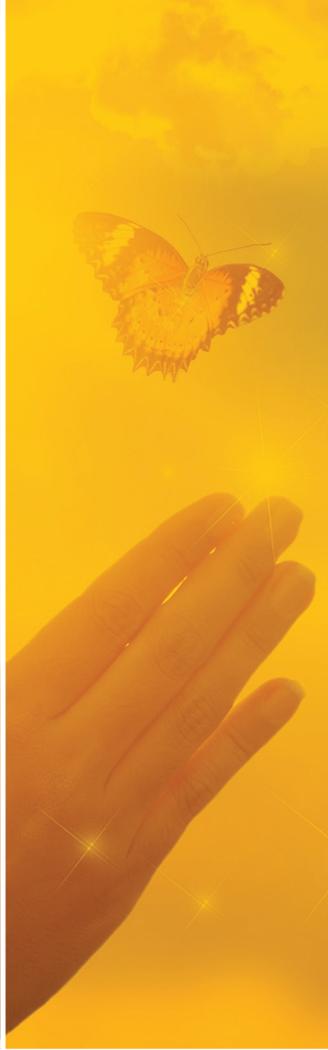


Release and  
**RENEW**  
2022

A SPIRITUAL PRACTICE  
FOR LENT



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# LENT:

## *A Time to Let Go*

More than a century ago, the founders of Unity began to discover the power of positive thought. They quickly learned that affirming a happier life worked better if they first released any negative thoughts, doubts, or fears.

Lent is the perfect season to practice letting go of dark worries and renewing our awareness of the good that always surrounds us. If you want to give up something for Lent, consider releasing the thoughts that keep you from expressing your highest self. If you want to celebrate the light that Easter brings, practice renewing your mind with uplifting thoughts and inspiring affirmations.

In this booklet, New Thought writers share 40 daily messages about releasing and renewing, letting go of what does not serve you and replacing it with something more positive. Their essays are accompanied by inspiring Sunday messages and articles about the meaning of Easter for us today.

In this Lenten season, know that you are blessed with the power to release any thoughts, feelings, or behaviors that have been holding you back and to renew your mind through Christ in you, your hope of glory.

*Your Friends in Unity*



# EASTER:

## Your Overcoming Power

Rev. Gaylon McDowell

Easter has fascinated people for almost 2,000 years. Even during the early days of the Christian Church, people wondered whether the resurrection of Jesus was true. They searched their own sacred scriptures and traditions to help them comprehend what the event meant for Jesus, themselves, and the world.

They discovered the resurrection was Jesus' experience, but it wasn't just about Jesus. The resurrection was and is a reminder of God's grace and power functioning in humanity.

Easter is a story about the overcoming power of God in an individual life. Easter is a reminder that we have within us the power to overcome any obstacle in our way. It is the power to heal our bodies through prayer and spiritual practices. It is the power to forgive and move on from past mistakes, hurts, and poor relationship decisions. Easter reminds us that we are prosperous even when our bank account doesn't yet reflect abundance, because we know we are connected to the source of all good.

The resurrection represents our power to overcome, to restore, to renew with health, peace, love, prosperity, and joy whatever it is we are trying to revive. God is within every person as the Christ, God's idea of itself in humanity. The Christ or the I AM is the fullness of God expressing individually as every human being.

The Christ in you has never been sick, broken, or unhappy. The Christ in you is your true spiritual wholeness that transcends your mental and physical natures. Therefore, you can proclaim your spiritual wholeness in the midst of any storm when you understand that God in you can never be kept in the tomb of fear, despair, lack, sickness, confusion, and doubt.

Jesus understood the power within himself, and he urged his followers to accept the Truth about themselves. He knew that you can't outperform your own consciousness.

“You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

—Matthew 5:13-16

Jesus taught that we could demonstrate the overcoming power of God as he did and assured us we could do even greater deeds. He wanted us to ask “in his name” or in awareness of the Christ potential within us.

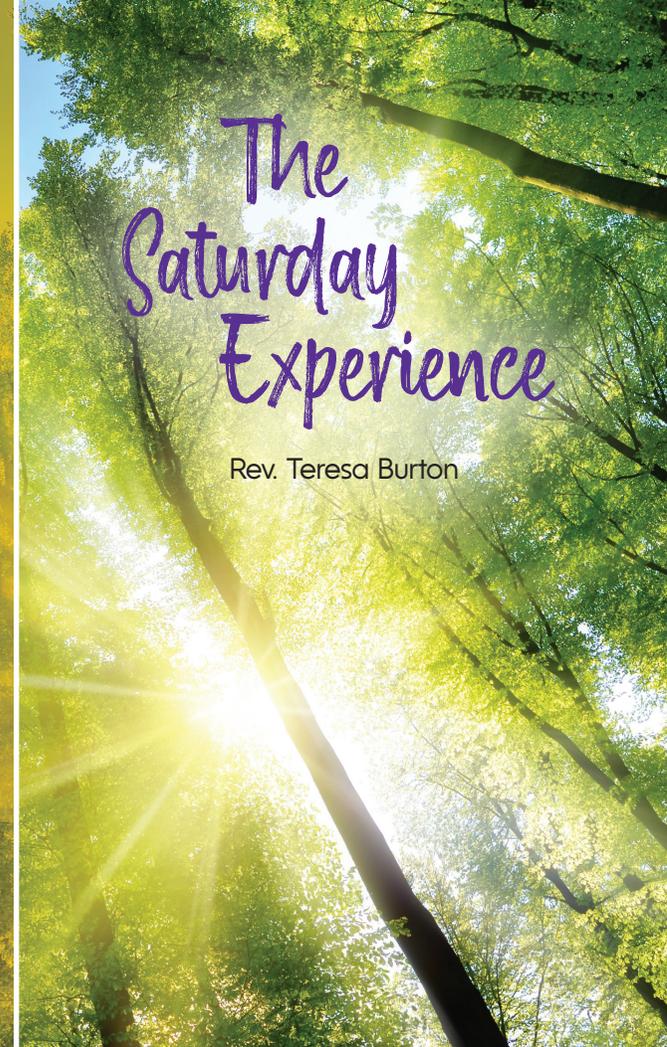
You have overcoming power. You have the ability to succeed. You have the authority to prosper. You can command the life and intelligence in every cell of your body. You have dominion over the challenges of life. You have supremacy over your own thoughts and feelings. You can attract healthy and loving relationships to you. You can build your business. You can release the past. You can achieve excellence in your field of choice. You can transform your life now. However, you must be willing to get out of your own way and let God lead the way.

Willingness, obedience, and surrender are the keys to resurrection. The ego must surrender to the Christ of your own being.

Jesus had to experience the cross before he experienced the resurrection. We have to “cross out” our beliefs that aren’t consistent with the Truth of our being. We have to be willing to surrender to the higher wisdom of the indwelling Christ. When we are willing to surrender, we gain conscious awareness of our own true spiritual nature.

Once we understand who we are, we will view the so-called challenges of life differently, because we know we can come back from anything and overcome any obstacles in our way. We will then grow into the awareness that there is only God, and therefore nothing opposes us.

*Rev. Gaylon McDowell is the senior assistant minister at Christ Universal Temple in Chicago and host of the Truth Transforms podcast on [unityonlineradio.org](http://unityonlineradio.org).*



# The Saturday Experience

Rev. Teresa Burton



For years, I looked at the Easter story and saw the painful end of Jesus' life and his triumphant resurrection. After I discovered Unity, I learned to look at the same story and see all the ways I have lived through my own cycles of crucifixion, entombment, and resurrection.

That perspective has helped me reframe and heal from many of the more painful experiences of my life. Lately, though, when I look at the Easter story, I don't just see Jesus or myself. I see all of us.

Even as I grew adept at seeing the pattern of crucifixion, entombment, and resurrection repeated and sometimes overlapping in my life, I was often oblivious to it happening for others.

Of course, crucifixion experiences are often obvious. It's the sudden, shocking news that shakes us to the core. The death of a loved one, the dire diagnosis, the collapse of a financial safety net, or the loss of a home can constitute a death to life as we know it. And the pain of loss, the feeling of abandonment—we can almost hear Jesus' anguished cry, "My God, my God, why have you forsaken me?"—compels us to rush forth with prayers of peace and words of comfort, promises of help, support, and presence for as long as it takes to cope.

