

# *The Practice of Giving up Sacrifice for Lent*

*All it takes is a little bit of willingness*

When you become aware that you believe love demands sacrifice (IE. you are sacrificing, you are asking others to sacrifice or others are asking you to sacrifice); **ask the Holy Spirit to teach you the true meaning of Love.**

When you are tempted to follow the ego's guidance or the ego is screaming in your ear what you need to do to find safety, love and peace; **ask the Holy Spirit to lend you His strength to help you go inward for God's Answer.**

When you feel a sense of unworthiness to receive God's Grace and you are tempted to accept limitation; **pray for help in learning of your value in the eyes of God.**

## **Prayer:**

*"Father, Your grace suffices me in everything that You would have me do. And only that I choose to be my will as well as Yours. The only sacrifice You ask is that I give up all suffering, all sense of loss and sadness, all anxiety and doubt, and freely let Your love come streaming in to my awareness, healing me of pain and giving me Your Own eternal joy. Let me remember You are here and I am not alone. Surrounding me is everlasting Love and perfect safety. What can I fear, when You created me in holiness as perfect as Your Own? I am deceived no longer. For the idea of sacrifice is gone and with it fear has gone as well and only Your love remains. Love has returned to my awareness. And I am at peace again." A Course in Miracles W.323, W.349*