

Release and Reimagine

LENT 2026



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Reimagine What Life Can Be

Lent is more than a season of preparation for Easter—it is an invitation to transform ourselves. Easter reminds us of our own Christ nature; Lent calls us to purification beforehand. These weeks provide an opportunity to release thoughts that discourage us, habits that hinder us, and beliefs that keep our lives small.

But once we clear away what has been holding us back, how do we move toward our dreams? What uplifting thoughts or habits can we adopt? We can be anything we can imagine!

We are free to reimagine our lives by envisioning what we truly want, knowing the thoughts we hold have creative power. This year's theme, *Release and Reimagine*, invites us to do just that. The weekday messages pair a release with a reimagining, guiding us gently from what we no longer need to what we most desire. The Sunday essays explore different aspects of imagination—one of our divine powers—as the spiritual faculty that shapes our lives.

We hope this booklet supports and strengthens your endeavors in this Lenten season to release what has impeded you and reimagine the infinite possibilities that await you.

Your Friends in Unity

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The Light of Imagination

Rev. Linda Martella-Whitsett

Imagination is natural to us. By age 2, children are able to imagine objects that are not materially present. Imaginative play becomes a primary way children learn about life and process complicated emotions. Imagination is values-neutral, which means it is as possible for us to imagine the worst as it is for us to imagine the best ...

We use our power of imagination all the time. With imagination, we can travel around the world instantly ... With imagination we can unite our fractured families. We can bring peace to the Middle East. We can assert wholeness for an ill friend. We can celebrate success before we have begun. We can recreate our past. We can accomplish the impossible.

Our ability to imagine is paramount. It is of such prime importance that twentieth-century metaphysical author Neville Goddard regarded Jesus Christ as the exemplification of the power of imagination. In Goddard's view, imagination is our redeeming ability. By the power of imagination, we can revise our past experience as well as create an ideal future. We can imagine ourselves into our true nature and assert our greatest spiritual capacities ...

Imagination is our power of conception, vision, and embodiment.

CONCEPTION

Consider the value of understanding that everything you could ever conceive of, every new and fresh idea, originates in One Mind. If you can conceive it, it already exists in One Mind! Whether it seems possible or impossible, it must be possible because it is derived from the unified field of intelligence ... With our conceiving power, we catch an idea—which is to say we make it our own, filtering it through our human consciousness. The character of the consciousness determines the quality of its imaginings ...

It is helpful to know that we are equally as capable of imagining the best as the worst. In fact, imagining the best is an innate evolutionary drive that becomes easier with practice. We can practice conceiving of harmony when undergoing challenges in our relationships. We can conceive of our loved one's wholeness of being during his or her illness. We can redirect an obsessive image of an airplane crash by conceiving of the plane landing safely ...

Our need, or desire, for solutions to problems and creative expression harnesses imagination. Our awareness of the conceiving power catalyzes it.

VISION

The visioning power of imagination is our capacity to dream of what has not yet manifested, to flesh out an idea, and to feel the benefit of it in advance of its fulfillment ... Nothing has ever materialized that has not first been imagined. Our visioning capacity is the first and most important aspect of creation ...

In metaphysical understanding, creation occurs by the union of head and heart ... What can be, can be when I hold a potent idea while I feel *now* how I expect to feel when it is

fulfilled. Thinking and feeling as one creative mind activity is a preposterously simple yet underutilized practice ...

EMBODIMENT

Imagination is perhaps the greatest tool for us to assume, and claim, our divine identity. The future we have been envisioning demands one thing of us: that we be the person who can live in that desired future. The counterpart to manifestation of an idea is embodiment, or being a living expression of the qualities required for the idea to become reality. Embodiment is the pinnacle of creation ...

Jesus is revered to this day because of his comprehension of the idea of the spiritual human and his audacious embodiment of the spiritual human consciousness. Jesus accepted his divine identity. He understood that he was capable of spiritual power rather than limited to only-human expression. Miracles and healing associated with Jesus revealed Jesus' grasp of his spiritual capacities and his willingness to be the personification of them. The word became flesh!

... Imagination's powers of conception, vision, and embodiment are chief among our spiritual capacities. When cultivated and activated, these abilities lead to audacious demonstrations. Like Jesus, you may begin to see yourself as a divine human here to remind others of their divine identity.

This article was excerpted from Divine Audacity: Dare to Be the Light of the World by Linda Martella-Whitsett, former vice president of the Silent Unity® prayer ministry.

I release mortality.

Ash Wednesday is a powerful time for reflection and contemplation. It reminds us of our mortality. It calls us to examine our beliefs about life, the finite form that is our body, and our understanding of our infinite true nature.

In Unity, we understand the appearance of mortality not as an ultimate truth but one rooted in our human experience. Mortality rests on the illusion that we are separate from the source of all life—that as our bodies pass away, we will ultimately end as well.

During this season of Lent, we are invited to release our identity as merely physical beings, defined by fear, age, and loss, and destined to end. In the ashes of these beliefs, we unearth a deeper knowing that death is not the end of anything. We make space for a higher truth to emerge, free from fear, open to the Infinite.

For this perishable body must put on imperishability,
and this mortal body must put on immortality.

—1 Corinthians 15:53

Thursday

FEBRUARY 19, 2026

I reimagine the eternal.

Our true nature is eternal. Always expressing uniquely and endlessly, there is no “end” for us. We are not confined to years counted on a calendar, to this body temple we inhabit, or to a finite existence. We are limitless life expressing in the here and now.

When we reimagine ourselves as eternal, we live differently. We speak with more kindness, forgive with more freedom, and dream more expansively. Possibility abounds. Eternity calls us to measure our worth not by our human accomplishments, but by our capacity to love.

Today we consciously affirm our eternal nature. We allow the truth of our divinity, which has no beginning and no end, to inform our every action. It animates every breath, every smile, every act of courage. Today we choose to walk through this Lenten season rooted in the truth of our eternal timeless nature.

—Rev. DeeAnn Weir Morency

I give them eternal life, and they will never perish. No one will snatch them out of my hand.—John 10:28

I release complaining.

Today I make a conscious decision to clear my mind of complaints. This is no small feat, as it's all too easy to slip into the habit of expressing my frustrations and grievances, whether invited or not. Sometimes this helps me feel as if I have control over situations that are beyond my reach.

Once I start complaining, it becomes a loop that's hard to break, a habit so ingrained that I might not even realize I'm doing it. But this Lenten season, I'm choosing a different path. I understand that complaining keeps me tethered to the problem, obscuring any possible solution.

I let Maya Angelou's words inspire me: "If you don't like something, change it. If you can't change it, change your attitude. Don't complain." Today I let go of complaining, allowing myself to see my life and the world through new eyes and with new opportunities.

