

## FAITH

# Embrace Self Inquiry During Lent Season

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Contributor

Fasting and feasting; releasing and renewing; letting go and letting God; reflecting and allowing are spiritual practices perfect for this time of year. What I love about these practices is that they serve all of us whether we are participating in this Lenten season or we are preparing for Spring.

No matter our individual reasons for practicing what serves the Divinity that is within each and every one of us, making time for reflection and then taking action can be a wonderful experience in our personal self-acceptance and self-improvement.

Both spring and Lent are all about growth. Both are seasons to be embraced and celebrated. As each day lengthens, the temperatures rise, the sun shines brighter and, when present to the now moment, we get to witness the budding of flowers and



trees, the appearances of more birds and bees, and the wonder of green grass patches making themselves manifest – all demonstrating growth as springtime approaches. Likewise, a commitment during this Lenten season to honest self-inquiry, self-discipline and self-accountability assures a right-thinking perception of all situations and interactions happening around us. Each time we pause and embrace all that is (happening), in this now moment, as opportunities to grow, we consciously are

helping ourselves to eliminate ego-filled reactions and projections. These honest self-processes and elimination practices allow us a “taking up of high-level thinking,” as Unity Minister Eric Butterworth says, engaging the Divine-Mind of God that resides within us.

In Unity, during this season of Lent, we practice giving up “low-level, not-Christ-like thinking” of negativity, judgment, criticism, scarcity and fear. Unity encourages everyone to fast from all thoughts that are less than loving, all thoughts that no longer serve our highest and best as beloved children of God. “Are you willing?” is my favorite question. Will you embrace your Divinity and acknowledge your wholeness, regardless of your yesterdays? God is a real-time Presence. Yesterday is over, tomorrow is yet to come and that is why today is called the present. How will you unwrap your gift of today? We get to reflect on and

transform our thinking, allowing our responses and our actions to change. Are you praying about your situation or relationship as much as you are talking about it? What seeds are you planting so they will bloom later this year. How are you ‘seeing it as so’ for 2024? Albert Einstein encourages us to live in the Holy Question. Ask yourself: What is mine to fast from so that I may feast on the love of God within me? What is mine to release so I may renew my Christ-like commitment to self-growth? What is mine let go of so that I can let God? How much time am I setting aside to reflect on Truth so that I may allow myself to experience the Kingdom of Heaven right here, right now? Are you willing? Would it be ok to experience, to know the Peace of God always and in all ways every single day? Blessings.

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