

Name: _____

Teacher: _____



Ash Wednesday

Even though so many Catholics go to Mass on Ash Wednesday, it is not a Holy Day of _____. Ash Wednesday marks the first day of the forty day period leading up to _____, but if you were to actually count them you would find that there are actually _____ days during the season of Lent. This is because we don't count _____ as a part of the forty days of Lent. This day, the Lord's Day, is a celebration of the Resurrection and new life and therefore not a day for fasting.

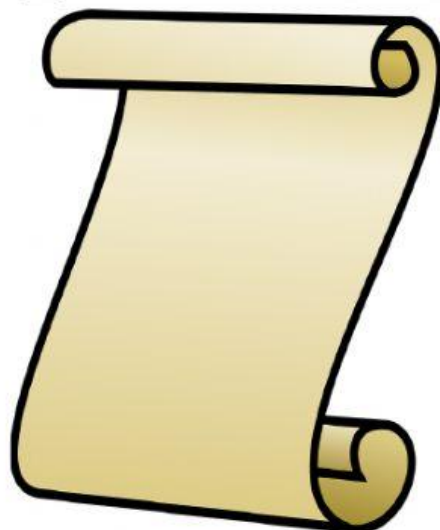
Why do we wear ashes on Ash Wednesday? When we receive the ashes we hear "Remember that you are _____, and to _____ you shall return." This is to help us recognize that all we have is a _____ from God.

Ashes were a sign of _____ in the Old Testament. In the early Church, the Order of _____ wore ashes as a sign of their penance. In a similar way, John the _____

called for repentance and baptism in preparation for the Kingdom of God. This is why we may also hear the words “Turn away from _____ and be faithful to the Gospel” when we receive the ashes on our foreheads.

Directions: In the space below, write the name of the thing(s) you intend to give up (or add) as your Lenten commitment this year.

My Lenten Commitment



Why are you giving this up (or adding this) for Lent this year?

What will be the biggest challenges to living out this commitment?

How will you overcome these challenges?
