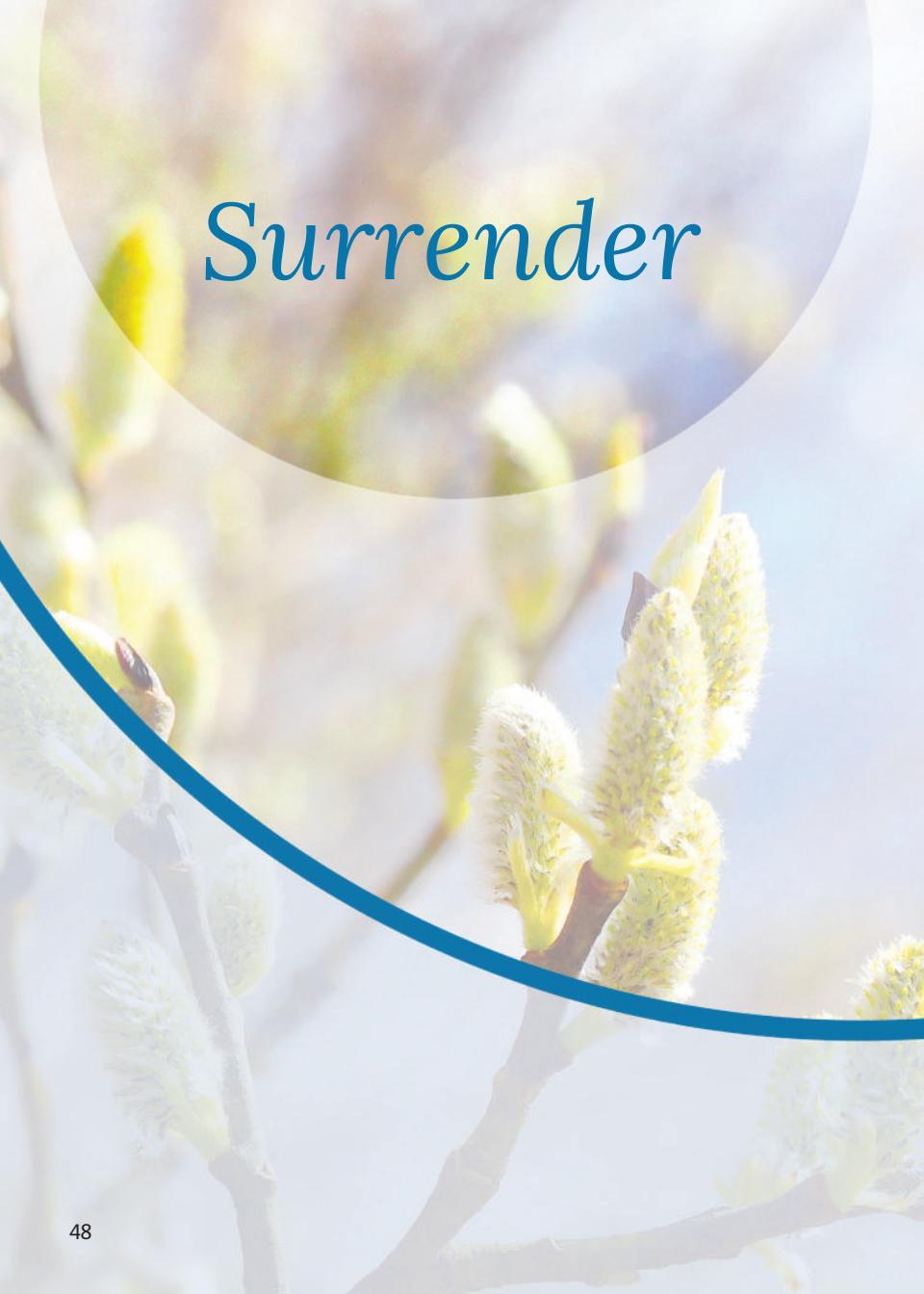
Let go of any regret associated with past experience, and resist the temptation to keep bringing it to mind. Releasing the past opens the way for the manifestation of the greater good that awaits us.

**Let your eyes look directly forward, and your gaze be straight before you. Keep straight the path of your feet, and all your ways will be sure.—Proverbs 4:25-26**

—Rev. Karen Shepherd

## AFFIRM:

*I release the past quickly and gracefully to greet my greater good.*



SUNDAY, MARCH 26, 2023

# Surrender

## THE PROCESS of Surrender

As Jesus walked to Gethsemane with the disciples, he was increasingly in anguish and agitation. He said, “Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want” (Mark 14:36).

