

Introduction

So, I didn't grow up with Lent as a spiritual practice. It wasn't part of my early formation or the rhythm of my faith. Lent found me later, after I had already stepped onto my own journey of spiritual exploration, carrying with me the foundation of religious knowledge and training, and learning how to live it through experience.

Life became my teacher. It showed me how to navigate uncertainty and change one moment and one breath at a time. Through that lived wisdom, I came to understand that transformation is not a single event. It is built through moments of showing up. When I honor those moments, a beautiful daily tapestry begins to form, woven from what is complete in me and ready to be released.

My daily and sometimes, momentary release is how Lent meets me now, not as deprivation, but as attention. I take the 960 hours, the 57,600 minutes, the 40 days, all one day at a time. In doing so, I am finding that each day brings me to a quiet, soulful reckoning. A moment shaped by what I release and what remains. In that space, I am reminded again of the Truth of my being, steady, present, and alive. This thought and moment is where I begin, and the space is more than enough to envelope your presence. In all that will be given up in this season, none of it is giving up on ourselves, one another, or our journey.

The Invitation

If this way of movement and practice resonates with you, I invite you to breathe into the journey. Honor the road before you, not as something to rush through, but as a sacred unfolding. Trust the light within you, the quiet wisdom that knows what is complete and ready to be released.

You do not need to force change or strive for perfection. Simply show up. Day by day, allow yourself to give up what has finished its work in you and make space for what is becoming. Let this Lenten season meet you exactly where you are.

Together, we will walk these days with intention, courage, and compassion, one breath, one choice, one day at a time. Giving up is not a sign of failure; it is the prioritization of your own journey of becoming. Giving up has never felt so good...

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day One | I Give Up Control

There is a quiet strength that emerges when I release the need to manage every outcome, every timeline, and every unfolding moment. Control often begins as protection. It grows from responsibility, care, and the desire to do things well. Over time, that same instinct can tighten the body, narrow attention, and mute the subtle wisdom that guides from within.

Today I practice giving up control as an act of spiritual trust. I soften my grip on how things must happen and open awareness to the intelligent movement of Life moving through me. I notice where I am forcing, rushing, or bracing against uncertainty, and I choose grounded presence instead.

As control loosens, inner steadiness rises. Creativity flows more freely. Compassion deepens. Listening becomes more spacious and responsive. I move through the day with a quieter confidence rooted in spiritual alignment rather than effort or pressure. Releasing control creates space for deeper knowing to lead with grace, wisdom, and ease. I am willing to give up control.

Journaling Prompts

1. Where in my Life do I most feel the urge to manage outcomes or timing?

2. How does my body respond when I soften control and trust the moment?

3. What choice today expresses spiritual confidence and openness?

Contemporary Quote

"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking." Richard Rohr, *Falling Upward: A Spirituality for the Two Halves of Life*, Jossey-Bass, 2011, p. 201.

Affirmation

I trust the wisdom moving through my Life and respond with steady presence and confidence.

I Give Up!

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Day Two | I Give Up Hurry (the hustle)

Hurry compresses experience. It shortens breath, narrows attention, and pulls awareness ahead of the moment that is actually being lived. Even meaningful intentions can lose their vitality when speed becomes the primary driver. The body signals this through tension, shallow breathing, and a constant sense of being behind.

Today, I release the impulse to rush and allow my natural rhythm to reassert itself. I notice the way time feels in my body, the pace of my steps, the tone of my thoughts, the quality of my listening. I give myself permission to arrive fully in each activity rather than skim across the surface of the day.

As the tempo slows, perception sharpens. Choices become more deliberate. Interactions feel more sincere. Energy redistributes itself in sustainable ways. A deeper intelligence guides timing and flow without force or urgency. Giving up hurry restores presence as a lived experience rather than a concept. Today, I give up hurrying.

Journaling Prompts

1. Where in my daily Life does speed quietly shape my behavior or expectations?

2. How does my nervous system respond when I intentionally slow one activity?

3. What supports a steady pace that honors both care and effectiveness?

Contemporary Quote

"Hurry is the great enemy of spiritual Life in our day. You must ruthlessly eliminate hurry from your Life." John Mark Comer, *The Ruthless Elimination of Hurry*, WaterBrook, 2019, p. 18.

Practice

Choose one ordinary task today and complete it without multitasking. Let attention remain fully with the movement, sensation, and breath involved.

I Give Up!

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Day Three | I Give Up Overthinking

Overthinking creates the illusion of safety through analysis. The mind circles questions, rehearses conversations, and builds scenarios in an effort to anticipate every possible outcome. What begins as thoughtful engagement slowly becomes mental congestion. Attention fractures. Intuition softens. The body carries a subtle fatigue from carrying too many unfinished threads of thought.

Today, I release the habit of excessive mental activity and return to a simpler mode of awareness. I notice when my thinking accelerates or loops and gently redirect attention toward sensory experience, breath, and inner stillness. Space opens between thoughts, allowing insight to surface without pressure.

As mental noise settles, discernment becomes clearer. Decisions feel less reactive and more grounded. I sense a deeper intelligence organizing what truly matters. Letting go of overthinking restores mental spaciousness and renews my relationship with inner wisdom as something experienced rather than managed. I give up overthinking,

Journaling Prompts

1. What topics or situations tend to trigger mental looping for me?

2. How does my body respond when thinking slows, and attention settles?

3. What helps me access quiet awareness during the day?

Contemporary Quote

“Realize deeply that the present moment is all you ever have.” Eckhart Tolle, *The Power of Now*, New World Library, 1999 edition, p. 99.

Sacred Text

“Be still, and know that I am God.” Psalm 46:10

I Give Up!

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Day Four | I Give Up Self-Doubt

Self-doubt rarely arrives as a loud declaration. It shows up quietly through hesitation, delayed decisions, and subtle self-editing. It questions instinct, second-guesses insight, and slowly erodes confidence in one's own spiritual authority. Over time, this internal static interrupts momentum and narrows expression.

Today, I release the habit of undermining my own knowing. I bring awareness to the ways I discount my perspective, soften my voice, or defer unnecessarily. I practice trusting the intelligence that has guided me through experience, growth, and discernment. I allow confidence to arise from alignment rather than comparison.