Do all things without murmuring and arguing.
—Philippians 2:14

Saturday

FEBRUARY 21, 2026

I reimagine by appreciating.

Today I am willing to reimagine my life by appreciating what I have and who I have in my life. This act of appreciation feels like the opening of a window to let the sunlight illuminate the beauty in my current situation or circumstances, even when that beauty isn't immediately clear to me. This conscious choice begins to transform my interactions and communication, promoting positive relationships and guiding me from conflict to solutions.

Using appreciation, I train my mind to seek out the goodness that surrounds me. This positive action deepens my happiness, turning my complaints into compliments and my challenges into opportunities for growth. My good grows and multiplies, bringing more good things to me.

By actively appreciating my life, I not only enhance my own well-being but also become a beacon of positivity for those around me.

—Rev. Robin Volker

Give thanks in all circumstances.—1 Thessalonians 5:18



First Sunday of Lent

FEBRUARY 22, 2026

Seeing Things Differently

Rev. Elizabeth Longo

One of the greatest spiritual gifts we've been given is the ability to shift our perspective. Even when life doesn't unfold as we hoped, prayed, or planned, we are not powerless. We can choose to see differently. We can reframe our experience by using a deeper spiritual lens. Lent invites us to release old stories and awaken to our divine faculties, especially the power of imagination.

Imagination is not just for dreaming—it is for transforming. When ignited by faith and guided by love, imagination becomes a sacred faculty that empowers us to cocreate a new reality. Rather than letting our imagination spiral into fear, worry, or regret, we can harness it to envision what is possible, even in the midst of adversity.

There are times when disappointment cuts deep. Plans unravel. Prayers seem unanswered. In these moments, our human tendency may be to withdraw, to feel disheartened or defeated. Yet if we turn inward and listen in the silence of our hearts, a greater truth begins to emerge: We are never alone. Spirit is always present, inviting us to see with new eyes.

Jesus exemplified this during his crucifixion. Though betrayal and suffering awaited him, he never lost faith. He turned inward in prayer and leaned into his divine identity with courage, compassion, and surrender. He saw beyond the cross to resurrection. His life teaches us that pain is never the final word—transformation is.

During this sacred season of Lent, we are called to “cross out” false beliefs and release error thoughts that keep us bound in separation. We are invited to return to what Unity cofounder Charles Fillmore called “headquarters”—the inner sanctuary where Spirit dwells. In this stillness, we remember who we truly are: spiritual beings, whole and holy, endowed with the power to rise.



This is our resurrection story too. As we release outdated patterns and egoic attachments, we make room for the Christ light within us to shine. When we stop resisting what is, and instead surrender into the now moment, a new path opens. Acceptance isn't passive—it's the soil in which peace grows. Resistance keeps us stuck; surrender liberates us.

Even in our darkest moments, we can find refuge in prayer, silence, and communion with God. We follow Jesus' example—not ignoring the chaos around us but anchoring ourselves in divine truth. We remember that heaven is not a distant place but a state of consciousness we can embody here and now.

Let this season be one of spiritual renewal. Let us release the need to control, the weight of disappointment, and the grip of fear. Instead, let us nurture our inner life with compassion, reflection, and unwavering faith.

As we reimagine our lives through the eyes of Spirit, we reclaim our power to transform—from separation to oneness, from grief to grace, from resistance to peace. And in doing so, we prepare our hearts for the miracle of Easter.

Rev. Elizabeth Longo is senior minister at Unity of Sarasota, Florida.



Monday

FEBRUARY 23, 2026

I release illness.

Illness can be the ultimate uninvited guest. It disrupts plans, routines, expectations, and even our sense of who we are. From a mild cold to a serious diagnosis, illness reminds us how fragile and unpredictable life really is.

Culturally, we may see illness as a personal failure—a lapse in judgment or a flaw in our immune system. Sometimes we reach for blame: a coworker came in sick, the doctor missed something, the system failed us. But what if illness is simply life unfolding in ways we can't always control—and an opportunity to release what is weighing us down?

When illness shows up, we have a choice: to fight against it or to pause and reflect, meditate, and pray. What can I release in this moment? A long-held belief? Anger or resentment? A role that no longer serves?

Illness is one of life's more difficult and important teachers—an invitation to focus on what really matters and to come home to Spirit.

When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?"—John 5:6

I reimagine healing.

Healing doesn't always look the way we think it should. Healing is not limited to cures or test results. Healing, in its deepest expression, is a reimagining of what it means to be whole and healthy—remembering that we are not our diagnosis, nor is a prognosis our destiny.

Healing may arrive as a shift in consciousness—a quiet moment of clarity, a new way of relating to the body, or a deeper trust in Spirit. Illness may strip away the illusion of control, but in its place, it often leaves space for something richer: compassion, wisdom, humility, grace.

To reimagine healing is to free it from the narrow box of “getting better.” It is knowing wholeness even when the body aches or ages. It is realizing peace can bloom in the middle of change and uncertainty.

Even when the body doesn't “recover,” the spirit can. Divine healing encompasses the whole person—not just the symptoms, but the soul beneath them.

—Rev. Ken Daigle

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

Wednesday

FEBRUARY 25, 2026

I release fear.

Fear is an emotion we all experience from time to time, but in truth, there is nothing to fear. A vague feeling of fear might come to you in the morning like a stranger knocking at the door of your thoughts, saying, "Beware, danger ahead; better to stay in bed." Let it be what it is, a reminder of your humanity and the remnants of our ancestors' experience where there was always danger. In real danger, fear becomes an ally. But where there is no real danger, fear is an impediment to a life of fulfillment and peace.

When fearful whispers begin within, you might say, "Thanks for the warning; I hear you. I understand you have come to protect me from danger. However, I am safe now, and I release you."

Release fear and replace it with the wisdom of knowing God's presence that surrounds you and protects you from the effects of fear.

Do not fear, for I am with you; do not be afraid, for I am your God.—Isaiah 41:10

I reimagine wisdom.

Wisdom is a sought-after and desirable power, especially when making decisions and looking for direction on your life path. Years of life experience, however, are not a guarantee of wisdom. You can search for wisdom and still not find it. You will discover true wisdom by turning within to a deeper source.

Wisdom comes by surrendering egoic thought and asking Spirit to guide your path. In the asking, wisdom emerges. By moving your attention to your body and noticing the space around your heart, you will find stillness. In the stillness, wisdom comes forth like an artesian well, gushing forth with truth, knowledge, and understanding.

Listen with your intuition to this wisdom, not with your intellect. True wisdom is not something you need to strive for; it comes with the understanding that God is your source. And with spiritual wisdom comes the realization that there is nothing to fear. All is well.

