LET GO WITH GRACE

A SIMPLE UNBINDING DEVOTION

Name Your Burden
What makes you feel sad, anxious, powerless, or trapped? Breathe into this question as you discern what’s weighing you down.

Ask for Strength
Write your burden on a strip of cloth, wrap it around your hand, and pray for God’s help to let it go.

Leave It Behind
When you’re ready, unbind the cloth, tie it to the frame provided, and leave your burden behind — a symbol of your faith in God’s grace to help you live unbound.

A Prayer of Release

Lord, you are a God who makes all things new. Strengthen me; unbind me from the messages that try to control me. Walk with me; help me to live whole and to care for your gifts of body, mind, and spirit.

Amen.