



*Living*  
in the *Kingdom*

Spiritual Preparation for  
*Easter 2009*

# Introduction

Thank you for joining us for our annual Lenten journey to Easter. As you read and consider the daily messages of this booklet, remember that you are preparing to celebrate the resurrection of Jesus as well as your own personal resurrection in consciousness. This booklet was created to help you on your quest for spiritual renewal and transformation.

After reviewing many wonderful suggestions from readers, we have chosen to reflect on the parables of Jesus—the stories he told to help his followers better understand God and the kingdom within. By reflecting on these stories and their deepest meanings, we experience the unlimited goodness of God in every aspect of our lives.

The messages that follow are written from our hearts to yours. They are meant to inspire you to new levels of thinking and being. We hope they will help guide you through each day of Lent and prepare you for a life-transforming Easter this year. We have provided a page at the end of each week for you to reflect on any notable events or insights.

Prayer is such an important part of spiritual unfoldment. Know that throughout the Lenten season, your friends in Silent Unity are holding you in loving prayer. If you should want someone to pray with you, we are here for you 24 hours a day. You can call Silent Unity at 1-800-NOW-PRAY (669-7729), visit our Web site at [www.unityonline.org](http://www.unityonline.org), or write us at 1901 NW Blue Parkway, Unity Village, MO 64065-0001.

It is our sacred honor to serve you.

*Your friends in Unity*

# 1st Day of Lent

Ash Wednesday  
February 25, 2009

*“Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”—Matthew 11:29-30*

On this first day of the Lenten season, my heart feels like a clean page, my life like an unopened book.

I am open to all that God has to teach me today and in these next 40 days. I am ready to learn more about my spiritual nature. I am ready for new understanding of the kingdom of God within me, and I am eager to live more fully in that kingdom.

I prepare myself first by letting go of anything I've done that is less than my highest expression. I forgive myself. Then I mentally ask others for their forgiveness.

Next, I set an intention to take time every day for prayer. This daily appointment with God is important to me and to my continuing spiritual unfoldment. In my quiet times of prayer, I open my heart to God within. I give my full attention to the quiet whisperings of Spirit in my soul.

As I pray each day throughout Lent, I listen carefully for the message from the still small voice within me. I surrender my will and open my mind and heart to new ways of thinking, feeling, and being.

This Lenten season will be a wonderful experience. I listen to Spirit to learn more about myself, and to live more fully in the kingdom of God.

*I surrender to God and open myself to magnificent transformation.*

Listen, My Beloved,

I am the wisdom of your heart.

You are wise beyond measure. You are so wise that only loving, helpful, kind words are written on your heart.

Your mind writes only the melodies of harmony and understanding.

Your life is like a book, filled with stories that inspire others to be their best selves.

Let the wisdom of your heart flow through your thoughts, words, and actions to bless each life you touch.

Look within for peace. Look for My presence always. Look for My love in every expression.

Live each day knowing that I love you, My Beloved. Give yourself completely to Me in this moment of sweet silent communion, and let Me show you the way.