

A low-angle photograph of a rocky coastline. The foreground is dominated by large, textured, light-colored rocks. In the background, the sea meets a bright, hazy sky. A strong sun flare is visible in the center, creating a warm, golden glow. The word "lent" is overlaid in a large, dark, sans-serif font.

lent

## **WEEK 3: March 15-21; Social Media and Internet**

As we continue in the season of Lent, think about exchanging the time you would normally scroll through social media or browse the internet or a time of intentional prayer, Bible reading for worship. Consider staying off certain platforms at certain points of the day or for the entire week, deleting the apps off your device or blocking those websites as you fast.

### **Prayer of Increase**

Lord increase our worship. Lord would we value what you value and praise you for it. Would we spend time singing, praising you. Would we spend time singing, praising your this week.