



**40 DAYS
OF
LETTING
GO**

Lent 2023

THURSDAY, MARCH 2, 2023

I LET GO of *competitiveness*.

Most of us are raised in a culture of competitiveness and marketing that encourages us to compare ourselves to others. The dictionary defines *competitiveness* as “possessing a strong desire to be more successful than others.” At its core, competitiveness is a scarcity-based concept reflecting a belief that we aren’t good enough unless we appear better than someone else.

Theodore Roosevelt is credited with saying, “Comparison is the thief of joy.” It is also a death knell to creativity. Competitiveness keeps us focused on who we think we’re supposed to be rather than celebrating who we already are. Competing against others means basing our sense of worth on a comparison with others’ accomplishments, rather than fully appreciating our own unique talents, traits, gifts, and expressions.

As we remember that we are perfect spiritual beings shining our unique divine light, we are free to fulfill our purpose and reach our full potential.

All must test their own work; then that work, rather than their neighbor’s work, will become a cause for pride.—Galatians 6:4

—Rev. Cylvia Hayes

AFFIRM:

***I celebrate my unique talents and accomplishments
and those of all beings.***