This indicates that during this entire time he was surrendering his finite will over to the care of God. Jesus demonstrated surrender is a process.

We continue in this divine process of becoming. We surrender our thoughts, limitations, burdens, and lives over to the tender, loving care of an infinite presence.

In order to surrender, we are invited to look deeply within. We say *yes* to embracing the process of surrender, understanding it strengthens our spiritual muscle. As we participate in the art of surrender, we can clearly listen to an expansive inner intelligence. This binds us to all there is, and we are free to soar.

**Take my yoke upon you, and learn from me;  
for I am gentle and humble in heart, and you will find rest  
for your souls.—Matthew 11:29**

—Rev. Edith Washington-Woods

## AFFIRM:

*I am willing to relinquish all to be free  
and soar the highest heights.*

MONDAY, MARCH 27, 2023

## I LET GO of perfectionism.

Today I embrace my unique and exquisite self by choosing to try new experiences. With every courageous step, I begin to enjoy the journey and let go of any attachment to being perfect.

Focusing on the journey rather than fixating on the perfect outcome allows me to find beauty, a deeper connection with others, and a greater appreciation for the little things. As a result, I get to live a full and rich life now. No longer restrained by perfectionism, I am free and unlimited by design.

When triggers or fears rear their heads, I take the time to breathe and bring myself into the present moment. With each layer of self-doubt or anxiety removed, my heart breaks open to receive more love, acceptance, and peace with what is. Mistakes give me opportunities to grow, learn, and do better tomorrow, and for this awareness, I am grateful.

**Surely there is no one on earth so righteous as to do good without ever sinning.**—Ecclesiastes 7:20

—Shakira Taylor

TUESDAY, MARCH 28, 2023

## I LET GO of pessimism.

“Truly the thing that I fear comes upon me, and what I dread befalls me,” bemoaned Job (Job 3:25). Those words have an important lesson for us. Thoughts and feelings of foreboding and a pessimistic outlook become the reality of our life. When we expect the worst, it frequently becomes a self-fulfilling prophecy.

What if we could opt for a better life by releasing pessimism? Actually, we can! To do that, we start by consciously focusing our attention on the ever-present good that surrounds us everywhere. Allowing ourselves to feel joyful in the presence of beauty, the sound of laughter, and the smell of a favorite meal lifts our spirits and suppresses negativity.

We can take time each day to remember pleasant times from the past and write them down in a spirit of gratitude. With these thoughts and practices, we eliminate pessimism while building confidence in a hopeful future.

**For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.**—Jeremiah 29:11

—Rev. Margo Ford

## AFFIRM:

*Leaning fully into love's embrace, I choose to let go of perfectionism.*

## AFFIRM:

*I open to an optimistic outlook on life.*

WEDNESDAY, MARCH 29, 2023

## I LET GO of resentment.

The word *resentment* comes from the Old French word *sentir*, which means “to feel,” and the Latin *sentire*, which means “to feel or think.” When we are in the midst of resentment, we are rethinking and refeeling a disturbing or unpleasant experience from the past.

Anger and upset are normal human emotions. But if we continue to hang on to these feelings, we become resentful, and this can be harmful to us and those around us.

Whatever we consistently think about and charge with feeling determines the way we see and experience our world. Today let's focus on the good we want to manifest in our lives going forward and let go of thoughts and feelings that do not serve us.

**Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.**—Philippians 4:8

—Rev. Dale Worley

THURSDAY, MARCH 30, 2023

## I LET GO of resistance.

The phrase “resistance is futile” has been around for decades. Often it can imply we aren't being spiritual and need to learn to go with the flow. While we do at times need to learn to flow, what if resistance is something to embrace from time to time?

When confronted by oppression, anger, fear, and the like, sometimes I react defensively. Other times I react by disengaging or turning off my light. These are the times to engage resistance—not to deny how I am feeling but to resist those reactions and choose love instead. Because the moment I do, I have to let go of whatever is not life-affirming.

Love is the greatest form of resistance. Love is always present, waiting for a spark to ignite it, waiting for my heart to wake up and engage. By turning to love, we claim our inherent worth and dignity.

**Do not repay anyone evil for evil, but take thought for what is noble in the sight of all.**—Romans 12:17

—Rev. Kelly Isola

## AFFIRM:

*I focus on the good I desire to experience.*

## AFFIRM:

*When I resist with love, I am choosing life.*

FRIDAY, MARCH 31, 2023

## I LET GO of self-pity.

Life inevitably brings change, challenges, and difficulties—losses of loved ones, homes, jobs, relationships, or finances. An accident, natural disaster, or medical diagnosis can mean physical and emotional pain or life changes.