—Rev. John Beerman

Happy are those who find wisdom, and those who get understanding, for her income is better than silver, and her revenue better than gold.—Proverbs 3:13-14

Friday

FEBRUARY 27, 2026

I release rigidity.

We have all experienced seasons when we saw the world in absolutes—black or white, good or bad—with little space for middle ground. In those times, our empathy and compassion were stifled. Now, in these politically charged days, it may be easy to slip back into rigid thinking and closed hearts.

Rigidity fractures our relationships with family, friends, and even ourselves. Spiritually, it constricts the free flow of divine life and love within us. In a windstorm, what does not bend will surely break. In our bodies, rigidity limits freedom of movement; in our relationships, it blocks intimacy; in our minds, it stifles creativity and divine inspiration.

When we hold fast to opinions or old wounds, we close ourselves to the whisper of Spirit calling us higher. To live the abundant life Jesus promised, we must be willing to release rigidity, welcome change, and even humbly admit when we have been wrong.

Do not now be stiff-necked as your ancestors were, but yield yourselves to the Lord and come to his sanctuary, which he has sanctified forever, and serve the Lord your God ...—2 Chronicles 30:8

I reimagine flexibility.

The present moment is always the perfect time to soften—in thought, in body, in spirit—so we may fully embrace life. Just as healing from illness or surgery often begins with a push toward physical movement, so too does spiritual healing invite us to release old patterns and allow fresh energy to circulate.

When we extend empathy and compassion, we create a safe space where others may also soften and open. Whether or not they choose to bend, our own willingness reflects the harmony and peace of divine order in our hearts.

Flexibility opens us to infinite possibilities. When we release the “this is the only way” mindset, we open ourselves to opportunities and solutions we never imagined. Relationships deepen. Creativity blossoms. Our souls feel light again.

Let us embrace flexibility in mind, body, and spirit, letting our spiritual nature shape our outer world in beauty, peace, and joy.

—Rev. Bill Englehart

Leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift.—Matthew 5:24



Second Sunday in Lent

MARCH 1, 2026



Two Steps to Reimagining

Rev. Saba Mchunguzi

The good news is that our lives and options are limitless when we open our divine imagination. No one and no thing can limit what we imagine unless we allow it.

The not-so-good news is that in order for us to make the most out of our imaginative faculty, we must release and let go of limiting and negative thoughts, feelings, and attitudes. If we don't release old, worn-out ideas and concepts, we will not be able to reimagine a better future for ourselves.

The idea that we can release what no longer serves us and reimagine our lives was introduced long ago by Unity founders Charles and Myrtle Fillmore. They called these two steps *denials* and *affirmations*.

They didn't mean denial in the sense of avoidance. In *The Revealing Word*, Charles Fillmore wrote that denials are "the mental process of erasing from consciousness the false beliefs of sense mind." Our experiences are based on what is in our consciousness, even those thoughts, attitudes, and beliefs we are not consciously aware of. So the first step is to release the false and limiting ideas we have accepted about ourselves, other people, or the world. Many of us are not living up to our potential because we have not let go of erroneous thoughts.

The next step of reimagining is to use affirmations. These are positive statements of truth and, along with denials, can help change the course of our lives. The idea is to state what you want to experience, regardless of what you may be presently experiencing. Many of us get hung up on negative experiences and constantly dwell on them. Think about it: How often do you think or speak about the negative things happening in your life? How much time do you worry or talk about your aches and pains and that which you lack? Since it is true that what you think about, you bring about, we continually experience what we don't want because we are giving it so much of our attention.

Let's try something new and begin to think and speak about what we do want, rather than what we don't want. Let's affirm and declare that we are in good health, that we are successful in all our ventures, that all our relationships are harmonious, and that we have overflowing abundance.

When you do this, you are lifting your energy and your vibrations to the level of that which is spiritually true. We don't want to stay on the level of material facts because we know that facts can change. The truth is that in spite of outer circumstances, we have the innate, divine, spiritual power to change and impact circumstances—to reimagine them. Let us accept this truth and work spiritually each day to manifest all the good we can imagine for ourselves.

Rev. Saba Mchunguzi is minister at Unity of Huntington in Huntington Station, New York.

I release doubt.

There are moments when doubt creeps in quietly, through questions we can't answer, paths we can't yet see, or the ache of unspoken and unlived prayers. Doubt can feel like a fog, soft at first, then all-consuming. It makes us question not only the way forward, but our own strength, our belonging, our connection to Spirit.

We think if we hold onto doubt, we're staying safe. We're staying realistic. We won't be caught off guard or disappointed again. But in truth, doubt weighs more than trust ever will. It keeps us circling the same fear, the same "what ifs," the same worry that we are somehow not enough.

To release doubt is to release the illusion of separation. It is to breathe deeper, to remember what is unshakable within us. Releasing doubt doesn't require proof. It simply requires willingness, the smallest opening through which the light can return.

As we release doubt, we begin to hear again the whisper of Spirit: "You are not alone. You are not lost. I am here."

Then he said to Thomas, "Put your finger here and see my hands ... Do not doubt but believe."—John 20:27

Tuesday

MARCH 3, 2026

I reimagine faith.

Faith is not something we perform or pretend to have. It is not the absence of questions; it is the presence of courage. Faith is how we breathe when the way is unclear. It is how we rise when the weight is heavy. It is how we listen when there is no answer and still know that we are one.

To live by faith is not to ignore reality; it is to see it through a greater lens. It is to affirm that even in uncertainty, we are certain of love. Even in silence, we are heard. Even in pain, we are healed. Faith is the language of the soul that has remembered its Source.

Let faith be the place within you that never forgets. The place that chooses peace over panic, trust over tension, wholeness over worry. Let faith be how you speak, move, and respond to the world. Let it be the *yes* you say with your life.

Today, reimagine faith not as something you strive to have, but as something you already are.

—Rev. Kathy Beasley

For we walk by faith, not by sight.—2 Corinthians 5:7

I release stress.

In such an active and interconnected world, it's easy to be influenced by what happens around us, to react to external stimuli such as a change in family or work situation, a busy schedule, or heavy traffic. We may become caught up in events over which we have no control and as a result feel nervous, frustrated, and angry.

In my experience, it's time to pause and acknowledge what's upsetting me. If there's something I can do about it, I calm down and do it. If I can't do anything about it, there's always something I can do for myself, and that is to regain my balance and serenity.

A few deep breaths or a quiet walk can help me release tension and anxiety and regain my emotional freedom. From this freedom, I place everything that troubles me in God's hands and know that in spirit and in truth, there is no conflict or limitation, and all is well.

Cast all your anxiety to him, because he cares for you.
—1 Peter 5:7

Thursday

MARCH 5, 2026

I reimagine inner peace.

How wonderful it is to realize and accept that I am a being of peace. I have the power, the ability, and the resources to transform my response to any event or situation that upsets me.

