



Release

2021 Lenten Journey

Each week of Lent, we invite you into a posture of letting go of that which God may be inviting you release. Pick a moment of the day where you can center yourself around God's presence and engage in these suggested prayers as we journey through Lent. With each release, may you be open to receive the specific blessings God wants for you.

Prayer of Release

- 1) Posture yourself with your hands clenched in a fist (as if holding on to something tightly).
God, I confess my desire to hold onto _____.
- 2) Posture yourself with your hands open (as if to let go of something).
God, give me the courage to release my _____ into your hands and entrust my _____ to you.
- 3) Posture yourself with your hands cupped upward (as if to receive something).
God, I humbly offer you the empty space that my _____ once filled. Fill the space with more of you. In Jesus' name, Amen.

"...whoever loses their life for me will find it"

Mt 16:25