And then life happens. Of course, we still care. And we still check in with others, although less and less often as time passes. We still pray, assuring ourselves that our dear ones are inherently divine and that wholeness, peace, and comfort are their spiritual birthrights. We remind ourselves they can never be apart from God. Of course, *we* know it, but do they?

In the Easter story, Jesus' time in the tomb was short. But our time in the tomb—that space between crucifixion and resurrection—can feel

as if it will last forever. As the memory of life before the crucifixion feels further and further away and the resurrection seems still out of reach, the tomb becomes the life we know.

This is where steady, compassionate presence can make all the difference. Not to hasten the dawn but to keep the faith that a new day is coming.

We can begin by learning to recognize the Saturday experience playing out all around us. It's not always so easy to spot. After all, when we ask how someone is, we don't expect them to say they're feeling entombed. But if you train your ears to listen, you can attune yourself to a deeper meaning behind their words. "I'm tired." "It's just so hard to keep going." "I don't know how much more I can take."

The Easter story is a multifaceted jewel. Depending on where we are in life, we can look at it and see devastation or triumph, despair or promise. We may see Jesus, ourselves, others, or maybe everyone all at once. We can consider it a call for compassion, an invitation to enter into the mystery of the tomb—that space between endings and beginnings—and know the Truth for those who may have lost sight of it. It can also mean being tender and open enough to invite others into the tomb with us, to resist the temptation to say that we're doing okay when we're not and trying to go it alone stoically.

And then, when the dawn comes, sometimes as a bright beam of light and other times as a gradual brightening, the joy of resurrection is felt anew in each person who has borne witness to the darkness.

*Rev. Teresa Burton is the editor of Daily Word magazine.*



# Release and **RENEW**

## **LENT 2022**

I release problems that seem overwhelming.  
I renew my awareness of my spiritual nature.

I release a habit of judging others.  
I renew my commitment to see the Divine in  
all beings.

I release doubt, confusion, and indecision.  
I renew my divine power of wisdom.

I release my fear of moving forward.  
I renew my willingness to step out in faith.

I release pessimism and negative thinking.  
I renew my positive expectations.

I release my habit of worrying.  
I renew my faith in divine order.

I release discontent and criticism.  
I renew my gratitude in all things.

I release any apathy or boredom.  
I renew my zeal and enthusiasm.

I release any belief in limitation.  
I renew my sense of possibility.

I release the fear of not having enough.  
I renew my awareness of abundance in my life.

I release any drama or conflict.  
I renew my inner peace in Spirit.

I release any sense of discouragement.  
I renew my hope with the power of affirmative prayer.

I release the habit of digging in my heels.  
I renew my practice of nonresistance.

I release thoughts or fears of illness.  
I renew my openness to the healing power of Spirit.

I release fears of being alone.  
I renew my connection with Spirit, self, and others.

I release old grudges and resentments.  
I renew inner peace by forgiving.

I release any need to complain.  
I renew my outlook through appreciation.

I release anger and blame.  
I renew my patience and compassion.

I release my darkest fears.  
I renew the strength and courage of my heart.

I release the shadows of grief and sorrow.  
I renew myself in the serenity of silence.



## ASH WEDNESDAY | MARCH 2, 2022

I release problems that seem overwhelming.

Some days, I awaken feeling stressed and burdened even before my day begins. My to-do list is too long. (I should have done more yesterday.) A deadline is set for tomorrow. (How will I meet it?) Pressures from the outside world and from my own inner expectations weigh me down.

During these times, problems seem overwhelming. However, no matter the challenge or demand, I can be kind to myself. I pause and notice the sensations of stress and agitation in my body. Then, I breathe—long, slow breaths. I give myself the gift of a little break—a short walk, a spiritual reading, a moment of prayer, or I simply sit back and close my eyes.

By taking time out from the busyness of my day, I feel balance returning to my mind and body. In that moment, I can remember I am not on this journey alone. I remind myself God and I are one. We are in this life experience together. I don't have to carry the burden of my cares and concerns alone. I lean on the peace and strength of God, and the feeling of overwhelm begins to subside.

*Cast your burden on the Lord, and he  
will sustain you.—Psalm 55:22*

## THURSDAY, MARCH 3, 2022

I renew my awareness of my spiritual nature.

Today I set the intention to create a deeper relationship with my inner spiritual nature, the essence of God that is alive within me. This relationship with the Divine is calling to me for time and attention.

With this awareness, I schedule an appointment. Yes, I block time on my calendar, making this a priority. I don't *find* time or *make* time, I *schedule* time. It doesn't have to be an hour, although that would be great! The commitment of only a few minutes each day is enough to begin this sacred spiritual practice to meet with my inner being.

Lao Tzu began the Tao Te Ching by stating, “The way that can be spoken of is not the constant way.” I take this to mean that no one can establish my practice for me but me. My way will be unique to me.

I grow in awareness of my connection to all things and all beings. I embrace this union through meditation, prayer, journaling, dancing, singing, gardening, or a myriad of other ways. In these joyful moments, I renew my spiritual nature.

*The spirit of God has made me, and the breath  
of the Almighty gives me life.—Job 33:4*

—Rev. Robin Volker  
Blairsville, Georgia



## FRIDAY, MARCH 4, 2022

I release a habit of judging others.

This is the day when I choose to dismantle and eliminate the habit of building “thought boxes” in which I place the judgments I make about people I live with, people with whom I work, and others I may encounter throughout my day.

This is also the day when I choose to eliminate the negative labels I design based on a person’s appearance or actions. I release the habit of accepting the judgments presented to me by my acquaintances, realizing I have already accumulated more than enough to work on releasing. There really isn’t any room to accommodate the negative labels that others want to send my way.

I am forever grateful for the understanding that as I judge others, I am in effect judging myself. I now know that the labels I attribute to others reflect my state of consciousness and reside within me. I take time to eliminate them. I declare that they can no longer reside within my being, and I release them to the nothingness that they are.

*Do not judge by appearances, but judge with right judgment.—John 7:24*

## SATURDAY, MARCH 5, 2022

I renew my commitment to see the Divine in all beings.

In this moment I joyfully decide to make a commitment to see the Divine in all, as I am reminded that all are created in the image/likeness of God. I choose to focus daily on the divinity of all humankind, knowing their choices are theirs alone and are no concern of mine.

I remember, too, that my express business is to express the Allness of God. That responsibility includes constantly being aware of my relationship to all others. We have a spiritual relationship to each other in the presence of God. There is no “I” nor “me” expressing in the presence of God. There is only good, only God.

My conscious, deliberate focus must always be directed to look for the God presence, to look for the good in everything and everybody. I know good is there because God is always there, always evenly present. That presence continually blesses me as I consciously make the connection while I look for the good.

*He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.”—Matthew 22:37-39*

—Rev. Alberta Ware  
Christ Universal Temple, Chicago



SUNDAY, MARCH 6, 2022

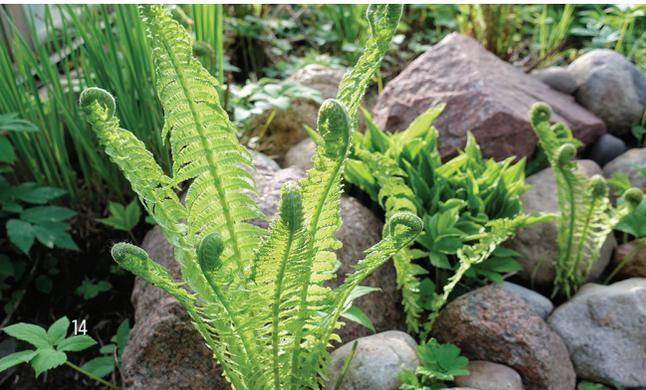
## A Season of Grace

Rev. Joanna Gabriel, D.Min.

In his book *Celebrate Yourself!* (Unity Books, 1984), Rev. Eric Butterworth suggests we can make the 40 days of Lent a dynamic experience, not by what we give up as much as by what we take up.

Why not make this year's Lenten season different from others by taking up the practice of unconditional love? Love will open you up to deeper divine ideas and spiritual growth. Love will make your Lenten experience a season of God's grace.