As self-trust strengthens, clarity of direction increases. Communication feels steadier. Choice becomes less effortful. I experience myself as capable, grounded, and spiritually guided. Giving up self-doubt restores a natural confidence that expresses itself through calm decision-making, authentic presence, and responsible action. I give up self-doubt.

Journaling Prompts

1. Where do I most often question my own insight or instincts?

2. What experience affirms my capacity for wise decision-making?

3. How does confidence feel in my body when I allow it to emerge?

Contemporary Quote

"Doubt is not a pleasant condition, but certainty is absurd." Voltaire, *A Philosophical Dictionary*, Penguin Classics edition, 2004, p. 113.

Affirmation

I honor my inner wisdom and move with grounded confidence.

I Give Up!

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Day Five | I Give Up Comparison

Comparison redirects attention away from lived experience and into imagined measurement. It reshapes perception through invisible standards and external benchmarks that rarely reflect reality. When comparison governs awareness, appreciation diminishes, and authenticity becomes diluted.

Today, I release the impulse to evaluate myself through someone else's timeline, temperament, or visible success. I return attention to my own unfolding path, noticing the qualities that feel genuine, sustainable, and life-giving. I allow worth to be self-referenced rather than externally negotiated.

As comparison loosens its hold, contentment strengthens. Energy stabilizes. Creativity becomes less guarded and more spontaneous. I recognize that contribution emerges naturally when identity rests in Truth rather than performance. Giving up comparison restores inner permission to live fully, uniquely, and responsibly from my own center. I give up comparison.

Journaling Prompts

1. When does comparison most often surface in my thinking or behavior?

2. What qualities do I genuinely value about my own way of living?

3. How does self-honoring shift my emotional tone and focus?

Contemporary Quote

“Before you tell your life what you intend to do with it, listen for what it intends to do with you.” Parker J. Palmer, *Let Your Life Speak: Listening for the Voice of Vocation*, Jossey-Bass, 2000, p. 3.

Practice

Place a hand over the heart and take three slow breaths whenever comparison arises. Let attention return to your own experience.

I Give Up!

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Day Six | I Give Up Resentment

Resentment holds emotional energy in suspension. It keeps attention tethered to unresolved experience and reinforces internal tension long after the original moment has passed. When resentment lingers, perception narrows and relational openness contracts.

Today, I release stored grievance and invite emotional spaciousness to return. I acknowledge the feelings that remain without feeding the story that sustains them. I allow compassion, understanding, and perspective to soften rigid memory. Healing becomes an active choice rather than a delayed condition.

As resentment dissolves, inner lightness emerges. Emotional balance strengthens. The heart regains flexibility and warmth. I experience greater availability for presence, connection, and peace. Giving up resentment restores vitality and renews my capacity to engage Life with openness and emotional freedom. I give up resentment.

Journaling Prompts

1. What memory still carries emotional charge for me?

2. How does my body respond when I soften toward forgiveness?

3. What supports emotional release and restoration today?

Contemporary Quote

“Without forgiveness, there is no future.”

Desmond Tutu and Mpho Tutu, *The Book of Forgiving*, HarperOne, 2014, p. 107.

Sacred Text

“Forgive, and you will be forgiven.” Luke 6:37

I Give Up!

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Day Seven | I Give Up Perfectionism

Perfectionism disguises itself as excellence while quietly cultivating pressure, delay, and self-criticism. It elevates standards beyond sustainability and restricts creative flow through fear of misstep or exposure. Over time, joy becomes conditional, and expression feels constrained.

Today, I release rigid expectation and welcome growth as a living process. I allow progress to be honest rather than polished, responsive rather than rehearsed. I notice where tension replaces curiosity and invite flexibility back into engagement.

As perfectionism relaxes, creativity expands, and playfulness returns. Energy feels lighter and more fluid. I experience greater freedom in expression, learning, and connection. Giving up perfectionism supports confidence that emerges from participation rather than performance. I give up Perfectionism.

Journaling Prompts

1. Where does perfectionism restrict ease or creativity in my Life?

2. How does flexibility affect my motivation and joy?

3. What supports authentic expression today?

Contemporary Quote

“Imperfections are not inadequacies; they are reminders that we’re all in this together.”
Brené Brown, *The Gifts of Imperfection*, Hazelden, 2010, p. 1.

Affirmation

I welcome growth, creativity, and authentic participation in every moment.

I Give Up!

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Day Eight | I Give Up People-Pleasing

People-pleasing often begins as kindness. It wants harmony, safety, and connection. Over time, that same impulse can blur personal boundaries and quietly reshape identity around approval rather than authenticity. Decisions become filtered. Voice softens. Inner guidance gets crowded out by imagined expectations.

Today, I release the habit of managing how I am received. I notice when I over-explain, over-extend, or silence a true response. I allow honesty to take up space without apology or defense. My integrity becomes a reference point rather than a reaction.

As this pattern loosens, energy feels more available. Relationships become simpler and more transparent. I experience relief in letting my presence speak for itself. Giving up people-pleasing returns authority to my inner compass and restores dignity in choice, expression, and connection. I give up people-pleasing.

Journaling Prompts

1. Where do I adjust myself to maintain approval or avoid discomfort?

2. What feels different in my body when I speak honestly and directly?

3. What boundary supports self-respect today?

Contemporary Quote

“True belonging doesn't require you to change who you are; it requires you to be who you are.” Brené Brown, *Braving the Wilderness*, Random House, 2017, p. 40.

Affirmation

I honor my Truth and express myself with integrity and care.

I Give Up!

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Day Nine | I Give Up Worrying

Worrying keeps the mind living slightly ahead of the present moment. It rehearses outcomes, anticipates disruption, and attempts to solve what has not yet arrived. The body often carries this forward-leaning posture through tightness, shallow breath, or persistent alertness. Attention becomes divided between what is happening and what might happen.

Today, I release the habit of mental forecasting and return awareness to what is real and tangible right now. I notice sensory detail, physical grounding, and the simple steadiness of breath. I allow the nervous system to settle into the rhythm of the moment rather than the storyline of uncertainty.

As attention returns to the present, energy becomes more accessible. Decisions feel clearer. Emotional tone steadies without effort. I experience a quiet confidence rooted in immediacy rather than anticipation. Giving up worry restores my ability to meet Life as it unfolds instead of attempting to outrun it. I give up worrying.

