

# Embrace the Power of Lent: A Journey of Renewal with Charles Fillmore's "Keep True Lent"

As the season of Lent approaches, we are presented with an opportunity for profound spiritual growth and renewal. Charles Fillmore, a renowned metaphysical teacher and founder of Unity, offers an invaluable guide to this sacred journey in his seminal work, "Keep True Lent." Published in 1927, this timeless masterpiece remains a beacon of wisdom and inspiration for those seeking to deepen their connection with the divine.

## Fasting: A Catalyst for Self-Discipline

Fillmore emphasizes the importance of fasting as a crucial aspect of Lent. Fasting involves abstaining from certain foods or activities for a period of time. By engaging in this practice, we cultivate self-control, strengthen our willpower, and open ourselves to higher spiritual awareness. Fillmore writes,



### Keep a True Lent by Charles Fillmore

★★★★☆ 4.7 out of 5

Language : English  
File size : 574 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 204 pages

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***“ "Fasting is not only a means of purifying the body, but also of training the mind to resist temptation. It is a way of getting control of our appetites and desires, and of learning to live a life of moderation." ”***

### **Prayer: A Bridge to the Divine**

Prayer is an essential element of the Lenten journey. Fillmore encourages us to engage in regular communion with the divine through prayer. Prayer can take many forms, from silent contemplation to heartfelt supplications. By connecting with the Source of all being, we open ourselves to guidance, support, and inspiration. Fillmore reminds us,



***“ "Prayer is the language of the soul. It is the means by which we commune with the divine. Through prayer, we can express our love, gratitude, and petitions to God." ”***

### **Self-Reflection: A Path to Insight**

Lent is a time for introspection and self-reflection. Fillmore encourages us to take an honest look at our lives, examining our thoughts, words, and deeds. By contemplating our actions and examining our motives, we gain valuable insights into our inner workings. Self-reflection helps us identify areas for growth and transformation. Fillmore writes,



***“ "Self-reflection is essential for spiritual growth. It is by looking within that we can discover our strengths and weaknesses, and learn how to become more Christlike." ”***

## **The Transformative Power of Lent**

When we embrace the practices of fasting, prayer, and self-reflection during Lent, we embark on a journey of transformation. These practices help us purify our bodies, minds, and spirits, allowing us to experience a deeper connection with the divine. Through this process, we shed old habits, cultivate new virtues, and draw closer to our true selves. Fillmore describes this transformative power,



***“ "Lent is a time of preparation for Easter. It is a time to let go of the old and embrace the new. It is a time to renew our commitment to Christ and to live a life of love and service." ”***

## **Practical Guidance for a Meaningful Lent**

In "Keep True Lent," Fillmore provides practical guidance to help individuals navigate the Lenten season. He suggests specific fasting regimens, prayer exercises, and daily affirmations. Fillmore also emphasizes the importance of attending church services, reading spiritual texts, and seeking fellowship with like-minded individuals. By incorporating these practices into our daily lives, we can deepen our spiritual connection and make the most of this sacred time.

Charles Fillmore's "Keep True Lent" is an invaluable companion on the Lenten journey. It offers profound insights, practical guidance, and

unwavering encouragement to all who seek spiritual renewal. By embracing the practices of fasting, prayer, and self-reflection, we can purify our beings, deepen our connection with the divine, and emerge from Lent transformed. As we approach this sacred season, may we find inspiration in Fillmore's words and embark on a journey of profound spiritual growth.



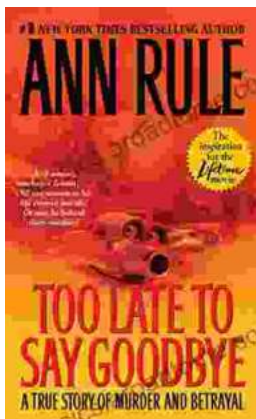
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