

LETTING GO

WITH GREG WASINSKI



ASH WEDNESDAY – THE WHOLE HEART

OVERVIEW:

Ash Wednesday marks the start of our Lenten journey — and the first days are often the hardest. When the novelty wears off, so can our discipline. That is why this day calls us to roots, not just emotion.

Through the prophet Joel, we hear the call: *“Return to me with your whole heart.”* Lent is not about temporary religious enthusiasm. It is about surrendering what binds us so that God can have all of us — not part of us.

RELATED SCRIPTURES:

First Reading: Joel 2:12–18

“Return to me with your whole heart.”

Second Reading: 2 Corinthians 5:20–6:2

“Be reconciled to God... Now is a very acceptable time.”

Gospel: Matthew 6:1–6, 16–18

Jesus teaches us to let go of pride and perform our sacrifices in secret. Lent is not for show — it is for surrender.

REFLECTION QUESTIONS:

1. What competes most for my heart right now — comfort, approval, success, control?
2. Is there a sacrifice I have chosen that is too easy or safe? What would truly stretch me?
3. Where in my life do I need reconciliation — with God, with another person, or within myself?
4. Have I ever minimized my faith out of fear of judgment? What would courage look like instead?
5. When I feel the urge to break my sacrifice this week, can I turn that moment into prayer instead?

“LETTING GO” LENTEN SERIES



WEEKLY COMMITMENT:

This week, I will let go of:

And I will replace it with:

(Example: Let go of pride → Replace with hidden acts of service.)

(Let go of distraction → Replace with 10 intentional minutes of prayer.)

SPIRITUAL WARFARE REMINDER

Whenever we move toward God, resistance often follows. Temptation may increase. Discouragement may whisper. Do not be surprised by this.

The battle language in the opening prayer of Ash Wednesday reminds us that we are not passive — we are being armed with self-restraint and grace. Stay steady. Christ has already won.

1.