**2024 Lenten Meditations Social Media Toolkit**

We invite you to use the text and images below on your social media feeds to share Episcopal Relief & Development’s Lenten Meditations with your community. Follow Episcopal Relief & Development on [Facebook](https://www.facebook.com/EpiscopalRelief) and [Instagram](https://www.instagram.com/episcopalrelief/) and tag us in your posts to share the ways you are using the Meditations!

**Images**

[Square image](https://www.episcopalrelief.org/wp-content/uploads/2023/12/Social-Media-Square.png) for use on Facebook and Instagram posts

[Portrait image](https://www.episcopalrelief.org/wp-content/uploads/2023/12/Social-Media-Portrait.png) for use on Facebook and Instagram stories

**Suggested Facebook and Instagram Post Text**

During Lent, we pray, “Create and make in us new and contrite hearts.” Episcopal Relief & Development’s 2024 Lenten Meditations, written by Miguel Escobar, focus on embracing this new heart, this new life in Christ, and looking deep within ourselves and acting in ways that seek and serve Christ in others.

Visit episcopalrelief.org/Lent to subscribe to daily emails, read the meditations online or download a PDF.

*Note: Feel free to replace Episcopal Relief & Development in the above text with a native tag on Facebook (@Episcopal Relief & Development) and Instagram (@episcopalrelief)*

**Suggested Facebook or Instagram Story**

* Use the portrait image linked above
* Add a link to episcopalrelief.org/Lent
* Add tag @episcopalrelief
* Add text “Subscribe to daily emails, read the meditations online or download a PDF”