Grace is love in action. Love purifies. Make this your work of Lent—to allow the healing love of God to flow through you, removing the blockages of unforgiveness, guilt, anxiety, resentment, complaining, criticizing, fear, doubt, and any other negative thoughts about yourself and others. You can grow closer to God in preparation for the consciousness of resurrection at Easter.



Here are some ways to take up the practice of graceful living:

1. **Retreat: Change Your Emotional Location.** Time spent away from our normal activities and way of life helps us reconnect with God in prayer. Choose the 40 days of Lent as a spiritual retreat from excessive noise, news, and distractions. Light a candle. Taking breaks for journaling and music is ideal for transformation.
2. **Return: Change Your Heart.** What false beliefs, hurt feelings, anger, burdens, unfulfilled desires, or bitterness have you hidden in your heart? Lent can be like spring-cleaning for the heart and soul. Try filling your heart with love. Perfect love will cast out fear or anything unlike love.
3. **Release: Change Your Thinking.** Let go of the past. Make a clean break from hopelessness, helplessness, and lockdown fatigue. Cultivate a consciousness of celebrating life. Let happiness overwhelm you. Let love light the way. Get in touch with gratitude. Change your thinking; change your world.
4. **Renew: Change Your Mind.** The word *Lent* means “spring.” You can choose to spring into action with love. How? Your life is not all about you. Practice graceful living by giving small and thoughtful gifts to someone without expecting anything in return. Cook or bake and surprise a neighbor. Volunteer at a homeless shelter. Provide compassionate and supportive words and actions. By sharing yourself with others, you are taking your mind off your own circumstances and putting it on love instead. You can create a season of grace.

*Rev. Joanna Gabriel, D.Min., was a Unity minister, spiritual counselor, chaplain, teacher, workshop facilitator, singer, and storyteller living in Toledo, Ohio. She made her transition in September 2021.*



## MONDAY, MARCH 7, 2022

I release doubt, confusion, and indecision.

Today I boldly move forward with the plans Spirit has given me. I am confident that with Spirit as my partner, I will be given all the resources and advantages needed to accomplish my dreams.

I can remember times when I didn't believe in my ability to succeed. The uncertainty of the outcome raised feelings of doubt, confusion, and indecision within me. Now I experience a thrill whenever I imagine something I do not yet know how to accomplish. For I know Spirit will not give me a dream I cannot realize. If the dream has emerged, its capacity to express through me is also there.

Instead of shrinking and pulling back, I feel empowered to move boldly ahead. Whatever arises, I know the power that indwells within me will enable me to meet it with grace and ease.

The atmosphere around me has shifted because my inner reality has changed. I move through life now as the champion I am. I ride the momentum my confidence has produced. The good that belongs to me by divine right of consciousness rushes in to fill my life with fun, laughter, and endless good.

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

## TUESDAY, MARCH 8, 2022

I renew my divine power of wisdom.

In the quiet of the morning, I steal away to be with my indwelling Christ. In these precious moments, I am renewed, refreshed, and reminded of who I really am: Spirit expressing.

The false identities I may have picked up from my daily life are gently stripped away. Even the cares of the world that I thought were so important are tossed aside as I bask in the awareness of Spirit, breathing itself as me.

These moments help me recall my ability to go anywhere in my imagination. I reconnect with my power to mentally and emotionally rise above all challenges in my life, the world, and affairs. The best part is that my belief in my ability to accomplish what seems impossible is restored.

What I value most about my time with Spirit is the renewal of my divine power of wisdom. Even the most intractable problem must retreat when I become still and connect with Spirit. I know as I surrender I will be given any information I need to handle any challenge. There really is no situation or circumstance that lies beyond Spirit's ability to guide me under, over, or around it.

*The Lord is my shepherd, I shall not want.—Psalm 23:1*

—Rev. Sherri James  
UP Church, Inglewood, California



## WEDNESDAY, MARCH 9, 2022

I release my fear of moving forward.

Nature moves the caterpillar to transform into a butterfly. We are similarly equipped for our journey of becoming. Yet despite our God-given powers of imagination, understanding, will, and enthusiasm, too often fear holds us back.

We are superb at manufacturing fears. Fear whispers that we might fail or would have us believe we are not enough. Ambitions can seem too far a stretch, especially if confidence has been eroded by past criticism or failures.

We also have unconscious fears, the *what ifs* hiding under the surface: *What if I'm successful; will people still love me? What if I have to move away from friends and family? What if they are jealous of my new life/job/adventure and reject me? What if I want to take an unconventional path? What if it's just too risky?*

We can make life decisions based on our fears, or we can deny the power of fearful thoughts to control us. Releasing fear is another divine power we possess. It is the power that pushes open the prison door that was never locked. Without fear, the weight is lifted and we can fly.

*I sought the Lord, and he answered me, and delivered me from all my fears.—Psalm 34:4*

## THURSDAY, MARCH 10, 2022

I renew my willingness to step out in faith.

Faith is like a muscle. It is a divine power in everyone. The question is, are we using our faith, keeping it strong and ready for life's heavy lifting? Or does it sit there unused and neglected, overshadowed by fear and anxiety, while we try to manage everything on our own?

Faith is remembering there is One who goes with us, always at work in our lives, pointing the way to our highest good and unlimited possibility. Faith is making the choice for God, trusting a higher wisdom. The more we make that choice, the more evidence we see that Source is there, working in our lives, providing for every need.

We always have the choice to step out in faith. When we do, miracles happen. We stand in peace, on solid ground, as paths open to the places we truly want to go. Step forward in faith, and let ease and grace pave the way.

*Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.—Proverbs 3:5-6*

—Rev. Lesley Miller  
New Jersey



## FRIDAY, MARCH 11, 2022

I release pessimism and negative thinking.

I have a dear friend who closes all of her correspondence with, “It’s love or fear. Which do you choose?” I always enjoy seeing that reminder. Pessimism is a form of fear, and when I let my mind wander in fear, I can see the worst in things and expect the worst possible outcomes.

Pessimism can also be seen as faithlessness. Someone challenged me 30 years ago to try to think of a problem I was having and think about God at the same time. I was certain I could think of them both at the same time, but of course I was unable to do it. The experiment left me with the understanding that my thoughts are truly a choice: love or fear, optimism or pessimism, God or my troubles.

This is the basis of Emmet Fox’s *The Golden Key* (DeVorss & Company, 1931), to stop thinking negative thoughts and turn your thoughts to God instead. When I turn my thoughts to God, I remind myself of the things I know to be true: There is only one power in the universe, God, and that power is always working on my behalf.

*We know that all things work together for good for those who love God, who are called according to his purpose.—Romans 8:28*

## SATURDAY, MARCH 12, 2022

I renew my positive expectations.

Many years ago I purchased a new computer and decided to fix up my old one and give it to a friend’s son who didn’t have a computer. A short time later, someone else came to me with their old computer and asked whether I knew of someone who needed it.

This became something I did in service to others. Computers, printers, and parts just showed up on my doorstep, and I built computers for all the kids in the neighborhood who needed one. I knew this was mine to do and whatever I needed came to me, sometimes in totally unexpected ways. I knew I would have everything required to do this work.

Through prayer and meditation, I align my thoughts, beliefs, and actions with the great power of the universe. When my thoughts, actions, and beliefs are aligned with God, I am living my purpose. When I am living my purpose, being of service to God and others, I can expect positive outcomes in all areas of my life.

*And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.—2 Corinthians 9:8*

—Rev. Roxanne Graves  
Unity on the Space Coast,  
Titusville, Florida



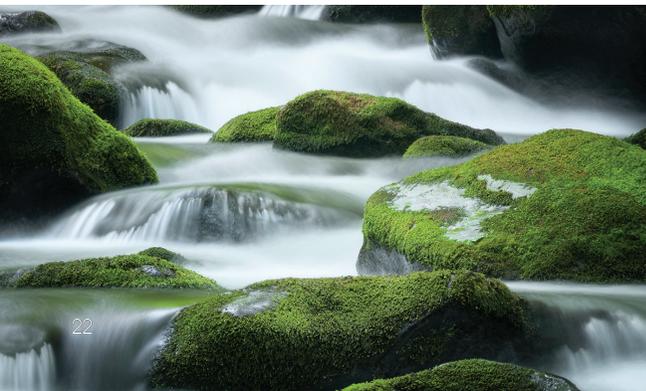
SUNDAY, MARCH 13, 2022

## Walking in the Oneness of Faith

Rev. Bronte Colbert

Within each of us is a wellspring of faith—readily available as we open our minds and hearts to our oneness, our constant connection with God. Yet at times faith may seem unavailable, sporadic, even dissipated. When life feels difficult, when the world appears to be in disarray, or our way forward is unclear, we might even think we're losing our faith. But faith is not fleeting or fickle. It resides within us, no matter what.