Journaling Prompts

1. What situations most often pull my attention into future-based imagining?

2. How does my body signal that worry has taken hold?

3. What sensory or grounding practice helps me return to the present?

Contemporary Quote

"There is no panic in Heaven. God has no anxiety." Charles Fillmore, *Prosperity*, Unity Books, Revised Edition, 1990, p. 67.

Practice

Pause three times today and place both feet on the floor. Let breath slow naturally while attention settles into physical sensation and immediate surroundings.

I Give Up!

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Day Ten | I Give Up Old Stories

Old stories are familiar narratives we carry about who we are, how Life works, and what to expect from others. They form through experience and repetition, then quietly shape perception long after the moment that created them has passed. When left unexamined, these stories begin to speak for us, steering reactions and choices without conscious consent.

Today, I release the stories that no longer reflect who I am becoming. I notice the phrases that repeat internally, the assumptions that surface automatically, and the conclusions that feel worn and predictable. I allow space for a different interpretation to emerge, one that is responsive to the present rather than loyal to the past.

As these narratives loosen, curiosity returns. I find myself less reactive and more available to possibilities. Attention widens. Choice feels less scripted. Giving up old stories makes room for insight that arises from lived awareness instead of memory, inviting me to participate in Life as it is unfolding now. I give up old stories.

Journaling Prompts

1. What personal story feels familiar but limiting in my current Life?

2. How do I notice my body responding when I question that story?

3. What new perspective feels available today?

Contemporary Quote

“The stories we tell ourselves shape the lives we live.” Clarissa Pinkola Estés, *Women Who Run With the Wolves*, Ballantine Books, 1992, p. xix.

Sacred Text

“See, I am doing a new thing; now it springs forth, do you not perceive it?” Isaiah 43:19

I Give Up!

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Day Eleven | I Give Up Harsh Self-Talk

The way I speak to myself shapes how I experience the world. Inner language can either create room to breathe or quietly constrict possibilities. Harsh self-talk often masquerades as motivation or discipline, yet it erodes confidence and dulls self-respect over time. The body absorbs these messages, carrying tension and hesitation long after the words have passed.

Today, I release the habit of speaking to myself with unnecessary severity. I notice the tone of my inner commentary and how quickly it labels, corrects, or judges. I practice choosing language that is honest without being punishing, clear without being cutting. Compassion becomes a form of discernment rather than indulgence.

As my inner dialogue softens, attention steadies. Decision-making feels less defensive. I become more willing to stay present with learning, efforting, and growing. Giving up harsh self-talk restores dignity to my inner Life and creates a more truthful, sustainable way of moving through the day. I give up harsh self-talk.

Journaling Prompts

1. What phrases do I repeat internally when I feel frustrated or disappointed?

2. How does my body react to critical inner language?

3. What tone supports learning without diminishing self-worth?

Contemporary Quote

"Talk to yourself like you would to someone you love." Brené Brown, *The Gifts of Imperfection*, Hazelden Publishing, 2010, p. 76.

Affirmation

I speak to myself with clarity, respect, and care.

I Give Up!

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Day Twelve | I Give Up Overcommitting

Overcommitting often begins with good intentions. It says yes out of care, responsibility, or the desire to be helpful. Over time, those yeses stack up, and attention becomes thinly spread. The day fills faster than the body can respond, and presence gets traded for endurance. What remains unfinished is not the work, but the self.

Today, I release the habit of agreeing beyond my capacity. I pause before responding and notice what my energy is actually able to hold. I allow discernment to guide my choices rather than pressure or expectation. Space becomes a form of honesty.

As commitments become more deliberate, focus becomes cleaner. I experience relief in choosing fewer things with greater care. Time feels more inhabitable. Giving up overcommitting restores integrity between intention, energy, and action, allowing me to participate fully in what I choose rather than survive what I have agreed to. I give up overcommitting.

Journaling Prompts

1. Where do I most often say yes without checking my capacity?

2. How does my body signal that I have taken on too much?

3. What boundary would bring greater alignment to my time today?

Contemporary Quote

"If you don't prioritize your life, someone else will." Greg McKeown, *Essentialism: The Disciplined Pursuit of Less*, Crown Business, 2014, p. 5.

Practice

Before agreeing to anything today, take one full breath and notice whether your energy expands or contracts at the thought of saying yes.

I Give Up!

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Day Thirteen | I Give Up Regret

Regret keeps attention tethered to moments that can no longer be revised. It replays decisions, conversations, and missed opportunities as if repetition might produce a different outcome. Over time, this backward pull dulls engagement with the present and quietly drains emotional energy. The body often carries regret as heaviness or tightness, a signal that attention is no longer where Life is happening.

Today, I release the habit of revisiting what cannot be changed. I acknowledge what I learned, how I grew, and what those experiences clarified within me. I allow compassion to replace self-reproach and understanding to take the place of judgment. Memory becomes a teacher rather than a burden.

As regret loosens its hold on me, attention returns to what is available now. I feel more open to choice, responsiveness, and renewal. Giving up regret allows me to participate fully in this moment with greater honesty and emotional freedom. I give up regret.

Journaling Prompts

1. What experience still pulls my attention backward?

2. What understanding did that experience give me?

3. How does my body respond when I allow myself to let it rest?

Contemporary Quote

“Regret is an appalling waste of energy; you can’t build on it; it’s only good for wallowing in.”

Katherine Mansfield, *The Journal of Katherine Mansfield*, Constable & Company, 1927, p. 54.

Sacred Text

“Forget the former things; do not dwell on the past.” Isaiah 43:18

I Give Up!

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Day Fourteen | I Give Up Busyness

Busyness often disguises itself as productivity, yet it quietly fragments attention. The day becomes crowded with motion, while meaning slips into the background. When activity leads without intention, the body stays alert, the mind stays cluttered, and the heart rarely has room to register what matters most.

Today, I release the habit of filling every available space with doing. I notice the impulse to stay occupied and allow moments of pause to exist without justification. I permit myself to move more deliberately, letting awareness guide the pace rather than urgency or expectation. Stillness becomes a companion instead of an interruption.

As unnecessary motion falls away, perception sharpens. I become more attentive to what I am actually engaged in rather than what remains unfinished. Time feels less pressured and more inhabitable. Giving up busyness restores a sense of presence that allows meaning to surface naturally, without being chased or scheduled. I give up having to be busy.

