



6th March 2019
ASH WEDNESDAY

SHARE

Share your highs and lows of the day, or respond to the following questions:

1

Share about a time when you said "sorry" to someone. What happened?

2

Why do we need so say "sorry" to God? Do you find it easy or hard to say "sorry" to God?

3

What does God promise to do when we confess our sins to him?

Devotions

READ Daily Bible Readings

Ash Wednesday	Matthew 6:1-6,16-21 <i>Giving, praying and fasting</i>
Thursday	Joel 2:1-2, 12-17 <i>A call to repentance</i>
Friday	2 Corinthians 5:20b – 6:10 <i>The Greater Glory of the New Covenant</i>
Saturday	Psalms 51:1-17 <i>Have mercy on me, O God</i>

TALK Talk about the Bible verse. What word or phrase was important to you as you read these verses?

Rituals and Traditions

PRAY

God, create pure hearts in us. Give us new spirits that are faithful to you. Amen.

BLESS

May God wash away all your sins. May he give you a clean heart and a new and good spirit.

Ash Wednesday

Lent is a time when we re-orientate our lives towards God. We follow Jesus in his journey towards the cross. **PURPLE** is the colour for Lent and represents the royalty of Jesus and the call to turn back to God.

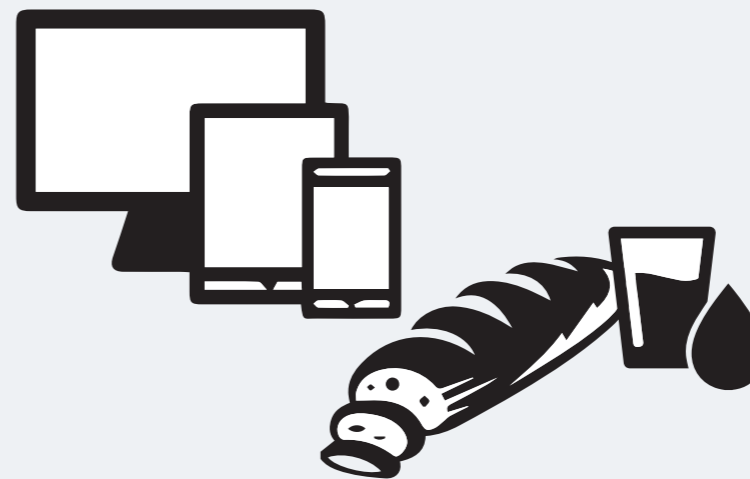
Creative Response

To mark the beginning of Lent, set aside a period of time this week to "unplug" from technology and luxuries.

Choose not to watch TV, and to use computers and other electronic devices for leisure purposes.

Eat simple foods and drink only water.

Have a time of silence in your household during which you reflect on the gifts of God and your relationship with him.



mealtime prayer

Lord God, as Lent begins today we turn to you for help. Nourish us with this food so that we may be strong to serve you and others with love and kindness. Amen.

verse for the week

Turn back to me with broken hearts. I am merciful, kind, and caring. I don't easily lose my temper, and I don't like to punish.

JOEL 2:13

Service

As a household, consider giving up a treat food or activity for Lent.

Each week put into a tin the amount of money saved through this sacrifice. Decide on a charitable cause to donate the money to at the end of Lent.