Love is a catalyst for faith. Grounding ourselves in loving-kindness elevates us, and faith blooms. By consciously weeding out negative thoughts, words, and judgments, we draw more loving conditions to us and we activate faith. Like turning a light switch in the brain and heart, everything around us brightens. When we change the way we look at and speak about life, we see through a glass clearly. We are lifted—and so grows our faith.



The disciple Peter represents faith, not because his faith was constant but because he walked the journey from doubt, fear, and uncertainty into the knowing of oneness.

We can raise our consciousness of faith by affirming: *I walk in faith today*. Consider taking that walk as part of your Lenten journey.

Begin by picturing yourself walking in faith. One step at a time, release thoughts of doubt, fear, and struggle. Open to thoughts of appreciation, love, and confidence. Call upon your wellspring of faith to guide your way. In your imagination, as you stop to notice one small bud in a dusty field, it blooms into vibrant color before your eyes. Then seemingly out of nowhere a multitude of sprouts appear, grow, and blossom.

As you continue walking, one brown wren trills from a branch. While you listen with loving appreciation, dozens of birds suddenly fill the tree with a rhapsody of song.

Your steps continue. From your place of deep connectedness you celebrate joy, love, well-being, and sacred connections, and dreams come true. Bask in that energy and know that as you continue to demonstrate through your faith, with every step you encourage and uplift the next walker on the path.

For when we walk in faith, no matter where we start, we will be blessed with a deep, resilient spiritual understanding; our loving-kindness will shine out and lead the way; and we will experience “the assurance of things hoped for, the conviction of things not seen” (Hebrews 11:1).

*Rev. Bronte Colbert is the minister at Unity Athens, Georgia.*



## MONDAY, MARCH 14, 2022

I release my habit of worrying.

When I look back over my life at all the things I've worried about, wrung my hands, and twisted my heart into knots over—I realize how few of those things ever came true.

My worries large and small are rooted in doubt, anxiety, and fear. When I'm worried, I can't see the truth of my being. Worry clouds my thoughts and impacts my choices and my actions.

I will no longer give my time and attention to those thoughts that leave me feeling anxious and apprehensive. I release them and set myself free. These thoughts hold no power over me.

I see these worrisome thoughts clearly, as they are—negative tapes playing in my mind, rooted in past experiences, and overlaid with the present moment. Worry can't change the past or the future, but it can make a mess of the present.

When I become aware that my worry is a negative tape from the past, I can gently center myself and make a conscious decision not to let it affect or control me. I can affirm: *I release my habit of worrying. I am no longer the victim of my past nor do I fear my future.*

*Can any of you by worrying add a single hour to your span of life?—Matthew 6:27*

## TUESDAY, MARCH 15, 2022

I renew my faith in divine order.

Centered in faith, my mind unclouded by worry, I see the divine order of all things—and my place and role in it.

I am an expression of God. I am good, loving, and powerful. I am a point of power in the expression of God ... When I remember the truth about myself, I can bring good forth from any situation, not separate from the “allness” of God, but as an expression of the “allness” of God ... I can use any situation to bring divine order forth. In a sense, as God expressing, divine order is the highest good we can create out of the raw materials of life.

—Rev. Paul Hasselbeck, *Point of Power* (Prosperity, 2007)

Too often we think of divine order as something outside of ourselves when in reality, as part of the one presence and one power that is God, we are the expression of divine order in our world.

With a clear head and an open heart, I renew my faith in divine order. I center myself in divine mind, open to divine ideas and ready to express God in every situation.

*Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you.—2 Corinthians 13:11*

—Rev. Mark Fuss  
Unity World Headquarters  
at Unity Village



## WEDNESDAY, MARCH 16, 2022

I release discontent and criticism.

Many of us may imagine the disciples of the New Testament were very special, very different from us, almost mystical in nature. They lived with Jesus and had the opportunity to learn from him daily. But in fact their raw humanity was not any different from ours. They argued and grumbled and complained amongst themselves frequently.

As Jesus walked his walk, teaching and modeling a new way of being for his disciples in the hope they would take his teachings into the world, he might have frequently found himself frustrated and perhaps a little discontented.

Like Jesus, we may encounter frustrations and discontent as we walk our own walk and rub shoulders with our fellow earth travelers whose ideas conflict with our own.

Here is what our Master Teacher modeled for us: the power behind gratitude. He knew to turn away from the lower-level consciousness that surrounded him and to lift his eyes and renew his own spirit with prayer and gratitude. Gratitude is our path out of discontent and into a renewal of joy and peace.

*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.—1 Thessalonians 5:16-18*

## THURSDAY, MARCH 17, 2022

I renew my gratitude in all things.

The quickest path to grounding and centering ourselves when we feel lost in the muddy playground of life is to step into gratitude, for that is where the restart button resides.

The seeming overwhelm of emotions can be rapidly remedied by focusing on all that is right in our world.

When Jesus took loaves of bread and a few fish and fed 5,000, he gave thanks. When he bowed his head at the Last Supper with the disciples, he gave thanks, even knowing what was to come. His entire ministry was overflowing with thanksgiving.

We have the same opportunity again and again. There is never a time when we are without the opportunity to find and express gratitude. Our blessings are never-ending—they continue on and on for the length of our lives.

*Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.—Philippians 4:6-7*

—Rev. Lulu Logan  
Winter Garden, Florida



## FRIDAY, MARCH 18, 2022

I release any apathy or boredom.

The challenges of recent years have left many of us feeling overwhelmed, especially those who are sensitive and empathic. Experiencing our own pain and upset in addition to feeling compassion for the plight of others can be too much to bear. So we shut down, like the apostles who fell asleep in the Garden of Gethsemane.

There are two words for this numb and detached condition. *Apathy* is lack of interest or concern, sleepiness. Its cousin *acedia* is spiritual listlessness or sloth.

We may cope by not feeling our feelings, giving in to distractions, and retreating from the world. Short-term this strategy can work. Long-term it diminishes our ability to feel joy, compassion, and empathy, qualities that enrich our lives and the lives of others.

We pray for awareness of our spiritual and mental condition and how best to renew and thrive. We allow ourselves to be wrapped in the comfort and healing love of God.

*Therefore it says, "Sleeper, awake! Rise from the dead, and Christ will shine on you."—Ephesians 5:14*

## SATURDAY, MARCH 19, 2022

I renew my zeal and enthusiasm.

Renewal is the cure for apathy. We reignite our passion for life, for our spiritual practices, and most of all for God. We think of God instead of the upset.

We notice the signs of love's presence within us and everywhere. We are specific in our appreciation of the world. We notice how light shimmers on leaves and water, or how it feels to be with a loved one. We find things that bring us joy, laughter, and inspiration. Our appreciation becomes deep gratitude.

We carve out a peaceful space for ourselves where we feel safe. We avoid things that bring us down. We are aware of what is going on, but we are not immersed in it. We avoid media that focuses on the negative, and we concentrate on the renewing of our mind and spirit.

We pray to remember that we are ever connected to God. We are grateful, and that gratitude creates in us a new spirit.

*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. Margaret Flick  
Unity of Santa Rosa, California



**SUNDAY, MARCH 20, 2022**

## Divinely Guided

Rev. Kathy Beasley

Guidance is one of those things we can all use at some point in our journeys. The question is whether we choose to use it or proceed without it.

As a spiritual leader, guidance comes to me these days by listening deeply. I move through the world as a hearing-impaired individual, thus listening is something I have to do with great intention that is equally split between staving off distractions and focusing on the message of the moment. I tell you this to indicate that deep listening takes intention and effort.

