

Letting Go, Letting God

Introduction

As one moves toward union with the great Mystery, letting go and letting God is basic.

During special moments -- such as during Lent, retreats, and other times of openness to the Spirit -- we are called to let go.

This ritual, which can be adapted for use individually or communally, invites reflections on the spiritual movements within. It encourages repeated usage throughout contemplative periods in one's life, for there are many deep questions to ponder.

If we are peaceful,
if we are happy,
we can blossom like a flower,
and everyone in our family,
our entire society,
will benefit
from our peace.

(Thich Nhat Hahn)

Opening

Breath Prayer

(While breathing in) May your Spirit,
(While breathing out) Guide my (our) journey.

Song

(Use one of the following or something you prefer.)

“I Am with You on the Journey,” *Dance in the Dawn* by [Kathy Sherman, CSJ](#), or
“Spirit Come,” *Out of the Ordinary*, by [Joyce Rupp, OSM](#).

Greeting of Peace

Leader

“If we are peaceful, if we are happy, we can blossom like a flower, and everyone in our family, our entire society, will benefit from our peace.” *(Thich Nhat Hahn)*

Let us share that peace with one another.

Reading

Our being, our substance, must be porous in order for the Mystery to enter, to penetrate. That is the crux of the matter. It is not enough simply to be immersed in...life. We must let ourselves be plowed so that the furrows of our person become deeper and deeper, so that our earth becomes softer and softer. This is something our being craves, but this plowing is kenosis [emptying, the death which must precede new life, rebirth] and kenosis is not easy. In the measure that our being becomes porous, open, grace can penetrate us. Depth is possible. Transformation is possible. Thus an ever deepening penetration by the Mystery can fill us with spiritual being.”

(Jean-Marie Howe, Cistercian Monastic Life/Vows: A Vision, p. 367)

Breath Prayer

(While breathing in) Great Mystery,
(While breathing out) Open my (our) heart(s).

Chant

“Let Go, Come In,” *Dear Heart, Come Home* by Joyce Rupp, OSM.



Reflection/Sharing

Silent Reflection

(You are invited to allow enough time to ponder these questions.)

-What am I (we) called to let go of? What fears? Painful memories? Misconceptions? Prejudices? Possessions? Doubts? Addictions? A loved one? A job? How am I (are we) called to let go, to be transformed? What deep truths are calling me (us) home? How is the Spirit calling me (us) to peacemaking -- within and without? As Mary did, what am I (we) called to say “yes” to?

Sharing

(Optional) Share how the call to “let go and let God” is moving in you or how you feel it is moving in the group. Share what you are called to say “yes” to.

Breath Prayer

(While breathing in) Filling me (us) with peace,
(While breathing out) Drawing me (us) onward.

Spontaneous Prayer

Conclusion

Seed Planting

Plant seeds as symbolic of the growth which comes from letting go and letting God. As within yourself, watch and nurture the freeing of life. Rejoice in growth and beauty. Rejoice in the power of God moving in you and in the world.

Closing Prayer

(All) Drawing on this time of communion,
may we have courage, like Mary,
to let go and let God,
today and into the future.

May we always be open to,
responsive to,
the breath of life,
God’s infinite love and grace. Amen.

Song

“All Shall be Well,” *Light of Christ* by Rufino Zaragoza.

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a web site linking *Contemplation* and *Social Justice*.