

THE FIRST WEEK OF LENT | THURSDAY



seeking:
*Who will you
listen to?*

**What
voices are
harmful
to you?**



prayer

Loving God, one of the hardest things to do is recognize and name the voices that harm us—voices of comparison or negativity, messages of scarcity. Give me the strength to pluck those voices from my mind. Drown out the voices of temptation and harm, and replace them with your voice of love and affirmation. Amen.