While Spirit's great gifts are always flowing for our resilience and capacity to heal, how we do that depends on the story we tell ourselves about our situation. The temptation to fall into self-pity is one we all face. Feeling sorry for ourselves, convinced we somehow deserved better, brings resentment, blame, or hopelessness. But we can change our thoughts and, with them, the stories that keep us stuck in emotional wounds long after events have passed. They do not serve us or our loved ones.

Wayne Dyer, Ed.D., famously said, "Change the way you look at things, and the things you look at will change." Releasing self-pity changes everything, opening our hearts to gratitude and our lives to divine possibilities.

**Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise.—James 5:13**

—Rev. Lesley Miller

## AFFIRM:

*I release self-pity by changing the stories I tell about my life.*

SATURDAY, APRIL 1, 2023

## I LET GO of shame.

Shame is defined as a painful feeling of humiliation or distress brought on by being conscious of wrong or foolish behavior. Being human, I make mistakes in judgment and action. I step out of integrity with my values. I even lash out in behaviors that hurt others because I have been hurt.

But the shame in continuing to feel ashamed is that I keep the pain alive. I continue to berate myself for not measuring up to either my own or another's standards. It can cause me to keep secrets, punish myself, and isolate myself from others.

What is done is done. To move forward, I must forgive myself and see the mistake for what it is. It is not a catastrophe. As I choose more loving thoughts and behaviors, I will find a new peace leading me to make better decisions from the goodness that is my true nature.

**Let anyone among you who is without sin be the first to throw a stone at her.—John 8:7**

—Rev. Peggy Konkel

## AFFIRM:

*When I trip over my humanity, I discover a higher way of being.*



## Palm Sunday

APRIL 2, 2023

### PREPARING the Way

Greeted by adoring throngs spreading cloaks and branches before him, Jesus must have understood the crowd's jubilation was fleeting. He knew he would not fulfill their expectation that Rome would be defeated. He knew his purpose was greater—to reveal that God's kingdom transcends all earthly reality, even death.

Like palm fronds thrown before Jesus on the road, each time we release a limiting belief, pattern, or behavior, we pave the way for the Divine to enter our consciousness and free Spirit to work in our lives.

But here's the thing: Raising consciousness is an evolutionary process. Releasing negativity is not one-and-done. As long as we're traveling this material plane, the world will provide palm fronds to lay before Truth.

The good news: Each branch we cast brings us into more perfect alignment with the Divine, and we grow in love and compassion for ourselves and for others.

**My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted.—Galatians 6:1**

—Rev. Kurt Condra

### AFFIRM:

***I pave the way for Truth by letting go of limiting thoughts.***

MONDAY, APRIL 3, 2023

## I LET GO of sorrow.

When sorrow visits, I bless it, thank it for its message, and gently release it. Sorrow reminds me that I have experienced the loss of something I value. Perhaps I have lost a loved one, a pet, or a treasured object. While not resisting my feelings, I remember that Jesus, our Way Shower, taught us that solace comes from turning within and connecting to God, to Spirit, where we always receive comfort and strength.

Sorrow and joy intertwine. Without sorrow, I could not recognize joy. Sorrow carves the path for joy to emerge. When I live from my divinity, I recognize the deep joy that is my inherent birthright and claim it even in the midst of my sorrow. As I keep my focus on joy, it permeates my darkest moments. From this place, I let go of sorrow and bask in the glory of living with joy.

For everything there is a season, and a time for every matter under heaven.—Ecclesiastes 3:1

—Rev. Carolyn Warnemuende

TUESDAY, APRIL 4, 2023

## I LET GO of stress.

Stress and stressors are all around us. Who's going to get the groceries? Who's picking up the kids from school? Are Mom and Dad going to be okay? Where's the rent money coming from? Do we *really* have enough to make ends meet?

It's exhausting to be stressed out. It drains us of our happiness, our joyfulness, and our hopefulness. It creates worry and doubt and leads to more anxiety. So how do we let stress go?

Jesus got it right when he said in Matthew 6:6, "Whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you."

There, in that beautiful moment of silence and calm, we can let go of stress. A breath and a prayer can be the way we reset, recharge, and let go of our worries.

And can any of you by worrying add a single hour to your span of life?—Luke 12:25

—David Penner

## AFFIRM:

*I live vibrantly from my joyful spirit.*

## AFFIRM:

*I am stress-free in the Silence.*

WEDNESDAY, APRIL 5, 2023

## I LET GO of struggle.

Life flows. It may meander like a slow-moving stream or crash like the rapids of a river, but it is always on the move. The wisest choice is to willingly go with it.