Journaling Prompts

1. Where does constant activity crowd out awareness in my day?

2. How does my body respond when I allow space between tasks?

3. What choice today invites intention rather than momentum?

Contemporary Quote

"It is not that we have a short time to live, but that we waste much of it." Seneca, *On the Shortness of Life*, Penguin Classics, 2005, p. 3.

Affirmation

I allow space to shape my day and welcome presence into each moment.

I Give Up!

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Day Fifteen | I Give Up Blaming

Blaming redirects attention outward and freezes movement. It searches for fault rather than understanding and keeps experience locked in a narrow frame. When blame takes hold, it interrupts responsibility and limits the ability to respond creatively to what is actually present. The body often carries this stance through tension, defensiveness, or rigidity.

Today, I release the habit of assigning fault and turn my attention toward awareness and choice. I notice when my thoughts look for someone or something to hold responsible, and gently redirect that energy inward. I ask what is mine to see, to learn, or to choose differently. Accountability becomes an act of clarity rather than self-criticism.

As blame loosens, my perspective widens. I feel more capable of responding with intention rather than reaction. Relationships feel less charged and more workable. Giving up blame restores agency and opens a path forward grounded in awareness, honesty, and conscious participation. I give up blaming.

Journaling Prompts

1. Where does blame most often appear in my thinking or speech?

2. How does my body respond when I shift from blame to responsibility?

3. What choice today reflects ownership rather than accusation?

Contemporary Quote

“When we are no longer able to change a situation, we are challenged to change ourselves.” Viktor E. Frankl, *Man’s Search for Meaning*, Beacon Press, 2006 edition, p. 116.

Affirmation

I respond to Life with awareness, responsibility, and intention.

I Give Up!

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Day Sixteen | I Give Up Anxiety (when and where I can)

Anxiety pulls attention away from what is happening and places it into imagined outcomes. It narrows focus, accelerates thought, and keeps the body in a state of readiness that rarely finds resolution. Even when nothing immediate is wrong, anxiety creates a sense of unease that colors perception and drains energy.

Today, I release the habit of living on alert. I notice how anxiety shows up in my body through tightness, shallow breath, or restlessness. I allow myself to slow the internal tempo and return attention to what is tangible and present. Awareness becomes an anchor rather than a lookout.

As anxiety loosens its grip, I experience greater steadiness in thought and action. My responses feel more measured. I am less compelled to anticipate and more able to engage. Giving up anxiety restores my capacity to meet Life as it is, with grounded attention and a calmer nervous system. I give up feeling anxious.

Journaling Prompts

1. How does anxiety most often show up in my body?

2. What sensations tell me I have moved out of the present moment?

3. What helps me feel settled and attentive today?

Contemporary Quote

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor."
Thich Nhat Hanh, *Peace Is Every Step*, Bantam Books, 1991, p. 9.

Practice

Pause several times today to notice your breath without changing it. Let attention rest on the natural rhythm of inhaling and exhaling.

I Give Up!

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Day Seventeen | I Give Up Scarcity Thinking

Scarcity thinking narrows perception. It frames Life as limited and keeps attention fixed on what might run out rather than what is available. This mindset quietly influences decisions, encouraging caution where trust could exist and restraint where generosity might otherwise flow. The body often registers scarcity as tightness, vigilance, or a subtle sense of lack.

Today, I release the habit of viewing Life through a lens of insufficiency. I notice when my thoughts contract around fear of not having enough time, support, or capacity. I allow awareness to widen and include what is present, resourced, and already sustaining me. Perspective becomes more balanced and less reactive.

As scarcity thinking loosens, my relationship with choice changes. I am more willing to engage, to share, and to trust my ability to respond as needed. Giving up scarcity thinking invites a steadier confidence rooted in sufficiency, presence, and participation rather than fear. I give up scarcity thinking.

Journaling Prompts

1. Where do I most often assume there is not enough?

2. How does my body respond when I notice what is already supporting me?

3. What decision today reflects trust rather than contraction?

Contemporary Quote

"Enough is a decision, not an amount." Lynne Twist, *The Soul of Money*, W. W. Norton & Company, 2003, p. 47.

Sacred Text

"The Lord is my shepherd; I shall not want." Psalm 23:1

I Give Up!

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Day Eighteen | I Give Up Judgment

Judgment simplifies what is complex. It draws quick conclusions, labels experience, and creates distance where curiosity might otherwise exist. When judgment leads, understanding narrows, and connection thins. The body often reflects this stance through rigidity, tension, or a subtle sense of separation.

Today, I release the habit of evaluating myself and others through fixed conclusions. I notice when my mind categorizes, ranks, or decides too quickly. I allow curiosity to interrupt certainty and make room for nuance. Observation replaces verdict. Listening becomes more spacious.

As judgment loosens, my experience of others changes. Interactions feel less charged and more open-ended. I find myself more available to learn rather than defend a position. Giving up judgment restores a sense of shared humanity and invites a way of seeing that is grounded in awareness rather than assumption. I give up judgment.

Journaling Prompts

1. What situations most often trigger quick judgments in me?

2. How does my body feel when I suspend evaluation and simply observe?

3. What becomes possible when I choose curiosity instead of conclusion?

Contemporary Quote

“Judgment freezes us in place, keeping us from moving forward.” Pema Chödrön, *The Places That Scare You*, Shambhala Publications, 2001, p. 63.

Affirmation

I meet each moment with openness, curiosity, and care.

Sacred Text

“Do not judge, and you will not be judged.” Luke 6:37

I Give Up!

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Day Nineteen | I Give Up Attachment to Outcomes

Attachment to outcomes narrows attention to a single preferred result. It turns effort into tension and keeps awareness fixed on what should happen rather than what is unfolding. When expectations harden, flexibility diminishes, and presence thins. The body often registers this attachment through holding, bracing, or impatience.

Today, I release the need to control how things resolve. I stay engaged in my actions while loosening my grip on the endpoint. I notice where I insist on a particular result and allow openness to reenter the process. Participation becomes more honest when it is not governed by demand.

As attachment eases, experience feels less brittle. I am more responsive to change and better able to adapt when circumstances shift. Attention returns to what I can do with care, skill, and integrity right now. Giving up attachment to outcomes allows effort and trust to coexist without strain. I give up attachment to outcomes.