During this time of Lent, I give myself the opportunity to imagine a new reality, one in which I remain centered in the peace and harmony that are part of the true nature of my being.

Today I commit to living from my center of peace. I dedicate this sacred moment to communing with my divine identity. I quiet my mind, relax, and rest in the silence of my being. As I do so, I feel my inner light shine with a new brilliance. Divine omnipresence envelops me. In this state of wholeness, I affirm: *I am a center of light; I am a center of peace.*

With renewed gratitude and strength, I live this day with deep inner peace.

—Rev. Beatriz E. Gallerano Bell

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

—Philippians 4:7

I release overindulgence.

For many people, the word *overindulgence* generates thoughts like overindulging in rich food, alcohol, social media, and the like.

While these and other behaviors can lead to negative consequences, it's also possible to overindulge in activities we consider good. Too much exercise without sufficient recovery leads to injuries. Too much of even healthy food can lead to weight gain and nutritional issues. Too much solitude can lead to depression and mental challenges, while too much “people time” can lead to overstimulation and burnout.

It's even possible to overindulge in personal spiritual practices. When we are overly focused on our private spirituality, we may forget that we are one with the world and neglect the spiritual practices that are developed in community.

Overindulgence in *any* behavior indicates an imbalance in our lives. By accessing our power of release, we can begin the journey of returning to a more balanced life.

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.—Galatians 5:22-23

Saturday

MARCH 7, 2026

I reimagine self-care.

Sometimes there seems to be an unlimited number of valuable resources available to guide us along our self-care journeys. Most narrowly address a single area of our lives. Yet we know the overall well-being of our bodies and minds are connected. When one area of life is out of balance, it impacts all the others.

So where do we start? Life is lived from inside out. Self-care requires addressing—as best as we are able—the issues at the core of our imbalances. We turn within for a fearless self-examination without negative judgment of ourselves or others. What do we think causes us to choose to overindulge in behaviors that throw us out of balance? What practices can we use to reestablish balance in our lives?

We access the wisdom, strength, and power already within us to make the sometimes challenging decisions to move toward living a more balanced and *whole-ly* life.

—Rev. Danny Spears

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



Third Sunday in Lent

MARCH 8, 2026

The Misuse of Imagination

Rev. Christina Garza

Our imagination is a powerful gift. But when misused, especially in the absence of facts and faith, it can become a source of anxiety, fear, and limitation rather than creativity, vision, or healing. *Catastrophizing* is when we imagine the worst-case scenario without evidence. It's the misuse of imagination to predict disaster, assume failure, or interpret uncertainty as danger.

According to Florence Scovel Shinn in *The Game of Life and How to Play It*, imagination is “the scissors of the mind.” Thus, our mental scissors create the form and shape of our lives. Have you ever tried to do projects like paper crafts, home DIY, or sewing with dull or broken scissors? Your creation will be faulty. It's the same when we attempt to create meaning with distorted mental stories.

We worry and think the worst will happen to our children or partners. We fear for our futures. We are always in “pain thinking” and assume someone or something is against us. We misuse our imagination with mental malpractice.

We must pause before we snip to create. We must take a breath, turn inward, and know the Truth. We must name the fear and check the facts. Just because someone didn't call you back doesn't mean they don't love you. Just because you have pain doesn't mean you have a tragic illness. Just because there are changes at work doesn't mean you will lose your job and end up homeless.

Our scissors can cut mental fabric for something beautiful—or shred what's whole into fearful pieces. It all depends on how you use it.

What are you creating today with the scissors of your imagination? Is your thought cutting you off from Truth or opening you up to possibility? Are you shaping a future filled with beauty and wonder? Are you snipping your ideas into joyful purpose? Are you crafting bold dreams, solving problems, and envisioning abundance?

In *Keep a True Lent*, Unity cofounder Charles Fillmore reminds us, “With my imagination I lay hold of perfect ideas and clothe them with substance.” Just like a designer selects fabric and cuts a pattern, we use imagination to dress divine ideas in form. Thought becomes thread. Faith becomes fabric. And our lives become the garments we wear. Let us use our divine mind to trust and know we are guided, protected, and safe. Let us cut patterns that reveal the good and the God. Let us vision and dream for ourselves, our families, our communities, and our world. Let’s fashion the life we want to wear.

I invite you to affirm today: *My imagination is the sacred scissors of my mind—a visionary tool for manifesting dreams, a healing practice for resilience, and a portal to divine wisdom. With each thought, I cut patterns of possibility. I release fear-filled designs and stitch together a life of joy, faith, and divine purpose. I am the designer of my destiny and the artist of my abundance. I fashion a life I love—bold, beautiful, and blessed.*

Rev. Christina Garza is a Unity minister based in Nashville, Tennessee.

Monday

MARCH 9, 2026

I release bitterness.

At Passover, which overlaps Easter this year, Jewish families eat bitter herbs to remind them of the bitterness of their slavery in Egypt. Bitterness is a familiar emotion to all of us, yet when I feel it forming acid in my stomach, or that awful taste in my mouth in relation to something or someone that troubles me, I don't always imagine that it might have symbolic value, reminding me I am never separate from God.

God as me does not express as separate feelings or thoughts but as wholeness. In the light of God consciousness, I release critical judgments about my feelings and thoughts. I gently say to myself: *Bitterness, there you are. I will no longer push you away or go into denial. I am a creation of God, made in the image and after the likeness of God. I claim the learning and growth in my experience.*

I may always feel a range of emotions, but I am one with God in every experience.

Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven.—Matthew 18:3

I reimagine forgiveness.

In no way did the great spiritual teacher Jesus act like a victim of circumstance. In social gatherings he honored the least in his midst. Addressing prejudice, he taught and modeled personal sacrifice. Though abandoned by those closest to him, he still gave love and thoughtfulness. Misunderstood, threatened, criticized, abandoned, yet all the while he was free with the freedom of spirit to demonstrate what forgiveness can be: giving unconditional expressions of love in the midst of adversity.

I choose thoughts and actions that exemplify the giving of love and compassion today—for myself, for others, and relating to my past. Though I may feel bitter, heavy, angry, or ashamed, I know the power that is God lives as forgiveness in me. I am endowed with creative and healing ideas for demonstrating love in any circumstance. My adversaries become my teachers, and my bitterness becomes my betterness.

—Rev. Kathy Harwood Long

We are children of God, and if children, then heirs: heirs of God and joint heirs with Christ.—Romans 8:16-17

Wednesday

MARCH 11, 2026

I release resistance.

Resistance is a fascinating dynamic. The harder we push against something, the harder it pushes back. Try to bury it, and we'll find its leaves and branches sprouting all over the place. The truisms are all too true: What we fight gains might; what we resist persists.

