

WEEK OF ASH WEDNESDAY | THURSDAY



**seeking:**

*Is this the fast  
that I choose?*

**Is there a  
spiritual  
practice you  
would like to  
develop? If so,  
what and why?**



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Holy God, I do not want to skim the surface of you—skipping and bouncing like a stray rock across the water. I want to sink to the bottom. I want to spend as much time with you as I do with everyone else. So course-correct my energy. Lead me deeper into practices that quiet the wild waters of this world. With hope I pray, amen.