

**LETTING GO AND LETTING GOD**

Take it up for Lent! – A daily guide to personal transformation

Letting Go (fast from)  
Self-deprivation & negativity.

Letting God (feast on)  
The creative spirit

2/17 – (Ash Wednesday)

2/18

2/19

2/20

2/21 (Sunday – feast day)

2/22

2/23

2/24

2/25

2/26

2/27

2/28 (Sunday – feast day)

3/1

3/2

3/3

3/4

3/5

3/6

3/7 (Sunday – feast day)

3/8

3/9

3/10

3/11

3/12

3/13

3/14 (Sunday – feast day)

3/15

3/16

3/17

3/18

3/19

3/20

3/21 (Sunday – feast day)

3/22

3/23

3/24

3/25

3/26

3/27

3/28 (Palm Sunday – feast day)

3/29

3/31

4/1

4/2

4/3

4/4

4/5 (Easter Sunday – feast day)

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# LETTING GOD BE GOD IN YOU

## Feast on:

Love	Freedom
Wisdom	Acceptance
Understanding	Self-forgiveness
Gratitude	Inspiration
Release	Mission
Abundance	Friendliness
Imagination	Respect
Light	Generosity
Harmony	Listening
Strength	Forgiveness
Willingness	Amends
Order	Praising
Power	Patience
Service	Acknowledgement
Zeal	Mindfulness
Prayer	Graciousness
Dance	Kindness
Life	Dialogue
Faith	Openness
Spirit	Accountability
Unity	Uniqueness
Joy	Cooperation
Peace	Mastery
Innocence	Compassion
Courage	Disarmament
Smiling	Ecology
Appreciation	Honor
Caring	Advocacy
Believing	Equality
Simplicity	Action
Education	Giving
Healing	Responsibility
Dreaming	Self-sufficiency
Faith	Service
Contemplation	Citizenship
Groundedness	Intervention
Creativity	Witnessing
Humility	Peace
Reverence	Commitment
Gratitude	Release
Integrity	Celebration