Theologian Paul Tillich said, “The first duty of love is to listen.” Listening helps us find our way through the noise of the world. We listen to navigation systems that help us move from point to point. We turn to prayer to know God’s guidance. We listen to music for inspiration and enjoyment.

Much like a flashlight that leads us through the darkness, listening allows us to remain on course. What do you listen to for guidance? Does it move you from moment to moment, breath to breath, and glory to glory? The truth about guidance is that it moves you. It exists to bring about movement of some sort.

I believe that guidance from listening is a shared ritual of love that allows us to connect to the meaning beneath the surface, to experience the spaces between words or the silences amidst the rhythm. It’s listening for the silent call of the soul; it’s noticing one’s breath, feeling the movement of air in and out, and noticing everything happening at the moment.

Here is the thing about guidance and listening: They don’t just move us through our experiences. Both guidance and listening help to create our experiences of the world itself.

When we choose to lean into love enough to hear the voices, prayers, stories, or lyrics of the world, it changes us for the better and for good. So much so that we become the living guidance that takes root in the sacredness of the listening world.

Guidance only matters if we are willing to trust it and go where it leads us. Know this: Love is always listening to us and for us. Be willing to listen with your whole being and know that you are always divinely guided in every moment.

*Rev. Kathy Beasley is senior minister at Central Florida Center for Spiritual Living in Orlando.*





## MONDAY, MARCH 21, 2022

I release any belief in limitation.

The Gospel of Luke tells us that when Jesus returned to his hometown of Nazareth and spoke in his synagogue, he was run out of town with the intention to hurl him off a cliff. Those who recognized him from his childhood were filled with rage at his words and would not accept him as a prophet. Jesus could have used this experience as proof that his message would not be well-received and could have made subsequent choices out of fear. If he had, he would not have lived out his divine purpose.

Have you allowed a harsh word or a negative critique from another to limit you from living your divine purpose? Jesus knew there were other audiences who would be receptive to his message and therefore released the experience in his hometown and moved forward. He understood that his good was not limited to one location or group. He proceeded to his greater good.

Whatever has happened in the past, we can recognize that it was a moment in time that is not necessary to repeat. We can bless the circumstance for the learning it offered and let it go, no matter how painful.

*But you, take courage! Do not let your hands be weak, for your work shall be rewarded.—2 Chronicles 15:7*

## TUESDAY, MARCH 22, 2022

I renew my sense of possibility.

How are you managing your imagination today? As a child, we let our minds run wild with possibilities, knowing that if we want to be a doctor, archeologist, astronaut, or acrobat, our inner vision can carry us into that experience in an instant. As adults, we often allow our mind's filters to sort through those wild possibilities until we are left only with what we can do to meet our daily needs.

When the disciples were managing those who brought children to Jesus, they spoke to them sternly. Yet Jesus welcomed them. Are your childlike ideas of possibility given stern parameters? The Christ of you welcomes these ideas as children of divine mind, seeing their potential.

Today you can renew your sense of possibility by letting your imagination run wild. Notice which ideas make your heart leap with joy and allow that experience to energize you. The kingdom of heaven is yours when you let go of what is and open up to what could be.

*Jesus said, "Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs."—Matthew 19:14*

—Rev. Jeanmarie Eck  
Unity of Houston, Texas



## WEDNESDAY, MARCH 23, 2022

I release the fear of not having enough.

In a universe of infinite abundance, scarcity is an illusion. The living, natural world is a shining example of the fertility and richness that is our own native habitat. As we open to this truth, we can choose not to tie our lives, desires, and goals to the delusion of lack.

Fear shows up when we believe we are navigating life alone and that we must take care of things by ourselves. But the truth of you and me and everyone is that we are not just bodies—small, separated things—but rather powerful spiritual beings. Spirit is unlimited, and ever-flowing grace and abundance are our divine inheritance.

So many of us were programmed to believe we had to work hard and created stories that ease, flow, and gentle success weren't in our cards. It is time to drop that old, worn-out tale. Release the bondage of human-only thinking, shake loose the self-imposed shackles, and be bound no more to littleness and fear. Your time is here to fully accept all that you are.

*So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!—2 Corinthians 5:17*

## THURSDAY, MARCH 24, 2022

I renew my awareness of abundance in my life.

What an awesome experience to be cocreators of a universe of infinite abundance! As we grow spiritually and become increasingly aware of oneness, we are able to step into our power as magnets of wealth, health, and joy. We gratefully, joyfully claim the full flow of abundance that is our divine birthright.

We open to and accept the never-ceasing river of prosperity flowing to, through, and for all beings. We channel this flow in great profusion to bless the world and our higher selves. Our unique life path is perfectly designed to reach Truth and demonstrate love and light in great abundance.

In Truth, we are under no laws but God's laws, and we allow these laws to work for us as we work with them. Gratefully we acknowledge all the good already in our lives and all the additional good coming our way right now. We are fearless, certain, and secure because our awareness of Source, our Creator, is our never-ending supply.

*Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom.—Luke 12:32*

—Rev. Cylvia Hayes  
Bend, Oregon



## FRIDAY, MARCH 25, 2022

I release any drama or conflict.

Drama clouds the radiance and magnificence of our divine essence. When we are immersed in drama of our own fabrication or someone else's, we are out of coherence. It saps us of our joy and life's energies. And it can be addictive. Drama-makers thrive on conflict.

There was drama in my life from the time I was born until I discovered there was another way to live and I didn't have to be a victim of anyone's drama. If you are feeling stressed and anxious around someone, you might be too involved in their story.

Stay sane and centered. Release worry and fear. Breathe and relax into the clarity of the present moment. Notice when your mind starts creating drama and take a breath, release the thoughts, and focus on divine ideas that inspire you.

Rewrite your life's story and make it a dazzling one of infinite delight as you shine your light to the world.

*The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness.—Galatians 5:22*

## SATURDAY, MARCH 26, 2022

I renew my inner peace in Spirit.

The sweetness of Spirit embraces and renews your soul. You are the creator of your life's story. You have the power to choose where you focus your attention. Instead of being drained by drama, you can create a radiant life filled with delight, joy, and peace.

Stay tuned to your inner life. If you are feeling drained, pause and remember to center yourself in prayer and affirm your divine essence. Take time daily for self-care and self-love. You are worthy. Rest as pure awareness, continuing to expand in consciousness and delighting in the immense beauty within and around you.

Rejoice and celebrate the birth of the new you. You are no longer immersed in any kind of behavior or drama that doesn't serve your highest good. You are free.

With a grateful heart, centered in God, fully aware of my divinity, my faith is strong, and all is well. The glory of God radiates through me, as me. I am free and renewed through the Christ within me.

*Clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.—Ephesians 4:24*

—Rev. Elizabeth Longo  
Fort Lauderdale, Florida



SUNDAY, MARCH 27, 2022

## Cultivating Order

Rev. Linda Martella-Whitsett

When we have been planning and our plans turn out well, we may be tempted to think it must be in divine order. When we don't understand why something unwanted has happened, we may be tempted to think it must be in divine order.

Divine order, however, is never a preordained or imposed condition. Divine order is a principle and a power, our spiritual capacity of orderly action, mental adjustment, and spiritual evolution. We name it *divine* because God is the organizing principle found in the structure, pattern, and sequence inherent in all that is, all that exists and is created.

We are fully human and fully divine. The more we attune to our divine identity, realizing oneness with God, the more readily we increase our innate capacity for spiritual or divine order.

Orderly thought and action flow from a mind centered in divinity, absent the fluctuations natural to human-centric thinking. We think creatively, more aware of infinite, divine ideas. We catch hold of a divine idea that may arise as a career goal or a condition ripe for healing or a deep desire. We nourish that idea with prayer, research, and action steps. That divine idea eventually flourishes and blossoms into manifestation, in fulfillment of our capacity for orderly thought and action.

In *The Revealing Word* (Unity Books, 1959), Unity cofounder Charles Fillmore defines order this way: “The divine idea of order is the idea of adjustment, and as this is established in [human] thought, [our] mind and affairs will be at one with the universal harmony.” We find empowerment and freedom in our ability to adjust, shift, flip a switch, transform, or modify our thought and action.