All that avoidance takes precious time and energy that we could be using to create what we want. Turning a blind eye deadens all our sensibilities, making solutions harder to find.

Let's shift our relationship with whatever we wish weren't happening. Let's realize the best way out is always through. Let's meet difficult circumstances with open-minded, genuine curiosity about what lessons they are offering to teach us. Let's truly integrate the truth that God is in us, and we are in God. Beginning there, we can relax and surrender our insistence on how we think things should be.

For this people's heart has grown dull, and their ears are hard of hearing, and they have shut their eyes; so that they might not look with their eyes, and listen with their ears, and understand with their heart and turn—and I would heal them.—Matthew 13:15

I reimagine openness.

We've all likely heard some version of the adage, "You can't grasp anything new with a closed fist." These words offer sage advice to be open to receiving all the lessons and blessings that come our way every day. That's why the perfect pairing for releasing resistance is the practice of open receptivity.

We don't have to reach for an invisible God "somewhere out there" to guide us to our right and perfect outcomes. Divine guidance is always available within us; we only need to remove the roadblocks we've placed along the way. As we follow divine guidance, we will see obstacles for what they are: reminders to pause and look around for the best ways to proceed. My open eyes can clearly see, my open ears always hear, and my open hands and heart readily receive all the bounty life has to offer me.

—Trish Yancey, LUT, CSE

Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in and eat with you, and you with me.—Revelation 3:20

Friday

MARCH 13, 2026

I release chaos.

“As within, so without.” How many times have we heard that phrase yet not fully taken it into our consciousness? When my mind is filled with chaos and erratic, random thinking, I feel discombobulated. I become self-critical and feel unable to focus or concentrate.

When I look around my study, I see a desk filled with disorganized papers and unread books stacked high. A wilted flower adorns my altar. My outer world reflects my inner state of chaos.

To return my inner and outer worlds to order, I breathe. I walk in my garden and observe the order in nature. I listen to music and pay attention to how the composer has ordered her notes. I release my belief that chaos rules my life.

I speak aloud with conviction: *I release chaos in my life and step into the flow of divine order.* I begin to order my outer environment and experience inner peace.

For God is a God not of disorder but of peace.

—1 Corinthians 14:33

I reimagine order.

I begin today with prayer, affirming that I am divine order in expression. I claim the divine order of the universe moving through my life. I walk calmly through my day, knowing that I am guided toward steps of peace.

When I feel stressed about a situation or see chaos erupting in the world, I breathe and remember to turn within and claim the peace that I am. This brings me into equilibrium and wholeness. From this consciousness, I reimagine my life and the world with everything in order.

I embody what I have imagined by doing whatever needs to be done to bring order into my home and activities. I know that I cannot bring order to all the world's problems, but I can be a model for order. Like a stone thrown into a pond, when I live with order, my peace ripples out. I remain in a state of order and peace.

—Rev. Carolyn Warnemuende

The crooked shall be made straight, and the rough ways made smooth.—Luke 3:5

The background of the slide features a bright blue sky with soft, wispy white clouds. In the foreground, there are several flowers. On the left, a purple flower is partially visible. In the center, a large, vibrant yellow flower is in full bloom. To the right, another yellow flower is partially visible. The overall aesthetic is bright and uplifting.

Fourth Sunday of Lent

MARCH 15, 2026

Reframing with Imagination

Rev. Claudia Olmos

Reframing is a technique through which we change a negative perception into something more positive and constructive.

In the face of life's difficulties, our first reaction is often to imagine the negative side of the situation, perhaps with the excuse that if we anticipate worst-case scenarios, we can prevent them. We tell ourselves it's "just in case." We don't realize that, instead of preventing, we are using the power of our thoughts and feelings to create a story of limitation and scarcity.

In such moments, it is time to pause and remember that the presence of God is in everything, including any challenge or difficulty we may be experiencing.

We can use the power of imagination to create a new frame of reference and open ourselves to the possibilities a challenge presents, allowing us to see it from the highest, most optimistic and constructive perspective.

For example, your husband is late getting home from work. Your mind begins to spin fearful, negative stories—he's having an affair, he's dead in a ditch, he has left home forever. Try a reframe, even a silly one: He's in his boss's office getting a promotion. He's meeting friends to plan a surprise birthday party for you. As long as you're imagining scenarios, you might as well pick one you like until you have more actual information.

Not all reframes are lighthearted. But they allow us to face any situation with openness, recognizing that every challenge is temporary. By opening ourselves to possibilities, we remember that we always have God with us in whatever we are living through.

HOW TO REFRAME

1. Identify the situation that you have labeled a challenge, annoyance, or problem.
2. Observe the facts objectively, just as they are.
3. Pay attention to the story you are building around those facts:
 - o Ask yourself: *Is what I'm thinking real, or is it mental assumptions?*
 - o Am I willing to see it in a different way? If the answer is yes, you are ready to reframe by using the power of your imagination.

Find a quiet and serene place to connect and become aware of God's presence; you can do this through silent meditation or prayer. Once you are immersed in the serene and peaceful Presence, bring your situation to mind and affirm:

- *I am willing to see the highest vision and greater good in this situation.*
- *I open myself to receive divine wisdom to move through this situation.*
- *God provides me with all the resources necessary to overcome this challenge.*
- *I trust in God; I know I am not alone.*
- *Even in uncertainty, I can have faith.*

Now, imagine the best possible outcome of the situation. Visualize how it will feel when the problem is resolved. Allow that feeling to fill you now, release any worries, and rest with faith in God. Feel peace return to you.

Rev. Claudia Olmos is director of the Spanish language ministry at Unity of Houston, Texas.

I release scarcity.

In this world and our lives, what appears to be scarcity arises from a disconnection with God as Source. Repeated thoughts focused on false appearances engender a lack-based belief system, creating illusions of insufficiency instead of images of increase.

Let there be peace in our hearts and minds as we stand firm in our determination to eliminate from our experience any belief in lack. We immediately dismiss what is not for our greatest good and growth. We have the power to rise above and disrupt generational patterns of paucity and insufficiency by releasing the past and being transformed by the renewing of our minds and the opening of our hearts.

We are now free to be guided by an elevated awareness that reflects our status as heirs to unlimited riches. Rejoice in the truth that we are more than enough, and we lack nothing!

... a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron and from whose hills you may mine copper.—Deuteronomy 8:9

Tuesday

MARCH 17, 2026

I reimagine abundance.

Today, take steps toward new possibilities for abundant living. Start with the willingness to expand and explore with growing curiosity and creativity. Commit to your abundance practice so you can:

- **Align** with God as the infinite source of health, harmony, well-being, and wealth.
- **Ask**, believe, and remain open to receiving all that God has for you.
- **Accept** that you are worthy of unlimited abundance.
- **Allow** abundance to flow freely in all areas of your life.
- **Assist** others by sharing your time, talent, energy, and resources.