It's human nature to dig in our heels and claim the rightness of our own agenda. Struggle is born when we try to stop the motion, when we don't like where it might be leading. Fighting what we don't want, we give it strength.

As counterintuitive as it may seem, when I want to fight, I've learned to move my energy in the opposite direction. Taking a deep breath, I envision my feelings as a choppy sea. As I center my awareness in God, the waves still, my thoughts settle, and answers come. I don't need to control anything—I need only release my grip and flow with the Divine. I trust the right and perfect destination is assured.

**A fool gives full vent to anger, but the wise quietly holds it back.—Proverbs 29:11**

—Trish Yancey, LUT, CSE

## AFFIRM:

*Embracing divine life, I willingly go with the flow.*

Maundy Thursday

APRIL 6, 2023

Today consider entering the “upper room” of consciousness to release any worries. Recall a time when challenges revealed blessings.

On the day of the Last Supper, the disciples worried as they feared for Jesus' life and their own. They met in secret. A shocking betrayal was foretold. What would tomorrow bring?

Still they gathered, ate, and sang—likely Passover verses of praise, deliverance, and gratitude from the Psalms. Jesus shared a lesson—not about blame or revenge but unconditional love. He created a ceremony for remembrance, encouraged faith, and demonstrated humility by washing their feet.

The disciples moved through fear guided by their Christ light, their higher consciousness. What a difference they made, as yet unaware of the magnitude of their roles and their teachings that would transform millions of lives in coming years.

Today replace worry with positive expectation. You have the Christ light within. Your life makes a difference!

**Do not let your hearts be troubled, and do not let them be afraid.—John 14:27**

—Rev. Bronte Colbert

## AFFIRM:

*This Maundy Thursday, I let go of worry.*

## Good Friday

APRIL 7, 2023

It's over. No amount of praying, pleading, or crying will change that.

Whether a foreseeable or sudden loss, there is no option other than to accept it. It may not feel good, but acceptance is the key to spiritual freedom. The most empowering thing—indeed, the only empowering thing—is to let go. Let go of everything that should have been and now will not be.

The end is an invitation. Tears of grief and anguish, pain of deep disappointment or crushing failure, are calls to surrender. Let go and behold a more enduring reality—the truth beyond the lie, the fidelity beyond the betrayal, the life beyond the death.

On the cross, Jesus cried out to God in his final act of letting go. But even as Jesus released his life, he trusted a greater truth: He could never be apart from God.

With God it's never really the end.

**Then Jesus, crying with a loud voice, said, “Father, into your hands I commend my spirit.”—Luke 23:46**

—Rev. Teresa Burton

## AFFIRM:

*In acceptance and trust, I practice spiritual surrender.*

## Holy Saturday

APRIL 8, 2023

Holy Saturday is truly a day of letting go—a day between crucifixion and resurrection.

Jesus was dead. Mary and the disciples were shaken to their core, grieving and fearful. The frenzy of the previous days was over, and a blanket of silence and sadness descended. They had to let go of their teacher and beloved who meant so much to them.

For them, it was a day of not knowing what would happen next, an ending but not yet a beginning, a time of waiting, of uncertainty.

In our own lives, it's the void after a significant event or a death, when we sit with what has happened. We are sad and in pain, so we pause in the stillness. We let go.

And we trust the flame of hope in our hearts will be rekindled.

**For God alone my soul waits in silence,  
for my hope is from him.—Psalm 62:5**

—Rev. Mark Fuss

## AFFIRM:

*I let go and look ahead with hope.*

# Easter Sunday

APRIL 9, 2023

## Happy Resurrection Day!

One of my fondest memories of Easter Sunday is my Easter speech. I could not have been more than 4 years old. For weeks my mother helped me memorize my line: "I just came to say, 'Happy Easter Day!'" I could hardly wait to show off my oratorical skills in my pretty new dress, matching hat, gloves, lacy socks, and patent leather shoes.

Looking back, I realize the most important thing was the message. Like all Bible stories, the resurrection is a metaphor for transformation. The central character is an enlightened rabbi who showed the way to abundant living. During this Lenten season, our days have been lengthened and our lives transformed by the renewing of our minds.

We have the power every day to transform our life experiences, rise above our past, and turn problems into opportunities. Happy Resurrection Day!

**Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.—Romans 12:2**

—Rev. Sandra Campbell

## AFFIRM:

*I renew my mind with each new day.*

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