



2024 LENTEN MEDITATIONS

Join Episcopal Relief & Development on a Lenten Journey

For 15 years, Episcopal Relief & Development has been blessed by the opportunity to join readers on their spiritual journeys with thought-provoking meditations.

During Lent, we pray, *“Create and make in us new and contrite hearts.”* Our 2024 meditations 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 our website to subscribe to daily emails, download a PDF, read the meditations and access a Group Study Guide to reflect on the meditations and Scripture with others. Go to episcopalrelief.org/Lent or scan the QR code to read the daily meditations.