Giving thanks ensures the increase in our lives. Let this be the day we remember to claim all that we are promised—an abundant measure, pressed down, shaken together, and running over.

—Veronica Walker-Douglas

The Lord your God will make you abundantly prosperous in all your undertakings.—Deuteronomy 30:9

I release indecision.

At times I feel overwhelmed by the decisions I must make, the choices available, and the possible outcomes of each situation. The barrage of social media, advertising, and opinions, along with instant access to data at my fingertips, combine to fuel a violent storm of anxiety in me. *Do I have enough information? Which choice is the right choice? What if this turns out wrong? Will they still love me? Will I lose my job?*

As these questions swirl in my mind, I falter with indecision. I can allow stories of lack and limitation to swell up in my imagination, or I can mindfully release indecision and bring stillness and peace to my internal storm.

As I pause to breathe, I intentionally shift my awareness from outward appearances to the power and presence of God in my life. With everlasting faith, I turn within and make deliberate decisions to be the presence of love.

Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting.—Psalm 139:23-24

Thursday

MARCH 19, 2026

I reimagine clarity.

When events and appearances in the world begin to overwhelm me, I can be easily distracted by fear-based thoughts and slip into patterns of worry, loneliness, and unhealthy behaviors. When I notice these thoughts starting to take hold, I go apart for a while and shift my perspective. Centered in prayer, I identify and release long-held beliefs that no longer serve me.

The task of overcoming appearances and fully embracing my spiritual potential invites me to ground everything I think, say, and do in unconditional love. With the divine wisdom and spiritual understanding of the Christ within, I live in harmony and can see clearly with spiritual eyes.

—Rev. Todd Humphrey

So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.—Colossians 3:1-2

I release self-pity.

What others may label as self-pity in me may actually be an invitation for me to look within. When I do, I'm likely to see that I am moving through some kind of loss.

Jesus said, "Seek first the kingdom of God ... and all these things will be given to you as well." He taught the kingdom of heaven is within. The kingdom of heaven is wholeness, so as I connect with this inner awareness, this inner consciousness, I am invited to acknowledge and honor my feelings.

Our society often encourages us to skip past our feelings, and in doing so we lose a great opportunity to understand more deeply what we are experiencing in times of loss. I truly listen to what my feeling awareness is telling me.

Today I release self-pity by claiming my divine birthright, a full connection to divine consciousness within. I am blessed on every hand with divine life.

But seek first the kingdom of God and his righteousness, and all these things will be given to you as well.—Matthew 6:33

Saturday

MARCH 21, 2026

I reimagine acceptance.

Today, as I seek the wisdom of my feeling nature, I return to full awareness of the strength and spaciousness of my true self. From this vantage point, I know what steps to take to solve all problems. I may seek help or presence from another, but I know what to do.

In reality, there is nothing—*nothing*—that the very presence of God within cannot help me through. Though some may tell me to “just get over” what is difficult, I choose to listen to myself first. Just as I strive to be present to others’ feelings, today I choose to be fully present to my own.

I then have more energy for what matters, greater clarity to solve problems, and the capacity to be present to others in a way that blesses them fully. In this way, I am fulfilling my soul’s purpose—something impossible without first seeking within.

—Rev. Suzanne Carter

Christ in you, the hope of glory.—Colossians 1:27

Reimagining Your Past

Rev. Jeanmarie Eck

Imagine having the ability to time travel into the past and change everything you didn't like in a situation so it would all turn out the way you intended. While we know that would be impossible in the physical realm, in our minds we do it all the time. We go over the situation thinking, *I wish I hadn't said that* or *I wish I had spoken up or made a different decision*. When we approach our past in this way, we are trying to improve something that no longer exists.

Nature gives us ample evidence of its ability to release what it has created so that something new can emerge: trees shedding their leaves, a glorious sunset turning into darkness, a radiant white snowfall melting into invisibility. Using our divine faculty of imagination, we can envision our past in the context of nature. A relationship ending was the changing of a season. Moving into a new opportunity was like snow transforming into water or vapor.

We can choose to see every situation as another opportunity to judge ourselves harshly for what we did or did not do, or we can see it as complete in itself. It was exactly what we needed at the time to shift into a more expanded awareness of who we are and

to realize that we could choose differently next time. Even if the situation remains the same, it will change as a result of shifting our perspective to one of greater possibility.

This Lenten season, would you be willing to release your past into spiritual perfection? To reimagine that it was the ideal lead-up to this season of your unfolding of all you are in God? You have an amazing God-given ability to access divine ideas—ideas to help you understand that what you have experienced was more about how you came through it than regretting that it didn't match your original vision.

The truth is, as you move through each situation in your life, you are blooming then shedding those blooms for new growth. It is hard to see the buds reemerging on the bare winter branches of your life, but even when nothing seems to be happening, your roots are deepening. Spring is always just around the corner as new life works its way up from below the surface in quiet renewal.

As you make way for the new life arising in you at Easter, use your creative ability to release the grip you have been holding on your past. Release your desire for it to be anything other than what it was. Imagine your life as a winding path through a garden, each flower an expression of the light that you are and the gifts you are here to bring. Let the old forms become fertilizer for the next greater flowering of your life. You may discover that you wouldn't have changed a thing.

Rev. Jeanmarie Eck is senior minister at Unity of Delray Beach, Florida.

I release negative thinking.

The spiritual principle that our thinking shapes our reality can be both empowering and daunting. It's powerful to know we have agency over thoughts and therefore feelings. But exercising that agency can be a challenge when busy minds scamper down rabbit holes we didn't realize existed in our consciousness. It doesn't help that marketers and media bombard us with negativity and messages of lack.

Negative thoughts act as mental barriers, blocking the natural flow of abundance, health, and joy. Holding onto fear, resentment, or self-doubt energetically separates us from our true spiritual nature and power. Unity cofounder Myrtle Fillmore encouraged us not to let our intellect "take us out among the limited ideas of the world."

The act of release is sacred, requiring surrender, trust, and faith in something greater than our ego-mind. Releasing negativity creates space for divine grace to flow. Our intuition sharpens and our hearts open.

We destroy arguments and every proud obstacle raised up against the knowledge of God, and we take every thought captive to obey Christ.—2 Corinthians 10:4-5

Tuesday

MARCH 24, 2026

I reimagine positive expectations.

Expectation is a form of mental magnetism, attracting experiences that match our predominant thought patterns. When mired in fear or worry, we can wind up using our imagination to torment ourselves, conjuring unpleasant what-ifs and worst-case scenarios that may never happen. That's the time to harness the power of imagination and intentionally envision positive outcomes.

