

# 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.*

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