

THE FIRST WEEK OF LENT | FRIDAY



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

**Whose voices are  
represented in  
your social media  
feeds or your  
news sources?  
What voices  
are missing?**



**prayer**

God of all people, I have the opportunity to curate the voices I listen to. I can listen to only those who think and look like me, or I can curate my social media feeds and news sources to include a wide array of voices. Help me recognize if there are voices missing from my life right now. If there are voices that are silenced, bring them to my heart. Amen.