

2025 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](#) and [Instagram](#) and tag us in your posts to share the ways you are using the Meditations!

Images

[Square image](#) for use on Facebook and Instagram posts

[Portrait image](#) for use on Facebook and Instagram stories

Suggested Facebook and Instagram Post Text

This Lenten season, join us for Episcopal Relief & Development's 2025 Lenten Meditations, authored by Jerusalem Jackson Greer. Titled "A Commonplace Lent," through daily reflections, readers are invited to embrace their shared spiritual journey and the ordinary gifts of community. As we walk this path together, let's celebrate our connections through prayer, worship and service.

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 (@EpiscopalRelief) 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"