Journaling Prompts

1. Where do I feel most invested in a specific result?

2. How does my body react when plans change unexpectedly?

3. What supports staying engaged without gripping the outcome?

Contemporary Quote

"Attachment is the root of suffering." Dalai Lama XIV, *The Art of Happiness*, Riverhead Books, 1998, p. 129.

Affirmation

I stay present in my actions and allow results to unfold in their own time.

Sacred Text

"Commit your work to God, and your plans will be established." Proverbs 16:3

I Give Up!

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Day Twenty | I Give Up Avoidance

Avoidance rarely announces itself. It shows up quietly through delay, distraction, and the gentle steering away from what feels uncomfortable or unresolved. It can look like staying busy, changing the subject, postponing decisions, or telling myself I will deal with something later. Over time, avoidance fragments attention and keeps energy tied up in what remains unfinished.

Today I release the habit of moving around what asks to be met. I turn toward what has been waiting for my attention, not with force or urgency, but with honesty and care. I notice where I have been hesitating and allow myself to stay present long enough to listen.

As avoidance softens, energy returns. What once felt heavy becomes clearer when faced directly. I experience relief in meeting life as it is rather than managing around it. Giving up avoidance creates space for resolution, peace, and forward movement grounded in truth. I give avoidance.

Journaling Prompts

1. What situation or feeling have I been putting off or circling?

2. How does my body respond when I imagine turning toward it?

3. What feels possible if I meet this with presence instead of delay?

Practice

Choose one small action today that gently addresses something you have been avoiding. Keep it simple and honest.

Affirmation

I meet what is present with courage and care.

Sacred Text

“Now is the acceptable time.” 2 Corinthians 6:2

I Give Up!

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Day Twenty-One | I Give Up the Need for Certainty

Certainty can feel comforting. It offers clear edges, firm conclusions, and the sense that life is predictable if we understand it well enough. Over time, however, certainty can narrow perception and limit openness. It closes curiosity and replaces listening with assumption. What once felt grounding can quietly become rigid.

Today I release the need to be certain. I allow myself to live inside the questions without rushing toward resolution. I notice where I cling to answers, labels, or fixed interpretations and gently loosen my grip. I make room for mystery, complexity, and the possibility that understanding unfolds in layers.

As certainty softens, awareness widens. I become more attentive, less defensive, and more receptive to insight that arrives slowly and honestly. Giving up certainty does not leave me unmoored. It invites me into a deeper trust, one that rests in presence rather than conclusions. I give up the need for certainty.

Journaling Prompts

1. Where do I rely on certainty to feel safe or in control?

2. How does my body respond when I allow not knowing?

3. What becomes possible when I stay curious?

Contemporary Quote

"The desire for certainty blocks the search for meaning." Erich Fromm, *Man for Himself: An Inquiry into the Psychology of Ethics*, Rinehart & Company, 1947, p. 55.

Affirmation

I trust the unfolding of understanding and remain open to what I am still learning.

I Give Up!

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Day Twenty-Two | I Give Up Trying to Fix Others

The impulse to fix often comes from care. It wants to ease discomfort, solve problems, and restore balance. Yet fixing can quietly override respect, replacing listening with intervention. It assumes responsibility for what may not be ours to carry.

Today, I release the habit of fixing. I notice when I rush toward solutions rather than staying present with what is being shared. I allow space for others to find their own clarity and strength. My role becomes one of presence rather than repair.

As fixing loosens, relationships feel more spacious. Conversations deepen. I experience relief in not carrying what does not belong to me. Giving up fixing honors autonomy, dignity, and the quiet power of being with rather than doing for. I give up the need to try to fix others.

Journaling Prompts

1. When do I feel compelled to solve or repair for others?

2. What changes when I simply listen without offering solutions?

3. How does presence feel different from intervention?

Contemporary Quote

“When you fix someone, you imply they’re broken.” Richard Schwartz, *No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model*, Sounds True, 2021, p. 112.

Practice

In one conversation today, resist the urge to advise or fix. Offer attention, silence, and acknowledgment instead.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Twenty-Three | I Give Up Living on Autopilot

Autopilot moves life forward without asking much of us. Habits carry the day. Decisions repeat themselves. While this can be efficient, it can also dull awareness. Days blur together, and meaning slips quietly into the background.

Today, I release automatic living and return to conscious participation. I notice routines that no longer receive my attention and gently reenter them with awareness. I allow myself to feel the texture of the moment rather than moving through it unconsciously.

As attentiveness returns, ordinary experiences regain depth. I feel more awake to choice, tone, and timing. Giving up autopilot invites me back into my life, not as an observer, but as an engaged participant. I give up living on Autopilot.

Journaling Prompts

1. Where do I move through my day without awareness?

2. What changes when I bring attention to a familiar routine?

3. How does presence alter my experience of time?

Contemporary Quote

"Attention is the beginning of devotion." Mary Oliver, *Upstream: Selected Essays*, Penguin Press, 2016, p. 108.

Sacred Text

"Be careful how you live, not as unwise people but as wise." Ephesians 5:15 (NRSV)

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Twenty-Four | I Give Up Filling the Silence

Silence often feels unfinished. It invites us to speak, explain, distract, or move on. Many of us have learned to fill quiet moments quickly, as though stillness requires justification. Yet when silence is constantly interrupted, something essential is missed. The space where insight, honesty, and deeper awareness gather is never given time to form.

Today, I release the impulse to fill every pause. I notice how quickly I reach for words, noise, or activity when things grow quiet. I allow silence to remain without rushing to make it productive or meaningful. I stay with the pause long enough to sense what it holds.

As I stop filling the silence, my inner life becomes more audible, and subtle understanding surfaces. I feel less compelled to perform and more willing just to be present. Giving up the need to fill the quiet creates room for Truth to speak in its own way, and at its own pace. I give up filling the silence.

Journaling Prompts

1. How do I usually respond to silence or pauses?

2. What sensations arise when I allow quiet to remain?

3. What do I notice when I do not rush to speak or act?

Contemporary Quote

“Silence is a place of great power and replenishment.” Susan Cain, *Quiet: The Power of Introverts in a World That Can't Stop Talking*, Crown Publishers, 2012, p. 6.

Affirmation

I honor silence as a source of insight, presence, and inner guidance.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Twenty-Five | I Give Up Forcing Meaning

Forcing meaning rushes experience toward interpretation. It tries to extract lessons before moments have finished unfolding. While reflection has its place, premature meaning-making can interrupt presence.

