

40

Days

to an

**Awakened**

**Christ-**

**Consciousness**



# A Message of Support

Our ministry is supported primarily by the freewill offerings of friends like you. Your generosity helps make it possible for us to offer this inspirational booklet. Our desire is to make Unity literature available to everyone who wants it, especially those most in need of spiritual encouragement. Unity is committed to leaving no one out.

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**Bible references in this booklet are from the  
New Revised Standard Version unless otherwise indicated.**

Dear Friend,

Lent can be a time of spiritual transformation as we release negative habits and thoughts that may be holding us back, while welcoming our good. As Eric Butterworth explains in our first feature article, *Dynamic Lent: A New Insight*, this time can be used to “turn from the simple act of giving up things to a more positive commitment to *take up* the practice of high-level thinking.”

One way to reach “high-level thinking” is through the use of denials and affirmations. *40 Days to An Awakened Christ-Consciousness* guides you on a transformational journey in the weeks preceding Easter. It provides denials and affirmations to be used on alternating days of the week, followed by a time of peaceful reflection each Sunday of the Lenten period.

We invite you to absorb these powerful messages and the accompanying poems and quotes by Unity writers by reading them aloud, taking them into prayer, and putting them into practice each day. Space for journaling has been provided should you wish to capture your thoughts and feelings along the way.

We hope this booklet awakens you to a greater awareness of your Christ-power within. Each time you let go through denial and step out to affirm Truth, you are expanding your Christ-consciousness.

Blessings on your journey,

Your friends in Unity



# Dynamic Lent: A New Insight



*By Eric Butterworth*

Every year in late February or early March the Lenten season begins. It is, or can be, a marvelous experience in self-improvement. In a way, Lent is coincidental with spring, the season of new growth in nature. The trees and flowers are not content with the fruitage of last year. And if we are in the flow of creative process, we experience divine discontent, in which we feel both the possibility and the need for growth.

Lent is traditionally a 40-day period of piety and discipline. It may be a sincere commitment to the spiritual life, but it is more often a superficial attempt to assuage the conscience with a show of repentance. However, Lent can be a dynamic experience if it is approached with the will toward honest self-examination, self-discipline, and self-commitment.

Whether or not you follow the ecclesiastical observance of Lent, consider its metaphysical application. Turn from the simple act of giving up things to a more positive commitment to *take up* the practice of high-level thinking.

For instance, Lent is often a discipline to give up certain foods. This is somewhat like dieting. Unfortunately, if one holds onto a self-image of “too fat,” his practice is self-defeating. Try a new approach. Don’t give up anything. Instead take up a new image of yourself. “Think thin,” and you will find yourself eating less and more wisely. And your weight will balance itself more effectively than when you tried so hard to give up things.

If you must give up something, give up the tendency to consider yourself weak and undisciplined. The smoker often says, “I would like to quit, but I am just too weak.” Get some altitude in your thinking. Emphasize *I can* instead of *I can’t*; *I will* instead of *I wish I could*.

Emerson refers to prayer as *the contemplation of the facts of life from the highest point of view*. It is a great idea. Form the habit of reaching for the highest point of view in all your dealings. It is a way to pray without ceasing. Take up this practice and you will worry less about what to give up.

If you have been letting things get you down, take up the idea that you are the master of your thought world. No matter what people do or say, no matter what may happen around or to you, take up the idea, “Why should I let these things determine how I am going to think or act?” Keep the spirit of joy, the attitude of gratitude, in good times and in bad.

Take up the practice of speaking the positive word, “Let something good be said!” Commit yourself to a diet of words that are positive and loving. Whether you are talking to or about people, events, or ideas, let something good be said!

Lent can be a dynamic experience, not by what you give up as much as by what you take up. More than just trying to lose weight, you will be working to shift the weight of your consciousness from the negative to the positive and creative. It can be a time of great believing leading to great overcoming and great living.

