

THE FIRST WEEK OF LENT | SUNDAY



**seeking:**  
*Who will you  
listen to?*

**What  
voices are  
helpful in  
your life  
right now?**



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God of the still, small voice, my ears are full of chatter. Every day there is another ad, another reminder, another voice speaking. Help me recognize the voices in my life that point me toward you. Help me recognize the voices of empowerment, of hope, of connection and belonging. Fill my ears with those good news messages so that I might never forget who I am and who I belong to. Amen.