Today, I release the need to immediately have a clear understanding of what something means. I allow experiences to be what they are without assigning purpose too quickly. I trust that insight arrives in its own Divine time.

As pressure to interpret eases, I stay closer to what is actually happening. Awareness deepens. I experience greater patience with life's unfolding. Giving up forcing meaning allows wisdom to surface naturally, shaped by time, honesty, and lived experience. I give up forcing meaning.

Journaling Prompts

1. Where do I rush to explain or interpret experience?

2. How does it feel to let a moment remain unresolved?

3. What happens when I allow meaning to arrive later?

Contemporary Quote

“Meaning is not something you find; it is something you allow to unfold.” James Hollis, *Finding Meaning in the Second Half of Life*, Gotham Books, 2005, p. 32.

Practice

When something feels confusing today, resist the urge to analyze it. Simply note what you are experiencing and let it be.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Twenty-Six | I Give Up Having to Be Strong All the Time

I learned early how to hold myself together. How to stay capable, composed, and steady even when something inside me felt uncertain or tender. Over time, that way of being became familiar. Strength turned into something I showed rather than something I lived. It kept things moving, but it also kept parts of me quiet.

Today I release the need to present strength as a posture. I allow myself to be honest about what I am carrying without collapsing or covering it up. I notice where I default to “I’ve got this” when what is actually needed is presence and truth. I remember that steadiness does not require concealment.

As I stop trying to be strong in every moment, something simpler settles in. I feel more at ease in my own skin. Connection becomes more real. What supports me now is not the appearance of strength, but the willingness to be fully present with what is real. I give up having to be strong all the time.

Journaling Prompts

1. Where do I feel pressure to hold it all together?

2. What changes when I allow myself to be honest about what I am carrying?

3. How does strength feel when it is lived rather than displayed?

Contemporary Quote

“Vulnerability is our most accurate measure of courage.” Brené Brown, *Daring Greatly*, Gotham Books, 2012, p. 34.

Sacred Text

“My grace is sufficient for you.” 2 Corinthians 12:9a (NRSV)

I Give Up!

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Day Twenty-Seven | I Give Up Defensiveness

Defensiveness shows up before I realize it. I sense a tightening in my chest, and I feel the rhythm of my breath change, followed by a quick explanation forming in my mind. A subtle need to correct, justify, or protect myself. Even when no real threat is present, my body sometimes reacts as though it needs to brace.

Today, I release the habit of defending myself before I have truly listened. I notice the moment I start preparing a response instead of staying present. I allow myself to pause and remember that my worth is not on trial. I do not need to secure my place or prove my position or worth.

As defensiveness softens, conversations feel less charged. I hear more clearly, including what is beneath the words. I respond from steadiness rather than reflex. Giving up defensiveness restores my ability to stay open without losing myself. I give up the need for defensiveness.

Journaling Prompts

1. What situations tend to trigger defensiveness in me?

2. How does my body signal that I am bracing?

3. What becomes possible when I pause before responding?

Contemporary Quote

"Defensiveness is the first act of war." Byron Katie, *Loving What Is*, Harmony Books, 2002, p. 48.

Affirmation

I remain open and grounded, trusting my capacity to respond with clarity.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Twenty-Eight | I Give Up Chasing Closure

I often want things to feel finished, explained, and wrapped up in a way that lets me move on cleanly. When closure doesn't come, I can linger in questions or wait for something outside of me to resolve before I allow myself to move forward.

Today, I release the need for everything to be settled before life continues. I allow experiences to remain incomplete without forcing an ending. I notice where I am waiting for answers, apologies, or understanding that may never arrive, and I loosen my grip.

As I stop chasing closure, I feel lighter. Energy returns to the present moment instead of circling the past. I begin to discover that peace does not always come from resolution. Sometimes it comes from acceptance and the willingness to keep living fully. I give up chasing closure.

Journaling Prompts

1. What situation am I waiting to feel finished with?

2. How does holding onto the need for closure affect my energy?

3. What would it feel like to let this remain unresolved?

Contemporary Quote

"Some questions have no answers. That is not a defect of the questions." Elie Wiesel, *Messengers of God*, Random House, 1976, p. 15.

Practice

Choose one unresolved situation today and release the expectation that it must make sense right now.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Twenty-Nine | I Give Up Hoarding My Energy

Sometimes I hold myself back without realizing it. I conserve energy out of fear that I might not have enough later. I stay guarded, careful, selective, even when engagement is what I actually long for. What begins as self-protection can quietly turn into disconnection.

Today, I release the habit of withholding myself from life. I notice where I pull back unnecessarily and choose mindful participation instead. I trust my ability to replenish and to rest when rest is needed, without closing myself off.

As I stop hoarding energy, generosity returns in healthier ways. Engagement feels more intentional and less draining. Giving up this pattern restores balance between giving and receiving and allows life to move more freely through me. I give up hoarding my energy.

Journaling Prompts

1. Where do I hold back out of fear of being depleted?

2. How does engagement feel when it is chosen rather than forced?

3. What supports a healthy exchange of energy in my life?

Contemporary Quote

“Where your attention goes, your life follows.” James Hollis, *What Matters Most*, Gotham Books, 2009, p. 14.

Sacred Text

“Those who refresh others will themselves be refreshed.” Proverbs 11:25 (NRSV)

I Give Up!

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Day Thirty | I Give Up Resisting Change

There are moments when I know something is shifting, yet part of me wants things to stay as they are. Familiar patterns feel safer, even when they no longer fit. Resistance shows up quietly, as hesitation, delay, or a subtle tightening around what is changing.

Today, I release my stance against change. I notice where I am holding on out of habit or fear and allow myself to soften. I remember that change does not require force. It happens whether I cooperate or not.

As resistance eases, I feel more responsive and less burdened. I move with what is unfolding instead of against it. Giving up resistance allows me to meet change with trust and a deeper sense of participation. I give up resisting change.

Journaling Prompts

1. What change am I quietly resisting?

2. How does my body respond when I soften toward it?

3. What becomes possible when I allow movement?

Contemporary Quote

"Life is a process of becoming, a combination of states we have to go through." Anais Nin, *The Diary of Anais Nin, Vol. 1*, Harcourt Brace, 1966, p. 124.

