

Put the words into the gaps in the text.

Many Christians around the world _____ Ash Wednesday, which marks the first day of Lent. It is the start of a religious period that _____ up to Palm Sunday and the Easter holidays. On Ash Wednesday, people traditionally start _____ for 40 days, eating only simple food. The 40 days is because Jesus fasted in the wilderness for a _____ period of time. Roman Catholics should only eat one full meal and two smaller ones during this _____. Many Catholics will fast completely on Ash Wednesday or _____ have bread and water. It is one of only two days in the Catholic calendar when fasting is _____. The other day is Good Friday. Ash Wednesday falls between February the 4th and March the 10th each year, _____ on the date of Easter.

It is called Ash Wednesday because priests _____ a small cross on the foreheads of people in church. The cross is a sign that you have _____ your sins and want to cleanse your soul. It is tradition to keep the cross on one's _____ until the sun sets. In other churches, people write their sins on a small piece of paper, which is then _____ and turned into ash. In Biblical times, people covered themselves in ash to express their _____ for their sins. Priests say a prayer to show we are all mortal and will _____ to ashes after we die. A traditional prayer is: "God our Father, you create us from the _____ of the earth. Grant that these ashes may be for us a sign of our sins, and a _____ of our mortality."

required
fasting
time
depending
celebrate
similar
just
leads

burnt
symbol
forehead
return
draw
sorrow
regretted
dust