Expecting goodness, miracles, and divine guidance attunes us to frequencies that reveal these realities. Our anticipation becomes prayer in motion, a continuous communion with higher intelligence that makes space for synchronicities. We align with possibility, creating energetic pathways for manifestation. We might even take a playful tone like, "I don't know how this situation is going to work out, but it's going to be fun to watch it happen."

Through positive expectations, we become conscious collaborators with divine will, opening to possibility and goodness beyond imagination. This expectant faith transforms us into blessings magnets.

—Rev. Cylvia Hayes

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

I release judging others.

There may be times when I find myself in a place that has moved far beyond discernment and deep into judgmental thinking. I may decide the words and actions of another are simply unacceptable or wrong. I may wonder how a person could possibly speak, act, or believe as they do. Oh, how haughty I may feel when I sit in righteous judgment of others!

With dedication to mindfulness practices, I quickly become aware of myself slipping into judgmental thinking. The moment I recognize my judgmental thoughts, I thank them for coming to my attention. Then I send them on their way and guide my thoughts toward the true nature of all humanity. Although it may be challenging to see the divinity in someone's actions, I live the truth I know. I look with my God goggles until I see their truth. I affirm the divine spark in all people.

Do not judge, so that you may not be judged. For the judgment you give will be the judgment you get, and the measure you give will be the measure you get. Why do you see the speck in your neighbor's eye but do not notice the log in your own eye?—Matthew 7:1-3

Thursday

MARCH 26, 2026

I reimagine loving all.

Although we are commanded to love others, we may find ourselves challenged to do so. To love another, it is necessary to first love ourselves. It is not possible to despise parts of ourselves and love other people.

Understanding this, we welcome into the circle of love every part of ourselves. We welcome the goodness, compassion, kindness, and light. To be unconditionally loved, we also welcome the suffering, pain, wounds, and darkness. When I am able to embrace and love every aspect of myself, I live my wholeness—not just the pretty parts I want to show the world, but also the shadow parts that are my opportunities for spiritual growth and expansion.

Having nurtured deep tenderness, compassion, and love for all aspects of myself, I am then able to love the many aspects of others. I am poised to love others as they are with the love that flows abundantly and freely through me.

—Rev. Karen Romestan

“You shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” The second is this, “You shall love your neighbor as yourself.” There is no other commandment greater than these.—Mark 12:30-31

I release stubbornness.

When I feel entrenched in my thoughts and am unwilling to change, I look for the source of discomfort. Am I afraid I don't have the resources to address concerns? Do I feel a need to protect my position? Am I concerned I might be vulnerable?

Understanding why I am blocking the flow of life helps me release the unconscious fears that underly stubbornness. Instead of building a fortress or spinning in circles, I release the desire to stay in my self-contained environment. I quiet the energy that is jangling, constricting, or aggravating me from within and release any defensiveness, blame, or criticism.

To release stubbornness, I practice listening to what people are expressing. I run small tests to prove that I can consciously and effectively extend myself beyond my safe, known space. I look for resources and guidance and invite feelings of enjoyment that I can take a new path.

Call to me and I will answer you, and will tell you great and hidden things that you have not known.—Jeremiah 33:3

Saturday

MARCH 28, 2026

I reimagine nonresistance.

I invite curiosity into my life and affirm that I am open to learning. I am open to possibilities and opportunities even if they are not within my normal activities or preconceived notions.

I realize that making progress involves venturing out, engaging in experiences, and possibly being disturbed. I overcome fear by remaining grounded in divine reassurance. I summon courage to go exploring, and I anticipate positive outcomes along the way. Guided by divine light from within, I proceed with eagerness.

With compassion and understanding for myself and others, I call forth inner calm and look for ways to embrace all the value life has to offer. By welcoming learning opportunities, I can return to balance and harmony.

The more I take action from the joy of being, the more life unfolds with grace and ease. I cultivate positive, joyful feelings by finding ways to express appreciation.

—Rev. Shirley Knight

Make your ear attentive to wisdom and inclining your heart to understanding ... For the Lord gives wisdom; from his mouth come knowledge and understanding.—Proverbs 2:2,6

Palm Sunday

MARCH 29, 2026

Release the Good for the Better

Rev. Matthew E. Long



The disciples came back with the donkey colt that Jesus had asked for. They threw their coats over the animal's back for him to sit on. Not only did this make his ride more comfortable, it honored a man who was a great teacher, a rabbi, their leader, a prophet, the Messiah or Christos, the anointed one who would lead them into the new kingdom.

Ernest Wilson in his book, *The Week That Changed the World*, writes, "Jesus chose the humblest of beasts, the servitor of the common people. Today He appeared in His spiritual nature as the Messiah. Subtly He proclaimed His rejection of earthly power. His kingdom—as He had asserted time and again—was not of this world."

Few truly understood the holy mission of this Christed one. Most were expecting a warrior king who would call upon the angels to smite those who persecuted them, the Romans. Among these was Judas Iscariot, a Zealot who was prepared to

fight for his freedom and the freedom of Israel. These literal-minded fundamentalists were greatly disappointed when the one they expected to save them from earthly concerns was arrested, imprisoned, and crucified as a common criminal. But they had mistaken Jesus' spiritual intention.

Palm Sunday is a reminder for me to reimagine my life and to put myself in God's hands. Symbolically and literally, I let go, releasing my preconceived notions of how things should be. I surrender my selfish, self-centered, egotistical wants and wishes, and let God be God in me. I place myself in the hands of Good Orderly Direction (GOD) and pray, "Thy will, not my will, thy will be done!"

Jesus lived so that we may live life abundantly (John 10:10). His death and resurrection, the miracles, were all acts that were necessary so that we might hear his words, his message of heaven in our midst, the kingdom that is within us, that God is our Father and we are God's children in whom God is well-pleased. This is the message of Jesus, the message he wanted us to hear.

Whenever and wherever you are reading this, today is a holy day. The place where you are standing is holy ground, and right now you have the opportunity to be in heaven. Sometimes we have to give up the good for the better. Sometimes we have to give up knowing the relative truth to know the Absolute Truth of God's presence and power active in our lives and affairs. Sometimes we have to lose everything to gain everything that is worthwhile. Or, it may have been just a man riding a donkey.

— Rev. Matthew E. Long
Peace Unity Network
Clarkston, Michigan

I release insecurity.

Sometimes a sense of insecurity can seem to block our way forward, add doubt to our intentions, or dull even our brightest feelings of joy and confidence.

We wonder, *Which choice should I make? What's the best path forward? Will things turn out all right?* We may have obligations before us that we're no longer certain we can handle. Events in our personal lives or the world might be worrisome. Our confidence might feel shaky, our peace of mind and faith challenged. And insecurity can be fueled by doubt, fear, and our imaginations.