Affirmation

I allow life to move through me with openness and trust.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Thirty-One | I Give Up Needing Every Day to Feel Meaningful

Some days do not announce themselves. They arrive without clarity, inspiration, or emotional resonance. Nothing feels wrong, but nothing feels particularly luminous either. In a spiritual life, I can quietly judge these days, assuming that if meaning is not obvious, something must be missing.

Today, I release the expectation that every day must feel significant. I allow a day to be simple, even unremarkable, without assigning failure or distance to it. I notice how often I scan for meaning instead of allowing life to be lived as it is.

As I let go of this demand, something eases. Ordinary moments regain dignity. I stop measuring my faith or awareness by intensity. Giving up the need for meaning allows presence to be enough, even when the day feels quiet and plain. I give up needing every day to feel meaningful.

Journaling Prompts

1. How do I respond internally to days that feel flat or ordinary?

2. What do I tend to assume when meaning is not immediately felt?

3. What shifts when I allow today to be enough as it is?

Contemporary Quote

“Not all days are meant to be understood. Some are meant to be lived.”
Madeleine L’Engle, *Walking on Water: Reflections on Faith and Art*, North Point Press, 1980, p. 63.

Affirmation

I allow this day to be what it is, without asking it to prove anything.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Thirty-Two | I Give Up Scanning for What's Wrong

Even in calm moments, I can stay alert. A quiet checking runs beneath the surface, watching for what might go wrong or what needs attention next. This vigilance is subtle. It does not feel like fear, but it keeps my system from fully resting.

Today I release the habit of scanning for problems. I notice how quickly my attention moves toward fixing, adjusting, or preparing. I allow myself to experience moments without immediately evaluating them. I practice letting things be stable without intervention.

As I stop scanning, my body softens. Attention settles. I realize how much energy has been tied up in monitoring rather than living. Giving up this habit allows peace to register where it has been present all along.

Journaling Prompts

1. When do I notice myself checking for what might be wrong?

2. How does my body feel when I stop monitoring the moment?

3. What becomes available when nothing needs to be managed?

Contemporary Quote

"Most of the shadows of life are caused by standing in our own sunshine." Ralph Waldo Emerson, *The Conduct of Life*, Ticknor and Fields, 1860, p. 31.

Practice

Choose one ordinary moment today and resist the urge to assess or adjust it. Simply notice that nothing needs to be fixed.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Thirty-Three | I Give Up Needing an Inner Response

There are moments when nothing rises or falls within me. No clarity. No feeling. No inner movement to interpret or trust. In my spiritual expression, those moments can feel unsettling. I can assume I'm disconnected, inattentive, or missing something important. I start searching inwardly, trying to produce a response that simply isn't there.

Today, I release the need for an inner reaction. I allow stillness to be just stillness. I stop asking myself how I feel, what I think, or what this moment means. I let the absence of response be honest rather than alarming.

I let the absence of an identifiable response be a response in itself, one that is honest rather than alarming. I give up needing an inner response.

Journaling Prompts

1. How do I interpret moments when nothing seems to register internally?

2. What assumptions do I make about myself in those moments?

3. What changes when I allow stillness without explanation?

Contemporary Quote

"There are times when the soul is quiet, not because it has nothing to say, but because it is listening." Howard Thurman, *Meditations of the Heart*, Beacon Press, 1953, p. 32.

Sacred Text

"But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:31 (NRSV)

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Thirty-Four | I Give Up Needing Things to Add Up

There are moments in a long season when I want to total things up. What have I learned? What has changed? What was the point of all this? That accounting can sneak in quietly, especially near the end, when effort is tired, and meaning feels elusive.

Today, I give up the need for this to add up. I stop tallying insight and measuring progress. I allow the days I cannot summarize to stand without conclusion. I trust that something real has been happening, even if I cannot name it or count it.

Some things only reveal their shape later. Some things never resolve into a story. Giving up the need for coherence frees me to stay present rather than become an auditor of my own life. I give up the need for things to add up.

Journaling Prompts

1. Where am I trying to total things up?

2. What feels incomplete or unsummarizable?

3. What shifts when I stop demanding a conclusion?

Contemporary Quote

“Not everything that is faced can be changed, but nothing can be changed until it is faced.” James Baldwin, *Collected Essays*, Library of America, 1998, p. 4.

Affirmation

I release the need to make sense of this moment and remain present to it as it is.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Thirty-Five | I Give Up Being the Interpreter of Everything

There is a part of me that wants to explain what is happening while it is happening. I interpret tone, read meaning into silence, translate events into stories I can live with. Without noticing, I become the interpreter of every moment, turning experience into narrative before it has finished unfolding.

Today, I give up the role of interpreter. I allow events to occur without assigning motive, lesson, or meaning. I notice how quickly I try to understand rather than simply experience. I step back from narrating my life in real time.

When I stop interpreting, something loosens. I feel less mentally occupied and more available. Life feels closer, less filtered. Giving up constant interpretation allows experience to remain alive rather than being reduced to explanation. I give up being the interpreter of everything.

Journaling Prompts

1. Where do I rush to explain or interpret what is happening?

2. How does my body respond when I stop narrating the moment?

3. What feels different when experience is allowed to stand on its own?

Contemporary Quote

"We do not see things as they are, we see them as we are." Anaïs Nin, *Seduction of the Minotaur*, Swallow Press, 1961, p. 124.

Practice

Choose one experience today and resist the urge to explain it to yourself or anyone else. Let it remain uninterpreted.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Thirty-Six | I Give Up Carrying Insight Forward

There is a subtle effort that can set in after reflection. I try to remember what I noticed yesterday. I carry insights like instructions, afraid they might slip away if I don't hold them tightly enough. Without meaning to, awareness turns into something I manage rather than something I live.

Today, I give up carrying insight forward. I allow what was seen to rest without rehearsal or preservation. I notice how often I try to hold onto understanding instead of trusting it to return when needed. I let insight do its quiet work without supervision.

When I stop carrying what was learned, attention becomes lighter. I am more available to what is happening now rather than guarding what has already passed. Giving up the need to retain insight allows wisdom to move freely, unforced and alive. I give up carrying insight forward.

Journaling Prompts

1. What insight do I feel pressure to remember or maintain?

2. How does my body respond when I imagine letting it rest?

3. What feels available when I stop carrying yesterday's awareness?

Contemporary Quote

“Letting go is like the sudden cessation of an inner pressure or the dropping of a weight...”