Think of a time your flight got canceled at the last minute. Recall the varying reactions among travelers: those who loudly protested and those who quietly altered their plans. Think about other times when your plans were interrupted or changed. Remember when you successfully adjusted your thought and action in such a way that you established order in the midst of changing conditions. You demonstrated the adjusting power of order.

By acknowledging God, the organizing principle, and exercising our rightful power of divine order, we evolve. We can look back today and notice our progress through time. As with any consistent practice, our effort to cultivate order increases our access to the principle and our ability to embody the organizing, adjusting, and evolving power of order.

*By the power of order, I am capable of orderly thought and action.  
I easily adjust thought and action in response to shifting circumstances.*

*I am ever-evolving spiritually.*

*Rev. Linda Martella-Whitsett is vice president of the Unity Prayer Ministry, which includes Silent Unity®.*



## MONDAY, MARCH 28, 2022

I release any sense of discouragement.

Considering the recent past, we all have things about which to be discouraged. Events have unfolded in rapid succession: the pandemic, severe storms, catastrophic fires, war, and deep societal divisions.

So many things to feel discouraged about, so many things to struggle with! Changes in daily routine may lead to feelings of languishing in a rut. Having to stay indoors and dramatically altered lifestyles have led to anxiety, depression, and stress-related conditions for many.

We might throw up our hands and lament, “What’s the use? When will things ever get better?” It can be easy to give in to such feelings, but there’s a better way.

The first thing we must do is acknowledge the feelings of hopelessness and despair as they arise. We can’t change what we deny. The second thing we must do is turn to the Christ within for comfort and reassurance. The third is to pray.

*Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.—Joshua 1:9*

## TUESDAY, MARCH 29, 2022

I renew my hope with the power of affirmative prayer.

Hope is the expectation of good.

It is difficult to maintain hope in times of trial and travail, but in times such as these we turn to prayer for renewal. Hope leads to the further development of faith. Faith leaves no room for doubt or discouragement.

We renew hope through prayer. Prayer inspires us to continue the journey. Through prayer, we can set aside discouragement and go on to meet our greater good.

There have been times during this past year when I have been subject to discouragement. In addition to dealing with the isolation caused by the pandemic, I have seen my spouse near death’s door not once but three times. I credit prayer for getting us through this tough time.

I stepped out of my comfort zone to ask others to pray with and for me. I have no problem praying for others, but I have hesitated to invite others to pray for me. Yet I found people were more than happy to do so! I no longer hesitate to seek the help of others in prayer to release discouragement and expect good.

*Pray without ceasing.—1 Thessalonians 5:17*

—Rev. Karen Shepherd  
Unity Good Shepherd Ministries  
of Ohio



## WEDNESDAY, MARCH 30, 2022

I release the habit of digging in my heels.

Have you heard the phrase “suffering is optional”? It took me a long time to understand what it meant. I thought as long as I won, as long as I came out on top, I would be happy, and happy meant no suffering. So then, why was I still unhappy?

I made sure things always went my way. I could win a debate on a topic I knew very little about. I was the captain of this team and president of that organization. All these things would distract me from my suffering for a little while, but when I got still or quiet there it would be, waiting for me.

One day I realized my insistence on having things my way was masking a fear of not being worthy, fear of someone finding out I really didn’t know what I was doing. So I tried an experiment: I quit insisting my ideas were the best ideas. I even sat through a meeting or two without making any recommendations.

I found out others in my groups and teams had very creative ideas I would not have thought of. The best part was that I stopped feeling I had to carry the entire load myself, and I became a team player, a worker amongst workers.

*Do not be like a horse or a mule, without understanding.  
—Psalm 32:9*

## THURSDAY, MARCH 31, 2022

I renew my practice of nonresistance.

In *What Are You?* (Unity Books, 1929), Imelda Shanklin wrote, “Nonresistance is stronger than resistance; its practice requires more mind capacity than is required for resistance; its appeal is to the divine thing in you. It is the essence of God.” Don’t think of it as indifference or weakness. “You should know that a weak man fights and that a strong man governs himself to higher purposes.”

Nonresistance is a demonstration of grace. Anyone who recognizes the benefits they have received through God’s grace would certainly want to demonstrate it in kind. We are to love our enemies and show grace to those who persecute us.

We often resist thoughts and ideas. It seems every time I turn on the news I hear ideas I disagree with and want to resist. The desire to make them wrong causes anxiety in me and disrupts my serenity. Mental nonresistance is the act of refusing that disruption.

Shanklin wrote, “The essence of nonresistance is unity ... You are an indispensable part of the universe, and as such the universe loves, protects, and cherishes you.”

Today I choose the path of nonresistance.

*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. Roxanne Graves  
Unity on the Space Coast,  
Titusville, Florida



## FRIDAY, APRIL 1, 2022

I release thoughts or fears of illness.

When I don't feel well physically, it's easy to forget the Truth of my well-being—that my body is constantly seeking health, balance, and strength.

After a recent bout of pneumonia, I realized that when I get physically sick, my mind plays tricks on me. It's as though a curmudgeon takes hold in my psyche and tells me everything will always be bad—forever!

Once I realize consciously what is happening, I usually find humor in this voice. Hearing its chatter reminds me to choose my thoughts more intentionally. When we are physically out of balance it becomes even more important to deliberately calm our minds. With intensive thoughts focused on wellness and harmony, our bodies will connect with and attune to a higher vibration.

So when you are feeling out of sorts physically, I invite you to quiet that voice and release anxiety about the situation. Focus your mind on releasing any fear or stress and know that outer circumstances need not define your inner sense of well-being.

Soon your body and mind will be working in concert for healing and a greater sense of peace.

*My flesh and my heart may fail, but God is the strength of my heart and my portion forever.—Psalm 73:26*

## SATURDAY, APRIL 2, 2022

I renew my openness to the healing power of Spirit.

Physical illness has often been a catalyst for personal change and growth in my life. For me, there seems to be a direct correlation between my stress levels and becoming physically sick. The spiritual lesson that continually reemerges for me is that when I step away from my daily spiritual practices of mindfulness, prayer, and journaling, over time I become mentally and physically off-kilter.

When life gets overwhelming, I tend to let go of my spiritual practice first. And then everything else falls out of balance. Spiritual practices keep me centered, and then I eat more healthfully. I drink more water. I walk in nature. I move my body. I get more rest.

I'm remembering that my spirituality must be disciplined. I must regularly and mindfully speak universal truths to my body. *I am whole. I am healthy. I am in complete harmony.* I must connect with the inner Truth of my being every single day. Then it's much easier to live intentionally in ways that support good mental and physical health.

My new mantra is this: "Daily spiritual inspiration keeps me in tune with the universe. Every cell in my body is working for my highest good."

*Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.—Proverbs 16:24 (KJV)*

—Angie Olson  
Unity World Headquarters  
at Unity Village



**SUNDAY, APRIL 3, 2022**

## Forgiving from Within

Rev. Beatriz E. Gallerano Bell

Today I imagine myself sitting next to Jesus and looking into his eyes. I ask him, “Master, how can I forgive?” After a moment, with a loving smile, he answers me.

“It’s not something you have to do by yourself. You can do it the way I taught you. Do you remember my prayer, ‘Father, forgive them, for they do not know what they are doing?’”

Those words resonate with force in my heart, reminding me that true and authentic forgiveness can only be achieved by divinity, by the indwelling Spirit in each being.

That is the forgiveness that authentically heals and breaks us free, and that is the forgiveness Jesus teaches us.

This time of Lent is a time of reflection that invites us to go within ourselves, and there, in the silence of our soul, commune with the Source of all good, the Source of life, light, and love.

That omnipotent Source is always there, ready to transform all sorrow and suffering into pure love.

Jesus has left us a profound and wise teaching when, by his example, he shows us that only God, the indwelling divinity in each one of us, can truly forgive. And this is so because the indwelling Spirit only perceives the Divine in each being, only sees the truth, the light, and the love, which are our true nature.

We are divine in essence; we are pure spirit in all its potential. Therefore, in the face of life situations that cause us suffering, grief, or guilt, let us allow Spirit to do its healing work through us.

Let’s follow the example of humility, strength, and courage that Jesus demonstrated. Let us accept that to truly forgive we need divine help and have the strength and courage to ask the indwelling Spirit for it.

Regardless of the situation that disturbs us, or the person for whom we feel less than love, let us ask the Christ in us to forgive.

