

WEEK OF ASH WEDNESDAY | FRIDAY



**seeking:**  
*Is this the fast  
that I choose?*

**Are you  
using  
your time  
wisely?**



**prayer**

God of today and tomorrow, Lent reminds us that these days are precious, running past us quicker than we can imagine. It is so easy for me to spend my time on things that do not matter, or that do not bring me joy. Give me a detailed eye to assess my time and make changes that allow me to use my days better. Each day is a gift from you. Let my life reflect my gratitude. Amen.