Today, consider pausing to release any feelings of insecurity. Comfortably relax into some quiet moments. Focus on gentle breathing, then repeat these phrases or some soothing affirmations of your own: *I release any feelings of insecurity. I am strong, secure, assured. Spirit within guides my perfect way forward.*

You are choosing to let go. You are strong. You are resilient. You are blessed.

I rejoice, because I have complete confidence in you.
—2 Corinthians 7:16

Tuesday

MARCH 31, 2026

I reimagine confidence.

If insecurity seems to impede the way forward, then affirming confidence opens a landscape of joy and light. No matter what might be going on around me, I know that what is within me will carry me through any experience. I am continually guided. I see myself as faith-filled, resilient, and resourceful.

Now and every day I pause to soak up the knowingness that I am blessed. I have been given a human body and a spiritual essence. As I continually fill my cache of well-being with the surety and security that God is my source, I glow with light and love, a positive outlook, and sacred intention. I envision my way forward filled with a deep awareness that this day, indeed every day, is sacred.

Whatever decisions I choose, paths I take, or steps I make, I confidently affirm that every day is a blessing and a beautiful opportunity to move forward. I celebrate my life.

—Rev. Bronte Colbert

There will be peace and security in my days.—Isaiah 39:8

Wednesday

APRIL 1, 2026

I release feeling overwhelmed.

As a 21st-century human, you probably have a limitless supply of things clamoring for your attention: an email box flooded with demands, ever-rising costs that may leave you wondering how to make ends meet, social media painting a portrait of other people thriving while you may be struggling to survive, an endless to-do list. Left unexamined, engaging this deluge can rob you of joy and leave you feeling depleted.

But you are not a victim of circumstance. You have the power to rise above the chaos and embrace the perfect peace that lies within: the indwelling Christ. When you feel the rush of overwhelm flood your system, say, as Jesus did, "Peace, be still." Let those words lift you from the fray, then set your sights on one thing you intend to accomplish. And after that, the next thing. Trust the presence of God within and be guided by inner wisdom.

Do not let your hearts be troubled. Believe in God, believe also in me.—John 14:1

Maundy Thursday

APRIL 2, 2026

I understand my spiritual nature.

At times, the endless cares of the world can stop us in our tracks. We get swept up in the enormity of events and lose sight of what matters most.

As Jesus prepared for his crucifixion, he could have put his own safety first. He could have run. He could have begged for mercy and sought a lesser punishment from the authorities. Instead, he chose to be of service. He washed the feet of his disciples. He told them not to weep for him, that his earthly purpose was fulfilled. He told them that everything he did they would do, and greater things as well.

That message and its promise lives within you. You are more than a physical being; you are the essence of God, born to express in your own unique way. Allow your thoughts, words, and actions to be guided by innate wisdom. Make choices that reflect your inner Truth.

—Rev. David B. Adams

I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also.—John 14:6-7

I release sorrow.

Sorrow visits the broken heart of every bereaved soul. Imagine the sorrow of watching a teacher and friend like Jesus being crucified. Yet sorrow in loss can be a gift. It can be for us a gentle reminder of the precious human love we once experienced, a love that is still deeply cherished. When one special to us is gone, how grateful we are they were open to expressing divine love and sharing that love with us.

We gently and gratefully release sorrow into the light of divine love. We do not evoke images of what seems to be lost but recall someone who poured their love into our lives. As we do so, we liberate divine light to illuminate our way through sorrow. Light also shines on the path of the departed as they continue their spiritual journey, and we discover that love is stronger than death.

Love is strong as death.—Song of Solomon 8:6

I reimagine silence.

In some Unity churches, we sing a quiet little song to lead us into meditation: “In the Silence there is a secret place, a secret meeting place, God is there.” How good it is to know there is a place within each of us where the winds of change, earth-shaking news, and the fires of personal trials cannot enter.

The Silence is more than simple quietude. It is the holy of holies in the temple of our being where the Divine awaits our entry. It is a meeting place where we remember we are one with God, one with each other, and one with good in every needed form.

We enter the Silence through the door of affirmative prayer. Life reimagined in prayer opens the mind and heart to the same resurrecting power that raised Jesus. In the Silence, we acknowledge and accept our personal Easter resurrection experience.

—Rev. Ric Schumacher

Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind ... not in the earthquake ... not in the fire, and after the fire a sound of sheer silence.

—1 Kings 19:11-12

The Pattern of Resurrection

Rev. Maggie Alderman

Imagine for a moment what it must have been like for those who stood before an empty tomb on Easter morning. After enduring three days of immense grief, those who loved Jesus most were surely fraught with anticipation for what Jesus' promise fulfilled would look like. It's no wonder they gathered before dawn to greet once again their beloved son and teacher. Imagine what went through their minds and hearts upon seeing the stone rolled away with no evidence of a man ever having been put to rest there, aside from a set of neatly folded burial cloths.

Do you think they had ever considered that new life would look so different than they imagined? This is the question we are invited to ponder this Easter.

The last act in Jesus' ministry was to teach us, through personal demonstration, what it truly means to be born anew. He did so by leaving us a blueprint, a pattern that reveals the cycle of evolution in consciousness and expression.

Luke 9:22 says, "The Son of Man must undergo great suffering and be rejected by the elders, chief priests, and scribes and be killed and on the third day be raised."

In other words, we are to expect our divine expression in human form to evolve and be raised up again and again. We will outgrow old ideas and institutions that once defined and served us. We will disrupt our own status quo in search of a deeper understanding of the Truth of our origin. And when we do, it may feel as if we've lost everything, as if we are alone in the darkness of an isolated tomb.

Scripture also records Jesus saying that we are capable of all the things he did and even greater things (John 14:12). This is the truth we celebrate on Resurrection Day: the power to overcome, to persevere, and to rise into new expression.

Let the meaning of this morning settle into your own experience. Where in your life has something precious fallen away, leaving you to wonder what could possibly rise from the emptiness? Have you found yourself standing at the threshold of something new—not because you planned it but because life rolled away a stone you weren't ready to move?

Easter invites us to recognize that resurrection is not a onetime event. It is a divine pattern woven into the fabric of our becoming. This sacred morning reminds us that the tomb is never the end of the story. In our moments of greatest uncertainty and surrender, Spirit is already at work, calling us forth, unbinding what no longer serves, and guiding us into new life—perhaps in a way we have yet to imagine for ourselves.

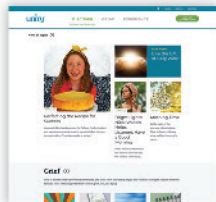
—Rev. Maggie Alderman
Director, Unity Prayer Ministry
(Silent Unity)

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