If we can remain firm in this attitude, affirming with faith that it is the divinity in us that forgives—even in those moments we are overrun by anger, frustration, sorrow, fear, or any emotion a memory evokes in us—we can be assured that forgiveness has already been made, deep within our being, and that the peace it brings is reaching our soul.

*Rev. Beatriz E. Gallerano Bell and her husband Frank have a ministry in Córdoba, Argentina, called Unity, Sembrando Luz (Unity, Sowing Light), and oversee distribution there for the Spanish-language Daily Word, La Palabra Diaria.*





## MONDAY, APRIL 4, 2022

I release fears of being alone.

What a blessing to know the Truth that we are never alone. Wherever we are, God is.

In this most holy moment, be still and quiet your mind. Place your hand over your heart, take a cleansing breath, and surrender fear. Align to All That Is as you dwell within your inner sanctuary. Feel a warm embrace as you are encouraged to remember *you are never alone*.

From birth, we respond to the basic need to feel a sense of belonging. The Bible tells us God proclaimed it was not good that someone should be alone. We were created to be in divine connection and enjoy dancing with our cocreative partners.

These partners might include your family, friends, church, or community. Let us pray for joyous opportunities to be a blessing to others through acts of kindness. Yes, our current world situation has called us to socially distance, but let us respond to a higher invitation to honor our oneness as members of the universal family.

Seek to replace fear with faith and remember you are never alone with God by your side and universal love that transcends all time and space.

*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*

## TUESDAY, APRIL 5, 2022

I renew my connection with Spirit, self, and others.

Take a moment in this glorious “now” to place your hand over your heart and ask yourself:

Do I feel a sense of connection reflected as:

- Oneness with Spirit?
- Being in tune with myself?
- Sharing communion/common union with others?

Let us consider connection as a natural state of unity where we are blessed to be love-linked with Spirit that surrounds us all. We are never alone and all is well, perfect, whole, and complete. We remain in right relationship to continuous compassion and divine love toward ourselves.

Joined together in connection to Spirit and self, we share enlightened efforts as perfect partners dancing in universal harmony. As others join, we become one with the highest intention for joyous cocreation.

Yes, we are all in this together. United, we share a cooperative capsule containing a powerful dose of life force energy. Let us look up, turn within, and remember that we are surrounded by divine light and connected to each other as unique parts of a greater spiritual whole.

*How very good and pleasant it is when kindred  
live together in unity!—Psalm 133:1*

—Veronica Walker-Douglas  
Christ Universal Temple, Chicago



## WEDNESDAY, APRIL 6, 2022

I release old grudges and resentments.

There are moments in life when we are treated in ways that are painful, demeaning, or unfair. Words are spoken and actions are taken that wound us. It can feel satisfying in those moments of betrayal and injustice to close off our hearts and nurse our grudges. We replay events over and over, crystalizing our pain and justifying our anger.

We think we are doing it to keep ourselves safe so that something like this can never happen again. But we are closing off our own capacity to love, heal, grow, and move forward. By carrying a grudge, we weigh ourselves down with the past, and resentment blocks our good.

Releasing our old grudges means opening the constricted, rigid spaces of our hearts and letting the stories go. Letting go of our need to be right and the idea that whoever hurt us did something wrong. As we are willing to release our grudges and resentments, we open to healing, to an awareness of our own wholeness, to an experience of love and compassion. When we release our grudges against others, we release ourselves.

*Above all, clothe yourselves with love, which binds everything together in perfect harmony.—Colossians 3:14*

## THURSDAY, APRIL 7, 2022

I renew inner peace by forgiving.

The calm and centered awareness that is inner peace is always available to us. Yet events and people affect us and we find ourselves living from our reactions, not from our true, centered self.

Forgiveness is a powerful spiritual tool for renewing inner peace. By consciously choosing to bring forgiveness to every aspect of our experience, big and small, we bring love to every aspect of life, big and small. Love loosens the tightness of our hearts, counters judgment, and creates space for a new perspective. Forgiving others and, often more important, forgiving ourselves allows us to live from inner peace.

Each night, mentally review the day, noticing situations that disrupted your inner peace. Invite love and compassion to be present, forgiving yourself and all involved in the situation. Allow love to rewrite that moment.

Forgiveness is how we transform our stories and heal. Forgiveness is not to benefit the person or situation that harmed us; it is for our own capacity to live more fully and love more deeply.

*For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed.—Isaiah 54:10*

—Rev. DeeAnn Morency  
Unity San Francisco, California  
Unity in Marin, California



## FRIDAY, APRIL 8, 2022

I release any need to complain.

*“Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.”—Luke 10:40*

Martha complaining about her sister Mary may be the best-known instance of complaining in the Bible, but it is far from the only one.

When we feel frustration, fear, or anxiety, we often complain. When we hear ourselves, we can reflect on whether it’s a rare instance or a lifestyle.

Jesus answered, “Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her” (Luke 10:41-42).

Like Martha, are we worried and upset and complaining about many things? Or like Mary, are we focused on what’s truly needed?

Agitation is usually triggered by some deeper wound that needs to be healed. If we identify this wounding and spend time healing it, we will likely release the need to complain when the feeling arises again. Our time is better spent on a solution to what’s happening than registering a complaint.

*The whole congregation of the Israelites complained against Moses and Aaron in the wilderness ... And Moses said ... “Your complaining is not against us but against the Lord.”—Exodus 16:2, 8*

## SATURDAY, APRIL 9, 2022

I renew my outlook through appreciation.

Jacob, son of Isaac and brother of Esau, was sent on a journey to an unfamiliar land. Along the way, one night he lay his head on a rock and went to sleep. He had a vision of angels ascending and descending a ladder from earth to heaven. He then received a blessing from the Lord. When he awoke, his appreciation for God and his surroundings soared!

“Surely the Lord is in this place—and I did not know it!’ And he was afraid, and said, ‘How awesome is this place! This is none other than the house of God, and this is the gate of heaven’” (Genesis 28:16-17).

Do we appreciate all the good that surrounds us? Or are we only looking at what we think is lacking? Are we asleep to life or awake? When we look for God and see splendor everywhere, we’re in a consciousness of appreciation. In her 1856 book *Aurora Leigh*, Elizabeth Barrett Browning perfectly captures this idea:

Earth’s crammed with heaven,  
And every common bush afire with God:  
But only he who sees, takes off his shoes;  
The rest sit round it, and pluck blackberries.

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

—Rev. Bill Englehart  
Tucson, Arizona



## Carrying the Christ

Rev. Joy Wyler

Palm Sunday is traditionally a celebration of the life of Jesus and can also be a celebration of the Christ nature of each of us.

The story in Chapter 21 of the Gospel of Matthew says Jesus told the disciples where to find a donkey and her colt, and he asked them to bring the colt to him. He would ride into Jerusalem where followers had gathered, not on a fine horse like the Roman soldiers, or even on a trusted and trained donkey, but on an untried colt. What an odd choice!

Jesus gets our attention with unorthodox teachings and strange metaphors. If the colt represents our collective unbridled, untried, and impulsive humanity, the story seems to communicate that we are still worthy to “carry the Christ.” We do not carry our Christ nature on our backs, as the colt carried Jesus in the story, but we carry the Christ as part of our essential nature. Humanity has

been imbued with a spiritual faculty to work with our reflective intelligence, and it is all part of the perfect design.

We may be fearful, much like a little colt, that we are not up to the task of carrying this Christ nature, that we will make mistakes and not always respond to outer conditions in the best way. We may not always see ourselves as worthy to be a part of Palm Sunday’s celebration of the wisdom and power of Jesus and our own Christ nature.

To see the splendor in our worth and the truth of our being, just as we are, is the journey of Lent. Along the way, we patiently notice fears, doubts, and the many ways we constrict the power and beauty that we *are*.

As we observe these thoughts of unworthiness, instead of dwelling on times we stumbled, we remind ourselves of the truth of our being. We keep our thoughts on our power to learn from our experiences without being defined by or tied to the past. We release fears and doubts without giving them power any longer.

“Hosanna” is the joyful acknowledgment that error thought is overcome through our Christ nature. We remember that Jesus chose the untried colt so long ago, and we affirm that every one of us is called today to celebrate our worth, our Christ nature, and all that we bring to the world.

