

# Ash Wednesday



*Ash Wednesday begins the Season of Lent, a time of preparation for the celebration of Easter.*

*Lent extends to Holy Thursday.*

*The ashes come from the burnt and blessed palms from the previous year's Palm Sunday. Palms are a living plant, and a symbol of victory and triumph, but they are burned to dust and become a symbol of sorrow and repentance.*

*The ashes we receive on Ash Wednesday remind us of our call to repent and believe in the Gospel.*

*The Church gives us Lent as a time to change, to become a better version of ourselves, and to become more like Jesus.*

*The practices of Lent – prayer, fasting and almsgiving – help us prepare for Christ's victory on Easter.*

✠ **Prayer** – Try to read from the Bible one day a week. Maybe make it “Scripture Saturday” or “Scripture Sunday.” Open the Bible to a page and point to a line on the page. Read it, reflect on what it is saying to you.

✠ **Fasting** – On Ash Wednesday and Good Friday, those aged 18 to 59, fast: eat one full meal, as well as two smaller meals that together are not equal to a full meal. On the Fridays of Lent, as well as Ash Wednesday, those 14 and over should abstain from meat. But any age can do this during Lent.

✠ **Almsgiving** – This is the giving of our time and resources to help others. Think about what you might do in those areas throughout the Lenten Season. What might you give up and save money from doing so? Where might you [donate that money](#) to help others?

## Ash Wednesday Prayer

*Dear Lord, as we enter this Solemn and Holy Season,  
we pray that You would send Your Holy Spirit upon us  
that we might prepare ourselves for these coming 40 days of Lent.  
Even though we may no longer wear sackcloth and ashes, we do seek to humble  
ourselves so that we can understand the magnificence of Your love of us  
as You humbled Yourself and gave Your life on the cross that we might  
receive the gift of eternal glory with You. Amen.*

## Ash Wednesday Word Search

B V W G H P L U X C Y S I S R  
H V P T D Y T M X Z Z A I U F  
N Y A D N U S M L A P G V B A  
C O R A G E P R E A N E T H S  
M B I N R E L C X O O C S F T  
G O G T N J I J F I R N U I I  
Z E R A A F N T H G N E D K N  
Y K N A I G H M O U R N I N G  
W C A R L E I I B V Q I D O R  
E N C R C I R L H Z Y T R O F  
S A Q R I C T V B I Q S M X O  
S U O M W C B Y H O U B I N T  
C S P M A B O C T P D A F I H  
S B P O P N I J M H I Z A M I  
H P T A F Z C K U B R N C K H

*ABSTINENCE*

*FORTY*

*MOURNING*

*PENANCE*

*DUST*

*LENT*

*OBLIGATION*

*SACRIFICE*

*FASTING*

*MORALITY*

*PALM SUNDAY*

*SIGN OF THE CROSS*