From Letting Go: The Pathway of Surrender

Sacred Text

“Give us each day our daily bread.” Luke 11:3 (NRSV)

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Thirty-Seven | I Give Up Trying to Feel Finished

There is a quiet longing to reach a place where I feel complete. As if one day I will arrive at a version of myself that no longer needs tending, questioning, or adjusting. I may not say this out loud, but I live as though finishing is possible.

Today, I give up trying to feel finished. I allow myself to be a person in motion without framing that as lack. I notice how often I treat ongoing growth as evidence of deficiency instead of evidence of life.

There is relief in letting myself remain unfinished. I stop waiting to become someone else before I belong in my own life. Giving up the fantasy of completion allows me to stand inside who I am without apology. I give up trying to feel finished.

Journaling Prompts

1. Where do I expect myself to be “done” by now?

2. How do I talk to myself about what is still forming?

3. What changes when I allow myself to be unfinished?

Contemporary Quote

“Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.” Brené Brown, *The Gifts of Imperfection*, Hazelden, 2010, p. 13.

Affirmation

I allow myself to be unfinished and fully here.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Thirty-Eight | I Give Up Trying to Be Understood

There is a quiet ache in wanting to be understood. Not just heard, but accurately seen. When that understanding doesn't come, I can feel the urge to explain more clearly, repeat myself, refine my language, or defend my position. I work harder so someone else can land where I am standing.

Today, I give up trying to secure understanding. I allow the possibility that everyone may not fully understand me. I notice how much effort goes into making myself legible to others and how tiring that can become.

There is steadiness in letting myself be partially understood. I do not disappear when someone does not comprehend me completely. Giving up the demand for understanding frees me from constant translation and lets me rest inside my own clarity. I give up trying to be understood.

Journaling Prompts

1. Where do I work hard to be fully understood?

2. How does it feel when someone doesn't quite get me?

3. What changes when I stop over-explaining?

Contemporary Quote

"When we are no longer able to change a situation, we are challenged to change ourselves." Viktor E. Frankl, *Man's Search for Meaning*, Beacon Press, 2006 edition.

Practice

In one conversation today, say what is true for you once. Do not repeat or refine it to secure agreement. Let it stand.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Thirty-Nine | I Give Up Managing How This Looks

There is a subtle awareness that runs alongside much of my life, and how things (including me) appear, how they might be perceived, and how the story reads from the outside. Even when I am sincere, part of me can be adjusting tone, shaping presentation, or curating what is visible. It is rarely dramatic. It is often quiet and constant.

Today, I give up managing how this looks. I allow my life to unfold without staging it. I notice where I edit myself for approval, coherence, or image, and I let that effort fall away.

When I stop managing the optics, something settles. I feel less divided. My attention returns to the moment itself rather than its impression. Giving up appearance frees me to inhabit what is real instead of what is presentable. I give up managing how this looks.

Journaling Prompts

1. Where do I find myself adjusting to manage perception?

2. How does my body feel when I stop monitoring how this appears?

3. What feels truer when I let myself be uncurated?

Contemporary Quote

“Who you are is defined by what you’re willing to struggle for.” Mark Manson, *The Subtle Art of Not Giving a ___**, HarperOne, 2016.

Sacred Text

“The One does not see as mortals see; they look on the outward appearance, but the One looks on the heart.” 1 Samuel 16:7b (NRSV - adapted)

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Day Forty | I Give Up Trying to Get Somewhere Other Than Here Now

Somewhere along the way, I picked up the idea that this journey was leading toward an arrival. A version of me that is clearer, steadier, more awake. A moment where I can finally say, "Now I'm there."

Today, I give up the idea of arrival. I allow this life to be a continual unfolding rather than a destination. I notice how often I measure myself against an imagined future version and gently release that comparison.

There is relief in realizing I am not late. I am not behind. I am not circling something I should have reached by now. I am inside the movement itself. I am, in Divine Time. Giving up arrival allows me to live from where I am rather than toward who I think I should become. I give up trying to get somewhere other than here, now.

Journaling Prompts

1. Where do I believe I should be by now?

2. What future version of myself do I compare against?

3. What changes when I let this moment be enough?

Contemporary Quote

"We must be willing to let go of the life we have planned, so as to have the life that is waiting for us." Joseph Campbell, *The Power of Myth*, Doubleday, 1988.

Affirmation

I release the need to arrive and live inside the unfolding.

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Returning to the Root of the Root of My Being

When we began, I spoke of Lent finding me as attention. As presence. As a way of living one breath, one moment, one day at a time. Here we are, forty days later, and I recognize what has quietly taken root. A steady willingness. A gentler way of being with myself. A deeper trust in the wisdom that moves through ordinary moments. I trust that this journey has shown you more of who you have always been in the process of becoming.

What has been released has clarified what needed to be released and what needed to remain intact. Space has opened. The inner landscape feels less crowded. Awareness feels more available. We are more of our true selves.

The tapestry continues to form through simple participation in the unfolding of our lives, through showing up, listening, and honoring what completes and welcoming what unfolds.

And now we land here. Aware. Present. Open.

Grateful for what has been released.

Grateful for what remains.

Grateful for what is becoming.

The journey continues as it always has. One breath. One moment. One day at a time.

And this is enough.

Rooted & Grounded,

Rev. Kathy Beasley

I Give Up!

My Daily Lenten Journey of Releasing What Is Complete and Living from the Truth I Know

Closing Gratitude

May you carry forward not a list of what you gave up,
but a quiet awareness of what has opened.

May you notice the small spaces that feel wider.
The moments that feel less crowded.
The gentler way you now stand inside your own life.

May you feel gratitude,
not because everything is resolved,
not because you have arrived,
But because something honest has taken root.

May you recognize that what you released was never a loss.
It was a clearing.
A soft making room.
A willingness to live with fewer defenses and more truth.

May you trust what has been gained even if you cannot name it yet.
May you honor the courage it took to stay.
To listen.
To loosen your grip.
To keep showing up.

And as you move forward,
May gratitude become less about appreciation
and more about recognition.

Recognition of who you are becoming.
Recognition of what remains.
Recognition of the quiet life unfolding within you.

Amen! Ase' Ase' And so, it is!