*Rev. Joy Wyler writes, teaches, and serves on the Unity World Headquarters Board of Directors. She blogs at [radicalwholeness.blog](http://radicalwholeness.blog).*





## MONDAY, APRIL 11, 2022

I release anger and blame.

I release the resentments that have chained me to the painful past.  
I forgive and set myself free.

We are the beneficiaries of any thought we have, loving or unloving. When we hold hostile thoughts about anyone or any group, these thoughts create in our lives. When we hold a resentment—an unforgiveness—we set up roadblocks to the things we say we really want. Holding on to bitterness and grievance is like drinking poison and expecting the other person to die.

We cannot escape our judgments. This is why the quote attributed to Jesus, “Do not judge, so that you may not be judged” (Matthew 7:1), has remained with us for all these years. Yet forgiveness is a process, not a destination, which means there will always be more forgiving to do. Forgiveness is a daily, sometimes hourly, practice that brings about a fundamental change in our consciousness.

Releasing resentment sets us free from misery to experience a life filled with happiness, peace, and financial prosperity. So today, this week, and this lifetime, our job is to release anger, put down the poison, and love extravagantly!

*Whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.—Matthew 18:18*

## TUESDAY, APRIL 12, 2022

I renew my patience and compassion.

Have you ever tried to eat an avocado before it was ripe? It is not a pleasant experience. Patience is a spiritual practice, a deep knowing that everything is working out in divine order. Every situation carries within it infinite possibility. While we may think things are falling apart, they could be falling together if we allow them.

Often I have heard, “I have been so blessed by my cancer diagnosis.” While you may find that statement incongruous, I understand it completely. I often say, “I have been so blessed by my addiction.” Situations themselves are neutral, neither good nor bad; they are. It is what you bring to a situation that makes a difference.

The spiritual practice of compassion calls us to look for the good in every person and relationship. When we take the time to give compassion, walls crumble and bitterness dissolves in the warmth of love. When we bring patience and compassion to ourselves and others, we create the space for the good to be seen and known.

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

—Rev. Ken Daigle  
Unity San Francisco, California



## WEDNESDAY, APRIL 13, 2022

I release my darkest fears.

We call this Holy Week, but for Jesus it was a week spent in Jerusalem knowing his life was in danger. By Wednesday morning, the chief priests and scribes felt so threatened and frustrated they decided that killing Jesus seemed the only way to silence him and squelch his enthusiastic followers.

Wednesday was the day a woman anointed Jesus' feet with extravagantly expensive oil. Jesus defended her action; it was a gesture of anointing a body for burial. Meanwhile, Judas was making arrangements to betray him.

Facing inevitable death may be one of our darkest fears, yet we all will die. Most people choose to go about their lives, doing their best, fulfilling their life's purpose, knowing someday it will end but choosing not to live in fear.

Fortunately, we learn from the Easter story that death has no power over us, that our spiritual journey continues. We are able to release our darkest fears because we are not our bodies. We are more than this single lifetime. We are souls on an eternal journey within the One, and we live in faith that, in the end, all is well.

*And he said to the woman, "Your faith has saved you; go in peace."—Luke 7:50*

## MAUNDY THURSDAY | APRIL 14, 2022

I renew the strength and courage of my heart.

The word *maundy* is from a Latin root meaning "mandate" or "commandment." It stems from John's Gospel when Jesus commanded his disciples at the Last Supper to love one another, then washed their feet.

In other gospels, the story starts earlier Thursday when Jesus sent two disciples to make clandestine arrangements for the group's Passover meal. As they ate together for the last time, Jesus predicted, "One of you will betray me." When he prayed in the Garden of Gethsemane that night, the disciples could not stay awake with him. After he was arrested, the disciples scattered and Peter denied knowing him.

Their failure of courage is understandable—they didn't want to die too—but we see in them our human weakness. We can choose instead to remain steadfast in the Christ, the divine energy that was born in us as it was in Jesus. We renew our strength and courage by recognizing our own spiritual nature, knowing we carry the same divine potential.

*I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.—John 13:34*

—Rev. Ellen Debenport  
Unity World Headquarters  
at Unity Village



GOOD FRIDAY | **APRIL 15, 2022**

I release the shadows of grief and sorrow.

In Jesus' final moments of his human journey as told in John 19:30, he said, "It is finished."

The final days of our Lenten journey offer an opportunity to reflect on our spiritual growth. Such reflection shines a light on the blessings we have received—gifts of friendship, love, understanding, and support. It also reveals those places where we may have fallen short, where perhaps we withheld many of the same gifts we received.

As these are revealed, a choice is available. I can cling to the grief and sorrow I feel over missteps I have made, or I can humbly accept the learning offered and draw closer to the all-loving presence of God within me through their release. This indwelling presence knows no misstep and finds no fault. It simply pours forth, dispelling shadows and lighting the path ahead.

As I release shadows of grief and sorrow, I can say to the hold they once had, "It is finished."

*If I say, "Surely the darkness shall cover me, and the light around me become night," even the darkness is not dark to you; the night is as bright as the day, for darkness is as light to you.—Psalm 139:11-12*

HOLY SATURDAY | **APRIL 16, 2022**

I renew myself in the serenity of silence.

After Jesus had been crucified, those who knew him prepared his body for burial. They wrapped him in linens and spices according to Jewish custom. Because the Sabbath approached, they carefully laid his body in a quiet tomb nearby. To them, this was the end of Jesus' mission. The fruits of his labors and of those who followed him were yet to be seen.

Even as we experience the freedom that comes from releasing shadows of grief and sorrow, we might be left wondering, "What now?" Transitioning from what *was* into what *will be* leaves us uncertain. The guidance and clarity we seek in this liminal period is found in silence.

I separate myself from distractions and wrap myself in the fine linens of communion with the Christ within. I set aside feelings of uncertainty and bask in the fragrance of faith, wisdom, and love this communion inspires. I enter this place of peace and I wait.

My hope is restored in the stillness. I am strengthened by whatever guidance comes. I am rejuvenated by an inner knowing that my highest good is already underway.

In the serenity of silence, I find peace in what lies ahead.

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

—Rev. David Brian Adams  
Unity of Independence, Missouri



EASTER SUNDAY | **APRIL 17, 2022**

## Our Ongoing Renewal

Rev. Joy Wyler

The central feature of the Easter story is the resurrection of Jesus. As a Bible story, this was a onetime event. But in *Keep a True Lent* (Unity Books, 1953), Unity cofounder Charles Fillmore says, “Every time we rise to the realization of eternal, indwelling life, making union with the [God]-Mind, the resurrection of Jesus takes place within us. All thoughts of limitation and inevitable obedience to material law are left in the tomb of materiality.”

*Every time* doesn’t sound like a onetime event. Nature celebrates a season of resurrection and new life whenever the temperatures rise or the rains fall. The butterfly leaves its earthbound self in the cocoon and takes wing as a new being. The phoenix rises anew from the ashes of the fire, consuming its old self. The barren earth blooms. Life itself, in nature and in story, is a cycle of renewing transformation.

Just as the resurrection story told at Easter is not limited to a single Sunday, Lent need not be limited to 40 days preceding that Sunday. We can engage a season of Lenten release and affirmation whenever we choose.

Letting go of thoughts of limitation may be a slow process or it may be a sudden, intense experience that feels like fire or crucifixion. In either process, we can examine our belief system about resurrection.

Do I truly believe there is an indwelling, eternal life infusing my being?

Do I believe in the union with God-Mind and allowing the boundary between my limited self and my unlimited Self to dissolve into oneness?

Am I open to the limitless possibilities available when I begin to live into the realizations received in moments of union with God-Mind?

Have I let go of all that gets in the way of my *yes*?

Our lives are made new to the extent we have cast off limits created in our minds and have claimed the transformational power of Spirit within us.

Inspired by the beauty of spring flowers and butterfly wings, one of my favorite Easter traditions is a new outfit. There is something symbolic about taking on a new outer appearance in celebration of a new spirit stirring within.

This Easter, I leave behind limiting thoughts and beliefs and I am made new through my awakening union with God-Mind. The great I AM of my being rises anew from the ashes and tomb of all I leave behind.

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